

How to Talk About Your Day in English

From the first alarm to calling it a night — narrate your day with confidence

EPISODE 23 • LEVEL B1-B2

Episode summary

- Two words open every morning in English. Wake up means your eyes open. Get up means your feet touch the floor. Say: I wake up at six thirty, but I get up at seven.
- Turn a list of habits into a story with four sequencing words: first, then, after that, and finally. First, I drink water. Then, I take a shower. After that, I get dressed. Finally, I have breakfast.
- Use the present simple for habits (I wake up at six thirty) and the present continuous for right now (I am drinking coffee). Frequency adverbs go before the verb and after be: I always wake up early, I am usually calm.
- Answer What do you do in three beats: the role, the routine, the right now. I am a visual engineer. I work from nine to five on weekdays, and right now I am learning English. Say on weekdays, at the weekend.
- In the evening, unwind with music, run one errand, and then call it a night. Your day is your best textbook — narrate it out loud tomorrow morning.

What's inside this PDF

20 key words • the day narrator's toolkit • wake up vs get up chart • Say It Better upgrades • 3 practice exercises

Key Vocabulary

20 words from this episode — learn them, then use them this week

1. routine

the things you do every day in the same order.
> My morning routine never changes.

2. alarm

the sound that wakes you up.
> My alarm rings at six thirty.

3. snooze

to push the alarm into the future and sleep a little more.
> I hit the snooze button twice this morning.

4. rush

to hurry because time is short.
> I had to rush to the bus stop.

5. commute

the trip from home to work and back.
> My commute takes forty minutes.

6. lunch break

the pause in the middle of the workday.
> I read during my lunch break.

7. shift

a fixed block of work time.
> She is on the night shift this week.

8. errand

a small job outside the house, like shopping or the bank.
> I have one errand after work.

9. unwind

to relax after a busy day.
> I unwind with music in the evening.

10. bedtime

the time you go to sleep.
> My bedtime is eleven o'clock.

11. wake up

your eyes open; you are still in bed.
> I wake up at six thirty.

12. get up

your feet touch the floor; you leave the bed.
> I get up at seven.

13. sleep in

to stay in bed late on purpose.
> At the weekend I sleep in.

14. eat out

to eat at a restaurant, not at home.
> At the weekend we eat out.

15. morning person

someone who loves mornings.
> I am a morning person, so I go to bed early.

16. night owl

someone who shines at night.
> I am a night owl, so mornings are hard for me.

17. head out

to leave the house.
> I grab a coffee and head out.

18. grab a bite

to eat something small and fast.
> I grab a bite before work.

19. frequency adverb

a word like always, usually, never.
> I always wake up early.

20. present simple

the tense for habits and routines.
> I wake up at six thirty every day.

The Confident Day Narrator

morning, day, evening — your whole day in English

Wake up vs get up

“I wake up at six thirty, but I get up at seven.”

Sequence it

“First, I drink water. Then, I take a shower. After that, I get dressed. Finally, I have breakfast.”

Three beats

“I am a visual engineer. I work from nine to five on weekdays, and right now I am learning English.”

Weekday vs weekend

“On weekdays I rush, at the weekend I unwind.”

Call it a night

“Well, I will call it a night.”

Say It Better — 10 upgrades

☐ “I wake up and I open my eyes.”

☐ “I wake up, stretch, and get up.”

☐ “I have a routine of day.”

☐ “I have a daily routine.”

☐ “Every morning I am waking up early.”

☐ “I wake up early every morning.”

☐ “She don't like mornings.”

☐ “She does not like mornings.”

☐ “I work in night.”

☐ “I work at night.”

☐ “I go to bed on eleven o'clock.”

☐ “I go to bed at eleven o'clock.”

☐ “On the weekend I relax.”

☐ “At the weekend I relax.”

Practice Time

3 exercises — do them today, not “someday”

Exercise 1 — Fill in the blank

Word bank: alarm • snooze • commute • unwind • routine

1. My _____ rings at six thirty, and I always hit the _____ button.
2. My _____ takes forty minutes — one hour there and back.
3. After work, I _____ with music and a walk.
4. A _____ is the things you do every day in the same order.

Exercise 2 — Say it like a local

Upgrade each one to smooth daily-routine English (answers below):

1. “Every morning I am waking up early.” > Fix the tense:
2. “I work in night.” > Fix the preposition:
3. “On the weekend I relax.” > Fix the preposition:

Exercise 3 — The thirty-second day

Say your whole day out loud in three beats: In the morning I... During the day I... In the evening I... Example: “In the morning I wake up at seven and have breakfast. During the day I work and have lunch at one. In the evening I unwind and go to bed at eleven.” Say your version three times — slow, faster, eyes closed.

- Morning: I wake up at six thirty, but I get up at seven.
- Day: I work from nine to five on weekdays.
- Evening: I unwind with music, then I call it a night.

Answer key

Ex 1: 1 alarm, snooze • 2 commute • 3 unwind • 4 routine

Ex 2: 1 “I wake up early every morning.” 2 “I work at night.” 3 “At the weekend I relax.”