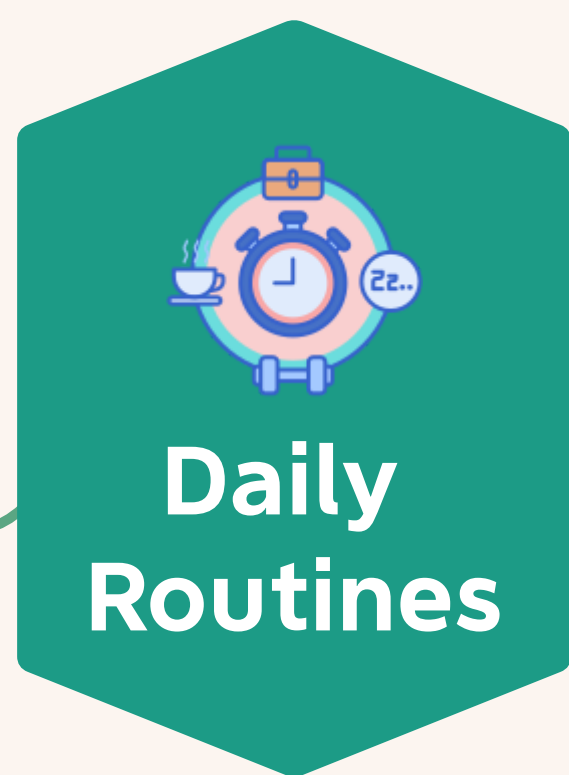


- put on make-up
- shave
- iron a shirt
- pack lunch
- do the housework
- do my laundry
- work overtime
- hang out
- go out for drinks
- go out for dinner
- prioritize my tasks
- respond the messages
- read emails
- do my meditation
- get some exercise
- go for a run/jog
- spend time with my family
- take out the trash
- get things ready for the next day



- midnight
- sunset
- midday
- dawn
- sunrise
- always
- usually/generally /normally
- often
- sometimes
- occasionally
- hardly ever/rarely
- never
- once a week
- twice a week
- three times a week

**Expressions**

- I... at... every morning/afternoon/evening before...
- I... at a regular time/bedtime.
- I usually... while...
- It doesn't take me long to...
- The last thing I do is...
- When/After/If..., I...
- I ... until lunchtime/midnight.
- I... so/so that...
- I... at least ... once/twice/three times a day.
- I... once/twice /three times... a week.