

Useful Phrases From Episode 1

Here are the useful phrases from today's episode. Each one includes a meaning and example sentence. Practice saying them out loud.

1. At a dead end

Meaning: You feel like there is no way to move forward.

Example: *I felt at a dead end in my job and didn't know what to do.*

2. Hit a wall

Meaning: You reach a difficult point that feels impossible to get past.

Example: *I hit a wall when I lost motivation.*

3. In a rut

Meaning: You are stuck doing the same boring things every day.

Example: *Doing the same thing every day made me feel in a rut.*

4. Running in place

Meaning: You work hard but don't make any progress.

Example: *I was running in place, working hard but not moving forward.*

5. Take a step back

Meaning: Pause and reflect before continuing.

Example: *Sometimes I take a step back to think before acting.*

6. Break the cycle

Meaning: Stop a bad habit or pattern and do something different.

Example: *I broke the cycle by changing my daily habits.*

7. Make a fresh start

Meaning: Begin again with new energy and ideas.

Example: *I decided to make a fresh start this week.*

8. Get back on track

Meaning: Return to a good path after a problem or mistake.

Example: *After a difficult time, I got back on track.*

Practice & Reflect

Complete these sentences using the phrases you've learned:

1. I was _____, so I just started journaling to get myself out of it.
2. The project started well, but then we _____.
3. I decided to _____ and think about what I really wanted.
4. I _____ by changing my morning routine.
5. This week, I made _____ by signing up for a new class.

Answer Key:

Use these to check your ideas or get inspired!

1. I was in a rut, so I just started journaling to get myself out of it.
2. The project started well, but then we hit a wall.
3. I decided to take a step back and think about what I really wanted.
4. I broke the cycle by changing my morning routine.
5. This week, I made a fresh start by signing up for a new class.

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