

The Morning You Plan vs the Morning You Live



Intermediate (B1-B2)

Part 1. When you think about your mornings at the moment, what comes to mind? You can choose one or two words below or use your own. Explain your choice.

calm • rushed • chaotic • slow • heavy • predictable • stressful • fine • all over the place

Part 2. Complete and discuss:

1. The kind of morning I plan to have is usually _____.

2. The kind of morning I actually have is usually _____.

Why do you think there may often be a gap between the two?

Part 3. Read the descriptions. Which one sounds most like you? Explain your choice.

- **The Snoozer** – always plans to get up earlier... and never does
- **The Scroll-First Person** – checks their phone before doing anything else
- **The Calm-but-Late Type** – relaxed, but always cutting it close
- **The Last-Minute Sprinter** – calm until suddenly everything is urgent
- **The "I've Got a Routine" Person** – at least on paper



Part 4. Choose one option and explain your choice.

Five more minutes in bed	or	starting the day less rushed?
Checking your phone early	or	protecting your mood?
A calm morning	or	being on time?
Doing something for yourself	or	preparing for the day ahead?

Part 5. Discuss the following questions.

1. Do you feel pressure to “use mornings well”?
2. Where does that pressure come from? (work, social media, yourself, somewhere else?)
3. Do you think mornings have become more stressful in recent years?

Part 6. Read the comments below and discuss the questions.

1. “If my morning goes badly, the whole day feels off.”
2. “I’m not a morning person, and I’ve stopped fighting it.”
3. “I try to keep mornings simple, otherwise I overthink everything.”
4. “I used to copy routines online, but none of them stuck.”

For each one, discuss:

- Who might say this?
- When would someone feel this way?
- Do you recognise this voice in yourself or people you know?



Part 7. Complete the sentences with your own ideas. Explain your answers with examples.

1. One habit that genuinely helps my mornings is _____.
2. One habit I keep trying, but never stick to, is _____.
3. One piece of morning advice that doesn't work for me is _____.

Part 8. Your partner says one of the following. Respond naturally with advice.

1. "My mornings always feel rushed, no matter what I do."
2. "I wake up tired even when I sleep enough."
3. "I know what would help, but I never follow through."

Part 9. React to the statements. Agree, partly agree, or disagree, and explain.

1. "Successful people always wake up early."
2. "If your morning goes well, your whole day will too."
3. "You need a strict routine to be productive."

REFLECTION

Complete the sentences with your own ideas.

1. A good morning for me doesn't mean _____, it means _____.
2. What I actually want from my mornings is _____.
3. One pressure about mornings I'd like to let go of is _____.
4. One idea from today I'm taking with me is _____.