

MY VS MINE

Possessive pronouns (**MINE, YOURS, HIS, HERS, OURS, THEIRS**) are similar to **MY, YOUR**, etc, but they are used **without** following nouns. In other words:

→ we use possessive determiners (**MY, YOUR**, etc.) **before a noun**.

→ we use possessive pronouns (**MINE, YOURS**, etc) **in place of a noun**:

- This is **my** learning plan.
- This learning plan is **mine**.
- That's **her** car in the parking lot.
- The red car is **hers**.
- Which is **your** house?
- Which house is **yours**?

Its is not normally used without a following noun except when we use it with **own**:

- The forest was quiet, but it had a beauty of **its own**.
- I had my snack, and the dog had **its** snack.

We can use a structure with **of+possessive**:

- That guy is a friend **of mine**.
- He's a friend **of my father's**.
- Have you heard this new idea **of the boss's**?
- I met another boyfriend **of Lucy's** yesterday.

1 CHOOSE THE RIGHT OPTIONS:

1. This idea is not _____ (**my/mine**). It's been suggested before.
2. The car in the driveway is _____ (**her/hers**).
3. How's that friend of _____ (**you/yours**)?
4. To maintain _____ (**my/mine**) health, I make it a point to exercise every day.
5. This house has a charm of _____ (**its/it's**) own.
6. That project is _____ (**our/ours**), not _____ (**their/theirs**).
7. Everyone has their morning routine, and I'd like to show you what _____ (**my/mine**) is like.
8. My work is no business of _____ (**your/yours**).
9. This is _____ (**my/mine**) laptop, and the one on the desk is _____ (**her/hers**).
10. Which glass is _____ (**your/yours**)?



MY MORNING ROUTINE

2 COMPLETE THE SENTENCES FROM THE VIDEO "MY MORNING ROUTINE"

1. Everyone has their morning routine, and I'd like to show you what _____ is like to prepare me for a _____ day in the hospital.
2. The first thing I like to do in the morning when I open my eyes is to _____ a glass of warm lemon water.
3. Also, lemons contain two great nutrients, potassium and a little bit of vitamin C, which is great, especially if the night before you had a great _____.
4. A great trick _____ waking up in the morning, that is even better than caffeine, is to _____ a cold shower.
5. Sometimes I'll need to put on a suit if I'm doing a formal presentation, or _____ patients inside my clinic.
6. I'm not telling you to do a full exercise _____ when you wake up..
7. Roxy obviously needs her daily morning exercise, but it's also a great time for me to do some self-reflection, leave my cell phone _____...
8. Last but not _____, got to get some food in me before I head out to the hospital.

3 COMPLETE THE SENTENCES WITH THE FOLLOWING PHRASES:

get dressed, grab a snack, leave my cell phone behind, hectic day, the rest of my day, great workout, throughout my entire workday

1. _____, I try to stay focused and productive despite many distractions.
2. It was a _____ at the office, filled with back-to-back meetings and urgent emails.
3. I managed to _____ between meetings to keep my energy levels up.
4. After finishing my morning routine, I take a moment to get ready for _____, planning out the evening ahead.
5. Before heading out, I _____ in comfortable clothes for a workout session.
6. I always make sure to have a _____ at the gym to relieve stress and stay healthy.
7. As a digital detox habit, I _____ when I go for a walk after work.



MY MORNING ROUTINE

4 DISCUSS THE FOLLOWING QUESTIONS:

- How do you plan your daily routine?
- What are some benefits of having a consistent daily routine?
 - increased productivity
 - reduced stress
 - improved time management
 - better sleep
 - improved health
 - improved self-discipline
 - more time for leisure activities
 - greater sense of control
 - enhanced personal growth

- What's the first thing you do when you wake up in the morning?
- What are some benefits of having a consistent morning routine?
- Do you think your morning routine affects your productivity during the day?
- How do you ensure that you have enough time for your morning routine?
- Do you think it's important to have a morning routine even on weekends or days off?
- How do you handle unexpected events that disrupt your daily routine?
- What motivates you to stick to your daily routine?
- How do you handle days when you feel unmotivated to follow your routine?
- Do you think it's important to have a set bedtime and wake-up time?
- How do you ensure that you have enough time for self-care activities in your daily routine?
- How has your daily routine changed over the years?
- How do you adapt your routine when traveling or on vacation?
- How important is a healthy breakfast in your daily routine?
- Do you believe in taking breaks throughout the day, or pushing through without stopping?
- Do you use any apps or tools to help you with your daily routine?
- How do you prioritize tasks in your daily routine?

