

Describe a habit your friend has and you want to develop - Model answer 1

Introduction

It cannot be denied that we easily get impressed by the good habits of others and want to develop the same, which is not a cakewalk to do.

Who is your friend?

I am going to talk about a habit that my friend Siya has.

What habit does he/she have?

She has many good habits. Meanwhile, I was influenced a lot by her habit of reading.

When did you notice this habit?

She has been doing this for ages. I noticed this when we used to spend time together at her house during the COVID pandemic.

And explain why you want to develop this habit ?

Reading in her spare time benefits her in a variety of ways. In the beginning, unlike others, she used her leisure time productively. Second, she is quite fluent in English since she reads largely in English, which enables her to expand her vocabulary. Given all of these considerations, I believe I should also cultivate an interest in reading as well.

Conclusion

I'm hoping that this practice will help me sit and study for long periods of time, which will boost my overall academic achievement.

Describe a habit your friend has and you want to develop - Model answer 2

Introduction

Many people were impacted by others' positive actions when they saw them.

Who is your friend?

My best friend, Yesha, has many good habits.

What habit does he/she have?

Although I am affected by several of her routines, performing yoga every morning is one that I find most inspiring.

When did you notice this habit?

Actually, when we were in 9th grade, a new physical education instructor was assigned to us. She claimed to be in her sixties, but she appeared much younger than her age, and the explanation for this was that she had been practicing yoga for the past 30 years and had never missed a single day. She inspired each student to make yoga a habit. Saloni has been doing yoga since then, and I kept telling myself that I would start the next day.

And explain why you want to develop this habit ?

Every day, she devotes half an hour to an hour to yoga. That is why she is so fit, and her immune system is also very strong. She rarely gets ordinary infections like the common cold, which I get all the time. I'm aware that yoga has numerous advantages. It is beneficial to the mind, body, and spirit. It stimulates blood circulation, lubricates joints of ours, and, most importantly, boosts our immunity.

Conclusion.

However, I am now motivated to begin and maintain a daily yoga practice.

Describe a habit your friend has and you want to develop - Model answer 3

Introduction

- Good habits are necessary for achieving success in life.
- They benefit not only the one who possesses them but also others.

Who is your friend?

- So today I'd like to write about my best buddy, my roommate, Khushi.

What habit does he/she have?

- "Early to bed and early to rise" is one of her good habits.

When did you notice this habit?

- I first saw this tendency last year when our classmates planned a night out at my place.
- And she informed me she couldn't go because she had a habit of going to bed early, so I detected her habit at that time.

And explain why you want to develop this habit.

- There are numerous benefits to getting up early every day.
- She studies in the morning since there are fewer distractions and no noise in the early morning, allowing her to focus intently on her studies.

Conclusion

- A person who gets up early in the morning will undoubtedly become healthy.
- Whether we have work or not, waking up early in the morning allows us to go for a walk or exercise, which is a healthy way to start the day.

Describe a habit your friend has and you want to develop -

Model answer 4

Introduction

- A person with good habits advances steadily in his or her studies, profession, individual growth, and so on.

Who is your friend?

- My friend Jack is intrinsically motivated and works out every day.
- We have been classmates for a long time.

What habit does he/she have?

- Jack has an excellent practice of exercising every day and participating in outdoor activities.

When did you notice this habit?

- He goes for a long walk every evening.
- I've accompanied him on numerous walks.
- We talk about health and fitness while walking.
- He used to chat about his likes and dislikes during this time.

And explain why you want to develop this habit.

- His health-related insights have now inspired me.
- I want to instill in me the habit of going to the gym and eating a healthy diet.
- This practice could help to complete my work and goal in the best possible way.

Conclusion

- So, these are some of the reasons why I want to learn excellent behavior from my friend.