



English Talkies

Simple Life Changes

Language: English | Level: B1

Learn to express life changes, goals, and motivation in English. Practice grammar patterns for discussing personal transformation and growth.

■ Essential Vocabulary

Word	Definition	Example
routine	Regular daily activities	My morning routine includes coffee and readin...
inspire	To motivate or encourage someone	Her story inspired me to change my habits
gradually	Slowly over time	I gradually improved my English skills
accomplish	To complete or achieve something	She accomplished her goal in three months
motivation	Reason for doing something	Health was my motivation for exercising
transform	To change completely	Exercise transformed my energy levels
commitment	Promise to do something	His commitment to learning impressed everyone
progress	Forward movement toward a goal	I see progress in my English speaking
discipline	Self-control to do what's needed	Discipline helps me study every day
overcome	To defeat or solve a problem	She overcame her fear of speaking English
challenge	A difficult task or situation	Learning grammar is my biggest challenge
persistent	Never giving up	Be persistent with your language practice
breakthrough	Important discovery or progress	I had a breakthrough in pronunciation today
mindset	Way of thinking	A positive mindset helps learning
consistency	Doing something regularly	Consistency in practice brings results

■ Key Phrases

make a change → make a change | **step by step** → step by step | **stay motivated** → stay motivated | **break a habit** → break a habit | **set a goal** → set a goal | **make progress** → make progress

■ Grammar Rules

1. Present Perfect for Life Experience: Use present perfect to talk about changes that affect your current situation. Shows connection between past and present.
2. Going to for Future Plans: Use 'going to' for planned changes and decided actions. Shows intention and preparation for future changes.
3. Modal Verbs for Suggestions: Use should, could, might for giving advice about changes. Makes suggestions more polite and less direct.
4. Gerunds After Prepositions: Always use -ing form after prepositions. Common in discussing methods and ways of changing habits.
5. Comparatives for Progress: Use comparative forms to show improvement and change over time. Essential for describing personal growth.
6. Time Expressions with Present Perfect: Use 'for' with periods of time, 'since' with starting points. Shows duration of changes and habits.

■ Study Tips

1. Practice talking about your own life changes | 2. Use comparative forms to show improvement | 3. Learn inspirational vocabulary for motivation