

Habits

In the morning

## Getting up

- ▶ Turn off alarm

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- ▶ Turn off alarm
- ▶ Get out of bed

# Breakfast

- ▶ Eat eggs

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- ▶ Eat eggs
- ▶ Drink coffee

In the evening

# Dinner

- ▶ Eat spaghetti



# Dinner

- ▶ Eat spaghetti
- ▶ Drink wine

## Going to sleep

- ▶ Get in bed

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- ▶ Get in bed
- ▶ Count sheep