



# Phrasal Verbs for Real Life: 12 Words for Your Daily Routine

## THE FOREGROUND

### What is this topic about?

This module is about **Everyday Phrasal Verbs**. These are the small words that native speakers use to describe their daily routines—from waking up to hanging out with friends.

### Why do people get confused?

In school, you learn verbs like "awaken," "search," or "continue." But in real life, we almost never say those! We say "wake up," "look for," and "go on." If you don't use phrasal verbs, your English sounds like a "translation" rather than real speech.

### Who is this for?

Beginner to Intermediate learners who want to sound more natural in basic conversations. If you can speak English but feel like you sound "like a robot," this is for you.

### Our Approach

We focus on **The Timeline of Your Day**. We pick 12 verbs that you can use from the moment you wake up until you go to bed.

## The Introduction: Why Phrasal Verbs Matter

Imagine you are looking for your keys. In textbook English, you might say, "*I am searching for my keys.*" While correct, it sounds very formal—almost like a police investigation. In real English, we say, "*I'm **looking for** my keys.*"

Phrasal verbs are the "social glue" of English. They are not slang; they are the standard way English speakers talk to their family, friends, and even coworkers. By learning these 12 "Daily Heavy Lifters," you will instantly sound more like a native speaker and less like a translation.

## THE DAILY LIFE FORMULA

***"I need to pick up some milk on the way home."***

\*Insight: Using 'pick up' instead of 'buy' makes you sound much more fluent.\*

# 1. The Timeline of Your Day



## Morning Routine

1. **Wake up:** To stop sleeping (opening your eyes).
  - *"I usually **wake up** at 7 AM."*
2. **Get up:** To actually leave your bed.
  - *"I wake up at 7, but I don't **get up** until 7:15!"*
3. **Put on:** To dress yourself (clothes, shoes, makeup).
  - *"It's cold outside, so **put on** a jacket."*



## Afternoon (Out and About)

4. **Head out:** To leave a place (home or office).
  - *"I usually **head out** for lunch around 1 PM."*
5. **Look for:** To try to find something.
  - *"I'm **looking for** a good coffee shop nearby."*
6. **Pick up:** To buy or collect something on your way.
  - *"Can you **pick up** some bread on your way home?"*

# 2. Social Life & Night Routine



## Evening (Social & Relaxing)

7. **Hang out:** To spend time relaxing with people.

- "Do you want to **hang out** at the park this evening?"

8. **Come over:** To visit someone's house.

- "Why don't you **come over** for dinner tonight?"

9. **Eat out:** To eat at a restaurant instead of home.

- "I'm too tired to cook, let's **eat out** tonight."

## Night (Winding Down)

10. **Get in:** To arrive home.

- "I usually **get in** around 7 PM after work."

11. **Turn off:** To stop a machine or light.

- "Don't forget to **turn off** the TV before bed."

12. **Sleep in:** To sleep longer than usual (usually on weekends).

- "I love to **sleep in** on Saturday mornings."

## Mastery Workshop

### PART 1: The "Real World" Translation

Rewrite these sentences using one of our 12 phrasal verbs.

1. "I **leave my bed** at 8:00."
2. "I **am searching for** my glasses."
3. "Can we **spend time together** on Saturday?"

### PART 2: The Daily Story

Write a 3-sentence story about your typical morning using at least two phrasal verbs.

## The Final 10 Challenge

*Test your mastery with these targeted exercises.*

1. "I'm late for work! I need to \_\_\_\_\_ (leave) right now."
2. "My friends are going to \_\_\_\_\_ (visit) my apartment tonight."
3. "I always \_\_\_\_\_ (stop a machine) the lights before I leave."
4. "I don't set an alarm on Sundays because I like to \_\_\_\_\_ (wake up late)."
5. "Can you \_\_\_\_\_ (buy/collect) some coffee on your way back?"
6. "I \_\_\_\_\_ (arrived home) very late last night."
7. "Let's \_\_\_\_\_ (dine at a restaurant) this evening."
8. "I am \_\_\_\_\_ (searching for) a new job."
9. "It's cold, \_\_\_\_\_ (dress yourself) your coat."
10. "I usually \_\_\_\_\_ (stop sleeping) at 6 AM but stay in bed."

## The Logic & Explanation Key

*Check your work and understand the "Why" behind the correct answers.*

- 1. head out:** Used when leaving one location for another.
- 2. come over:** Used when someone visits *your* location.
- 3. turn off:** The standard verb for electronics and lights.
- 4. sleep in:** Specifically means waking up later than your normal time.
- 5. pick up:** A common way to say "buy something small" or "collect" while out.
- 6. got in:** The natural conversational way to say "arrived home."
- 7. eat out:** Used for any meal at a restaurant.
- 8. looking for:** More natural than "searching for" for everyday items/jobs.
- 9. put on:** The standard verb for clothing and accessories.
- 10. wake up:** Specifically the act of opening your eyes/stopping sleep.