

THE

# ENGLISH TALK

WITH **PARIS SOL**



## Study Guide

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### Episode 1: The Power of Habits

(Pre-Intermediate to Intermediate)

Transcript, Key Vocabulary, and Exercises



## About the Creator

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Hi! I'm Paris Sol, the director and founder of English Prism Language Academy. With over 18 years of international teaching experience and a PhD in English Language Teaching, I've had the privilege of helping thousands of language learners improve their English skills and achieve their goals. From mastering everyday communication to excelling in language exams like IELTS, TOEFL, and CELPIP, I've guided students from diverse backgrounds on their learning journeys.

Many of my students have encouraged me to start a podcast over the years, and I'm thrilled to finally share "The English Talk". This podcast is designed not only for English learners but also for anyone who enjoys thought-provoking talks on a variety of topics. I hope it inspires and educates you as much as I've enjoyed creating it.

Thank you so much for taking the time to listen.

With love,

*Paris Sol*

# Episode 1: The Power of Habits

## Transcript

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### Introduction

Hi everyone, and welcome to the first episode of my podcast! I'm Paris Sol, and I'm so excited you're here. Thank you for listening! Today, we're going to talk about something that can really change your life: habits.

Now, some people think habits are just boring routines, but that is not true! Habits are the small things we do every day. They create patterns in our lives and help us reach our goals. But remember, some habits can also take us away from our goals—bad habits can hold us back. Whether we want to be healthier, learn a new language like English, or have more energy, forming good habits is the key.

But let me ask you: What is one habit you'd like to change or build in your life? Take a moment to think about it. Maybe it's something small, like drinking more water or reading every day. Or perhaps it's something bigger, like waking up earlier or improving your English skills. What have you tried so far? Has it worked for you?

Let me share a personal story. Four years ago, I moved to Vancouver, Canada. It was exciting but also very hard. Starting a new life and facing personal challenges left me feeling exhausted and stressed. Then, a year later, my dog developed cancer. We did our best, but he didn't survive. It was the most difficult time of my life.

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During this time, I realized I needed to make a change. I started with small steps to feel better. Instead of trying to change everything at once, I focused on consistency, which means making small efforts every day, even if they're not perfect, so that they add up over time.

For example, I made it a habit to walk every day. Later, I added exercise and tried intermittent fasting. This means you eat for a certain number of hours and then take a break from eating for a while. At first, I fasted for about 8 hours. Over time, I worked up to 14 hours. These small changes improved my health and gave me more energy.

I also started waking up early to go to the gym. At first, I thought I couldn't do it because I was a "night person." But over time, my body adjusted—my body started to feel comfortable with the new routine. This taught me something important: with self-discipline, you can change any habit.

Another habit I tried was meditation. At first, it was tough to sit still, which means not moving at all for like 10 minutes. But it helped me feel calm and focused. Now, I start my day with drinking water, doing some stretches, yoga, meditation, and of course, exercise. This morning routine helps me feel ready to start a new day.

I also stopped checking my phone out of habit first thing in the morning. Instead, I do something productive, like planning my tasks or journaling. When you start your day with positive actions, you feel in control.

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### Why Some Habits Work and Others Don't

So, why do some habits last while others don't? First, it's about starting small. If you try to do too much at once, you might give up. For example, if you want to read more, don't aim to finish a book in a week. Start with 10 minutes a day, only 10 minutes a day. Over time, it'll become a natural pattern in your life.

Second, you need motivation. Ask yourself: why do I want to build this habit? If you don't have a clear reason, it's hard to stick to it.

Finally, procrastination can stop you. If you're always saying, "I'll start tomorrow" or "I'll start next week," it's time to break that cycle. Don't wait for the perfect moment. Start now, even if it's just a small step.

### Tips for Learning English with Habits

The same goes for learning English—good habits are key. Here are some simple ideas:

- Make it a habit to listen to an English podcast during your morning routine.
- Spend 10 minutes practicing new words every day, every evening.
- Try journaling in English every day.

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These small actions may not seem like much, but spending a lot of time isn't necessary. What's more important is consistency—doing these small actions regularly. It's not about how long you spend, but about doing it every day, every single day, even for a short time, that'll help you make progress.

### Closing Thoughts

Alright folks, that's it for today's episode! Here are a few key takeaways to remember:

Start with small steps—don't try to change everything at once. Focus on breaking old habits and creating new, positive ones. And if you miss a day or can't do as much as you planned, don't worry, it's okay! Just get back to it the next day. If you wanted to read for 10 minutes but couldn't, try reading for just 2 minutes. Remember, consistency is key, and every little effort helps!

Thank you so much for joining me today! If you enjoyed this episode, please subscribe and share it with your friends. You can also visit my website, [www.englishprism.com](http://www.englishprism.com), for a free PDF with key phrases and exercises from today's episode.

And yeah, I'd love to hear from you! Feel free to send me your thoughts, suggestions, or tips on building habits.

Next week, we'll talk about another exciting topic. Until then, take care!

# Episode 1: The Power of Habits

## Key Vocabulary and Expressions

### 1. Habit

Something you do regularly, often without thinking about it.

عادت

Drinking coffee every morning is a habit for many people.

نوشیدن قهوه هر روز صبح، برای بسیاری از افراد یک عادت است.

### 2. Routine

A set of things you do regularly at certain times.

روال / برنامه روزانه

My morning routine includes waking up, having breakfast, and reading the news.

برنامه روزانه‌ی صبحگاهی من شامل بیدار شدن، خوردن صبحانه، و خواندن اخبار است.

### 3. Reach a goal

To achieve something you want or work for.

به هدف رسیدن

I worked hard all year to reach my goal of learning 100 new words.

تمام سال سخت کار کردم تا به هدفم که یادگیری ۱۰۰ کلمه جدید بود، برسم.

# Episode 1: The Power of Habits

## Key Vocabulary and Expressions

### 4. Hold someone back

To stop someone from moving forward or improving.

کسی را از پیشرفت یا به جلو رفتن باز داشتن

Bad habits can hold you back from reaching your dreams.

عادات بد می‌توانند شما را از رسیدن به رویاهایتان باز دارند.

### 5. Form a habit

To make something a regular part of your life.

عادت ایجاد کردن

If you walk every day, you can form a good habit of exercising.

اگر هر روز پیاده‌روی کنید، می‌توانید عادت خوب ورزش کردن را ایجاد کنید.

### 6. Key (as in something is key)

Very important for success.

کلیدی

Regular practice is key to improving your speaking skills in English.

تمرین منظم برای بهبود مهارت‌های گفتاری شما در زبان انگلیسی کلیدی است.



# Episode 1: The Power of Habits

## Key Vocabulary and Expressions

### 7. Challenge

Something difficult that requires effort to complete.

چالش

Learning a new language can be a big challenge, but it's possible.

یادگیری یک زبان جدید می‌تواند یک چالش بزرگ باشد، اما ممکن است.

### 8. Exhausted

Feeling very tired, almost like you have no energy.

کوفته، خسته

After working all day, I felt exhausted and just wanted to sleep.

بعد از یک روز کامل کار کردن، خیلی خسته بودم و فقط می‌خواستم بخوابم.

### 9. Develop cancer

To become sick with cancer.

سرطان گرفتن

After feeling sick for a long time, he went to the doctor and learned he had developed cancer.

بعد از مریض بودن برای مدت طولانی، به پزشک مراجعه کرد و متوجه شد که سرطان گرفته است.

# Episode 1: The Power of Habits

## Key Vocabulary and Expressions

### 10. Survive

To live through something difficult or dangerous.

زنده ماندن

She survived the accident.

او از تصادف جان سالم به در برد.

### 11. Make a change

To do something differently or to improve something.

تغییر ایجاد کردن

I decided to make a change in my life by exercising more regularly.

تصمیم گرفتم در زندگی‌ام تغییر ایجاد کنم و به طور منظم تر ورزش کنم.

### 12. Small steps

Doing little things one at a time to reach a goal.

گام‌های کوچک

If you want to learn English, start with small steps like learning three words a day.

اگر می‌خواهید انگلیسی یاد بگیرید، با گام‌های کوچک شروع کنید، مانند یادگیری سه کلمه در روز.

# Episode 1: The Power of Habits

## Key Vocabulary and Expressions

### 13. Consistency

Doing something regularly over time, without stopping.

ثبات، پیوستگی

To get better at English, you need consistency in your practice.

برای بهتر شدن در زبان انگلیسی، شما به ثبات در تمرین نیاز دارید.

### 14. Make an effort

To try hard to do something.

تلاش کردن

It's important to make an effort every day if you want to improve your health.

اگر می‌خواهید سلامتیتان را بهبود ببخشید، مهم است که هر روز تلاش کنید.

### 15. Add up over time

Small things that build up and become important over time.

با گذشت زمان جمع شدن

If you save a little money every day, it will add up over time.

اگر هر روز کمی پول پس‌انداز کنید، با گذشت زمان جمع می‌شود.

# Episode 1: The Power of Habits

## Key Vocabulary and Expressions

### 16. Fast (verb)

To not eat food for a period of time.

روزه گرفتن

I fast for 12 hours every day to be healthier.

من هر روز به مدت ۱۲ ساعت روزه می‌گیرم تا سالم تر باشم.

### 17. Adjust

To change something slightly to make it better or more comfortable.

تنظیم کردن، وفق دادن

At first, I had trouble waking up early, but my body adjusted after a few weeks.

در ابتدا زود بیدار شدن برایم سخت بود، اما بدنم بعد از چند هفته تنظیم شد.

### 18. Self-discipline

The ability to control yourself and make good choices even when it's hard.

انضباط فردی

Self-discipline helps me stick to my workout routine every day.

انضباط فردی به من کمک می‌کند که هر روز به برنامه ورزشی‌ام پایبند باشم.

# Episode 1: The Power of Habits

## Key Vocabulary and Expressions

### 19. Sit still

To stay in one place and not move.

بی حرکت نشستن

It was hard for me to sit still for 10 minutes while meditating.

برای من سخت بود که به مدت ۱۰ دقیقه در حالی که مدیتیشن می کردم بی حرکت بنشینم.

### 20. Calm

Feeling peaceful and relaxed, without stress or worry.

آرام

Meditation helps me feel calm and focused in the morning.

مدیتیشن به من کمک می کند که صبح ها احساس آرامش و تمرکز داشته باشم.

### 21. Out of habit

Doing something because you've done it many times before, not because you think about it.

از روی عادت

I check my phone out of habit as soon as I wake up.

به محض بیدار شدن از روی عادت گوشی ام را چک می کنم.

# Episode 1: The Power of Habits

## Key Vocabulary and Expressions

### 22. Stick to a habit

To continue doing something regularly without giving up.

به یک عادت پایبند بودن

It's hard, but I'm trying to stick to my habit of reading before bed.

سخت است، اما دارم تلاش می‌کنم که به عادت خواندن قبل از خواب پایبند باشم.

### 23. Make progress

To get better or move forward towards a goal.

پیشرفت کردن

I'm making progress in learning English because I practice every day.

من در حال پیشرفت در یادگیری زبان انگلیسی هستم چون هر روز تمرین می‌کنم.

### 24. Break an old habit

To stop doing something you've done for a long time.

یک عادت قدیمی را ترک کردن

It took me a while to break the habit of eating junk food.

مدت زمانی طول کشید تا عادت خوردن غذای ناسالم را ترک کنم.

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## Key Vocabulary and Expressions

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### 25. Procrastination

Delaying or postponing something that needs to be done.

اهمال کاری، به تعویق انداختن کارها

Procrastination often leads to stress and anxiety.

اهمال کاری اغلب باعث استرس و اضطراب می‌شود.

### 26. Give up

To stop trying to do something or to quit.

دست کشیدن، تسلیم شدن

Don't give up on your dreams.

از رویاهایت دست نکش.

# Episode 1: The Power of Habits

Practice Time!

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## Fill in the Blanks

Complete each sentence with the correct word or phrase from the list below:

- A** form      **B** survive      **C** Procrastination  
**D** make an effort      **E** exhausted  
**F** key      **G** routine      **H** make progress  
**I** challenge      **J** reach

1. To get better at English, it's important to follow a \_\_\_\_\_ every day.
2. He worked hard to \_\_\_\_\_ his goal of running a marathon.
3. It's hard to \_\_\_\_\_ a new habit, but it's possible if you try every day.
4. Consistency is \_\_\_\_\_ to improving your skills in any area.
5. Learning a new language can be a \_\_\_\_\_ for many people.



# Episode 1: The Power of Habits

Practice Time!

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## Fill in the Blanks

- A** form      **B** survive      **C** Procrastination  
**D** make an effort      **E** exhausted  
**F** key      **G** routine      **H** make progress  
**I** challenge      **J** reach

6. After a long day of work, I felt so \_\_\_\_\_ that I went straight to bed.
7. The strong soldier managed to \_\_\_\_\_ the battle and stay safe.
8. If you want to improve your health, you need to \_\_\_\_\_ every day, even when it's difficult.
9. His \_\_\_\_\_ kept him from finishing the project on time.
10. She's finally starting to \_\_\_\_\_ in her English speaking after practicing every day.

# Episode 1: The Power of Habits

Practice Time!

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## Multiple Choice

**Choose the correct option to complete each sentence.**

11. To finally quit eating junk food, I had to \_\_\_\_\_ my old habits and focus on healthier choices.

- a) break
- b) keep up with
- c) stick to
- d) form

12. It's not always easy to \_\_\_\_\_, but with practice, it becomes a part of your daily life.

- a) adjust to
- b) stick to a habit
- c) give up on
- d) break free from

13. Learning to wake up early every morning requires a lot of \_\_\_\_\_ to avoid hitting the snooze button.

- a) try
- b) self-awareness
- c) help
- d) self-discipline

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Practice Time!

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## Multiple Choice

14. Moving to a new city can be challenging, but it's important to \_\_\_\_\_ to the local culture and make new friends.

- a) change
- b) abandon
- c) adjust
- d) break

15. \_\_\_\_\_ is the secret to success, as doing something regularly, even if it's small, leads to great results over time.

- a) Self-discipline
- b) Consistency
- c) Patience
- d) Focus

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## True/False

**Read each statement carefully. Decide whether it is True or False based on the meaning of the phrases.**

16. The phrase “out of habit” means doing something intentionally and with thought.

17. To “sit still” means to move around constantly.

18. The verb “fast” refers to not eating food for a period of time.

19. If small actions “add up over time,” they accumulate and become significant.

20. To “hold someone back” means to encourage someone to move forward.

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Practice Time!

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## Answer Key

1. Routine
2. Reach
3. Form
4. Key
5. Challenge
6. Exhausted
7. Survive
8. Make an effort
9. Procrastination
10. Make progress
11. Break
12. Stick to a habit
13. Self-discipline
14. Adjust
15. Consistency
16. False (It means doing something automatically because you've done it many times before.)
17. False (It means to stay in one place without moving.)
18. True
19. True
20. False (It means to stop someone from moving forward or improving.)

Well done!

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Thank you for taking the time to use this study guide. Your dedication to improving your English is inspiring, and every small step you take brings you closer to achieving your goals. Remember, learning a language is a journey, and you're doing great! Keep going—you've got this!

Stay Connected

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*"Success is the sum of small efforts, repeated day in and day out."*

– Robert Collier