

Let's talk about...

HABITS

A. Free-Talk



**Watch your thoughts. They become words.
Watch your words. They become deeds.
Watch your deeds. They become habits.
Watch your habits. They become character.**

Character is everything.

B. Target Vocabulary

Apologizing	
For small mistakes	
<ul style="list-style-type: none"> - <i>Sorry!</i> - <i>Sorry about that.</i> - <i>Oh, my bad.</i> (informal) 	
When you make a more serious mistake	
<ul style="list-style-type: none"> - <i>I'm so sorry.</i> - <i>I apologize.</i> 	
Making a formal or serious apology	
<ul style="list-style-type: none"> - <i>I'd like to apologize for ...</i> - <i>I owe you an apology.</i> - <i>I'm terribly sorry for ...</i> - <i>My sincere/deepest apologies.</i> 	
Accepting apologies	
<ul style="list-style-type: none"> - <i>That's all right.</i> - <i>Don't worry about it.</i> - <i>That's okay.</i> - <i>I quite understand.</i> - <i>(It's okay.) I understand.</i> 	

Idiomatic Expressions

1. Old habits die hard	People find it difficult to change the habit they are used to do.	I've always been telling him to stop biting his nails, but he still does it. I guess old habits die hard .
2. Daily grind	The daily routine or a dull or boring job	He started getting tired with his daily grind so he decided to resign from work.
3. Second nature	A habit or skill that someone can do almost without thinking because it is easy for them.	Using the computer is second nature to me now.
4. Practice what you preach	To do the things that you advise/tell other people to do.	You always tell me to exercise, but I think you should also practice what you preach .
5. Creature of habit	Someone who always wants to do the same things in the same way.	He's a creature of habit – he doesn't really like trying new foods.