



# MORNING ROUTINE



## *Conversation Topics*

1. What time do you usually wake up in the morning?
2. Do you stay in bed for a long time after you wake up or do you get up quickly?
3. Do you set an alarm? How many?
4. Do you have a shower every morning?
5. What do you usually eat for breakfast?
6. Do you prefer to exercise early in the morning or later in the evening?
7. Do you consider yourself a "morning person"? Why / why not?
8. Would you take a job that started at 6:00am?
9. What is your perfect morning?
10. What is your bathroom routine in the morning?
11. How long do you usually spend in the bathroom in the morning?
12. Of your friends and family, who takes the longest to get ready? Why do you think that is?
13. Do you think that it is important to get up early in the morning?
14. What is something that you enjoy doing in the morning?
15. How does your routine change on the weekend?
16. Is it easier for you to get work done in the morning or later in the day?
17. Do you know anyone who has a strange morning routine?
18. Do you check your phone as soon as you get up in the morning?
19. Who is usually the first person that you talk to in the morning?

