

# IELTS ENGLISH PODCAST. DAILY ROUTINE. TRANSCRIPT

## Part 1. What is your typical daily routine?

Typically I wake up early. I'm a morning person. I commute to my office, do a full day's work, normally from around 7 a.m. until 7 p.m. I have lunch and dinner in my office, and then I head home, and normally between 7 and 8, spend a little bit of time with my family and then go to bed.

## Part 1. What part of your day do you enjoy the most?

Well, as a morning person, I love the morning, I really do. I love eating breakfast, and I love that period from sort of 7 a.m. to 10 a.m., where I am most productive. I'm really able to do deep work, focus. I feel like I have more ideas and creativity and so I prioritize a lot of my sort of thoughtful, creative tasks. In the early morning when I am most sharp.

## Part 2. Describe your daily routine.

My daily routine starts very early in the morning because I'm a morning person. I typically wake up at 6 a.m. I don't even need an alarm and the first thing I do is go through to my kitchen and have a bowl of oatmeal. A bowl of oatmeal normally consists of, oats, of course, fruit, frozen fruit, and some nuts and berries and various things, to really set me up for the day and make, give me energy.

At around seven. Maybe 6:30, I commute to my office. It takes around 40 minutes. I arrive there and I start work on the kinds of sort of creative tasks where I'm alone, which includes things on my laptop, maybe making podcasts, teaching, which is my main job. That comes later.

Normally around 9 or 10:00, I start teaching. My lunch happens whenever I can, so it kind of fits around my schedule. Although I'm a very habitual person, so I do like consistency, it's very difficult with my job because I have to teach. And so when I have some spare time, normally between 11 and 1, I have my lunch in the afternoon if I can, I do try to go to the gym. That's my opportunity to exercise and get some leisure time, because through the late afternoon and evening, that's when I have most of my lessons. So yeah, around 4:00 I start teaching. I try to get my dinner in around 5 or 6:00. Dinner normally consists of typical Korean food. Sometimes I have a lunchbox which I keep in my fridge.

## **VOCABULARY**

alarm (noun) - a loud sound or signal that warns or wakes you up.

commute (verb) - to travel from home to work or school and back.

focus (verb) - to pay close attention to something.

habitual (adjective) - something you do regularly, like a habit.

oatmeal (noun) - a soft, warm food made from oats, often eaten for breakfast.

period (noun) - a length of time, like minutes, days, or years.

podcast (noun) - a series of recorded audio shows or talks that you can listen to.

prioritize (verb) - to decide what is most important and do it first.

sharp (adjective) - having a point or edge that can cut; or very smart and quick to understand.

tasks (noun) - jobs or things you need to do.

thoughtful (adjective) - kind and caring, thinking about others' feelings.