

MORNINGS

CULIPS FLUENCY FILES #3

Fill in the blanks listening practice

Andrew:

Today I'm going to talk about mornings, the morning time. Lately I've gotten back into the _____ of waking up early and even though this is really hard for me to do, it's something that I enjoy. I really like the morning time, compared to the night time. I find that I'm more _____ in the mornings, I _____ in the mornings.

At night, it's super easy for me to get distracted and just waste a _____ of time, surfing the internet or watching YouTube videos. This doesn't really happen; this doesn't really happen in the mornings so I love the mornings for that.

I enjoy the peace and _____ of the morning, the quiet. And I find that if I wanna study or want to work, the morning is the best time for me to do that. So, I usually try to get to bed around 10:30, and more _____, I end up falling asleep around 11:30. And then I get up somewhere between 5:30 and 6. And this gives me a couple hours in the morning to have some _____ time.

But, one thing that I notice is that I'm still almost always late for work everyday. Despite the fact that I have two or three hours to get ready and go to work, I am still _____ in the morning and I still _____ almost everyday. So this is something that I still need to work on is _____ in the morning. I just get so into working or so into studying that I'm almost late everyday for work. So yeah this is a problem, I'm gonna have to work on it.

But what about you? Are you a morning person? Do you enjoy the mornings? What's your time management like in the morning? Send me an email, let me know andrew@culips.com. That's it for today, bye.

Transcript

Andrew:

Today I'm going to talk about mornings, the morning time. Lately I've gotten back into the good habit of waking up early and even though this is really hard for me to do, it's something that I enjoy. I really like the morning time, compared to the night time. I find that I'm more productive in the mornings, I waste less time in the mornings.

At night, it's super easy for me to get distracted and just waste a bunch of time, surfing the internet or watching YouTube videos. This doesn't really happen; this doesn't really happen in the mornings so I love the mornings for that.

I enjoy the peace and calm of the morning, the quiet. And I find that if I wanna study or want to work, the morning is the best time for me to do that. So, I usually try to get to bed around 10:30, and more realistically, I end up falling asleep around 11:30. And then I get up somewhere between 5:30 and 6. And this gives me a couple hours in the morning to have some productive time.

But, one thing that I notice is that I'm still almost always late for work everyday. Despite the fact that I have two or three hours to get ready and go to work, I am still flustered in the morning and I still rush almost everyday. So this is something that I still need to work on is time management in the morning. I just get so into working or so into studying that I'm almost late everyday for work. So yeah this is a problem, I'm gonna have to work on it.

But what about you? Are you a morning person? Do you enjoy the mornings? What's your time management like in the morning? Send me an email, let me know andrew@culips.com. That's it for today, bye.

Key Expressions

1. **To get back into a good habit:** “Lately I've gotten back into the good habit of waking up early....”

Similar examples:

- a. My husband has gotten back into the good habit of taking out the garbage before I need to nag him to do it.
 - b. I want to get back into the good habit of exercising regularly.
 - c. If I could just get back into the good habit of not eating at restaurants so often, I could really save a lot of money.
2. **Flustered:** “I am still flustered in the morning and I still rush almost everyday.”

Similar examples:

- a. The presenter looked flustered when an audience member asked him an unexpected question.
- b. On my first date with my girlfriend, I was so nervous and flustered that I spilled a glass of water all over her.
- c. I get flustered whenever I meet new people.