ENGLISH / B1 LEVEL

HABITS: GOOD & BAD

LESSON 03 • HOMEWORK

1 VOCABULARY

Complete the sentences. Change the form if necessary.

break a habit • stick to • get into the habit of
out of habit • slip back into • make a conscious effort

1. I always check my phone when I wake up. I think I do it simply _____.

2. I started going for a walk every morning, but I find it difficult to _____ this routine.

3. I'm trying to _____ drinking more water throughout the day.

4. When I'm stressed, I often _____ my old eating habits.

5. It takes time to _____, especially if you have had it for years.

6. I need to _____ to stop complaining about small things.

2 GRAMMAR

Complete with used to / didn't use to or Present Simple.

1. I _____ (drink) a lot of coffee when I was younger, but now I only have one cup a day.

2. My husband _____ (not / like) cooking in the past, but now he _____ (prepare) dinner almost every evening.

3. _____ you _____ (stay) up late when you were a student?

4. I _____ (not / watch) TV very often these days.

5. We _____ (order) takeaway every Friday, but now we usually cook at home.

6. My friend _____ (go) to the gym three times a week.

7. I _____ (not / be) very organised, but now I always plan my day.

8. What _____ you usually _____ (do) when you feel stressed?

LIVEWORKSHEETS

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3 CREATIVE WRITING

Write 100–120 words. Make it personal and interesting!

MY HABITS: THEN AND NOW

Blog post title: “I’ve Changed More Than I Realised!”

In your post, include:

- Two habits you used to have but no longer have.
- Two habits that are part of your life now.
- One bad habit you are trying to break.
- One good habit you would like to develop.
- Why some habits are difficult to change.

LANGUAGE CHALLENGE

Use 4 habit expressions + 3 examples of used to / didn’t use to.

YOUR BLOG POST

REMEMBER: Small changes can make a big difference!

LIVEWORKSHEETS