

The Life You're Living Right Now (Present Continuous)

Intermediate (B1-B2)



Part 1. Think about your life at the moment and discuss the following questions.

1. What feels different in your life compared to a few months ago?
2. Are you building any new habits at the moment?
3. Is anything in your life temporary right now?
4. Are you working towards something these days?
5. Is there anything that keeps happening and slightly annoys you?

Part 2. Read the conversation below.

Maya: You seem distracted lately. What's going on?

Tom: I'm juggling quite a lot, to be honest. I'm working on a new project at work and I'm trying to train for a half marathon.

Maya: That's a lot. Are you enjoying it?

Tom: I am, but I'm sleeping badly these days. I'm constantly checking emails at night.

Maya: You're always doing that.

Tom: I know. I'm trying to be more disciplined. I'm seeing a coach at the moment, actually.

Maya: Oh really?

Tom: Yeah. I'm meeting her again on Thursday.

Maya: Sounds like a growth phase.

Tom: That's what I keep telling myself. I'm just hoping it's temporary.



Part 3. Answer the questions below based on the conversation.

1. Would you describe Tom's situation as permanent or temporary?
2. Which sentences describe habits?
3. Which sentence sounds slightly annoyed?
4. Which sentence refers to the future?

Part 4. Look at the bold sentences from the dialogue and answer the questions.

- **I'm working on a new project.**
- **I'm sleeping badly these days.**
- **I'm constantly checking emails.**
- **You're always doing that.**
- **I'm meeting her on Thursday.**

1. Are all of these happening right now?
2. Which describe temporary situations?
3. Which describe repeated behaviour?
4. Which refers to a future arrangement?
5. Why is the present simple not used in these examples?

Part 5. Match each example to its use.

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| 1. I'm juggling quite a lot. | A. A definite future arrangement |
| 2. I'm sleeping badly these days. | B. A temporary situation |
| 3. You're always doing that. | C. An annoying repeated habit |
| 4. I'm meeting her on Thursday. | D. Something happening around now |

Part 6. Rewrite the sentences to show they are temporary. Use the present continuous and add a short reason, time phrase, or context to show why it is temporary.

Example:

I work from home. → I'm working from home this month while the office is being renovated.

1. I work from home.
2. She lives with her parents.
3. They eat a lot of takeaway food.
4. He goes to the gym every day.

Part 7. Complete the sentences so they are true for you.

1. I'm focusing more on _____ these days.
2. I'm trying to improve _____ at the moment.
3. I'm cutting down on _____ lately.
4. I'm building a habit of _____.

Part 8. Write or say three sentences using always, constantly or forever to describe repeated behaviour. Then decide if the tone sounds positive, neutral or slightly irritated.

1. One about yourself.
2. One about someone you know.
3. One about a general group of people.

Part 9. Describe your current life phase using at least:

- Two temporary situations
- One new or changing habit
- One repeated behaviour
- One future arrangement

REFLECTION

Complete the sentences with your own ideas.

1. Something I'm becoming better at right now is...
2. Something I'm struggling with at the moment is...
3. Something temporary in my life is...
4. Something I'm building for the near future is...

