

## Simplified Speech #097 – Getting ready for the day

### Episode description

How long does it take you to get ready in the morning? In this Simplified Speech episode, Andrew and Kassy talk about their daily routines for getting ready in the morning. Enjoy this episode while you complete your own morning routine!

### Fun fact

More than 2 billion cups of coffee are consumed worldwide every day! That's a lot of caffeine consumption!

### Expressions included in the study guide

- Good to go
- Prep
- To switch up [something]
- To take a load off [one's] back
- To knock [something] out
- To hit snooze



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## Transcript

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Note: The words and expressions that appear in **bold text** within the transcript are discussed in more detail in the Detailed Explanations section that follows the transcript. The transcript has been edited for clarity.

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**Andrew:** Hello, everyone. My name is Andrew.

**Kassy:** And I'm Kassy.

**Andrew:** And this is the Culips English Podcast.

**Andrew:** Welcome back to another Culips episode, everyone. This episode is a Simplified Speech episode. And Simplified Speech is the Culips series that features clear and natural conversations that are really designed to help you boost your English listening skills and increase your knowledge of essential English vocabulary. Today I am joined by my cohost, Kassy. Hey there, Kassy.

**Kassy:** Hey, Andrew.

**Andrew:** Kassy, recently we have been shouting out some of our listeners who have left us nice reviews and ratings online. And today I wanted to give a shout-out to one of our listeners named admontgomery, who wrote, "I really love this podcast and it helped me to improve my English fluency. I highly recommend this podcast." And that comment was left for us in the Apple Podcast app. So admontgomery, thank you for your support. We really appreciate it.

**Kassy:** Yeah, it's always great to hear.

**Andrew:** Today we are going to be talking about the topic of getting ready in the morning. But before we do that, I just wanna to let you all know that there is a study guide for this episode available to all Culips members, and we recommend following along with the study guide with us here today. If you'd like to download it, you can just visit our website, [Culips.com](http://Culips.com), to access it.

**Kassy:** And if you're not a Culips member yet but would like to see why our study guides are such an awesome resource for studying English, then just visit [Culips.com](http://Culips.com). And you can select the study guide samples option from the Membership menu and you can download six free study guide samples.

**Andrew:** So if you're on the fence about becoming a member or you haven't really seen what our study guides are like yet, then definitely check them out and you can study with those free samples, because everybody loves free things.

**Kassy:** I sure do.

**Andrew:** Me as well.

**Andrew:** All right, so let's get into it, Kassy. We're talking about getting ready in the morning, and maybe we should clarify for everyone what exactly this means. What does it mean, to get ready in the morning?

**Kassy:** To get ready in the morning is anything you do from the time you wake up to the time you leave the house to go to work or take the kids to school or go to school.

**Andrew:** So you're preparing for the day. And usually when we talk about getting ready in the morning, it's like preparing to leave the house, right?

**Kassy:** So I guess, yeah, brushing your hair, your teeth, putting your makeup on, things like that. I'm sure you spend a lot of time doing that, Andrew.

**Andrew:** Oh, yes, my hair and makeup takes a long time in the morning. Yeah, no, to be honest, it really doesn't take me very long in the morning to get ready. I have very, very short hair so I don't need to comb it or blow dry it or really even wash it. And I don't do makeup or anything. So usually the only thing that I have to do in the morning to get ready is take a shower—I'm a morning shower person—take a shower, and brush my teeth. Those are the two things. Of course, get dressed and drink some coffee. Those are also mandatory. But after that, I'm **good to go**.

**Andrew:** How about you, Kassy? What's your morning routine like?

**Kassy:** I love sleep. So my morning routine is as fast and boom, boom, boom as possible, which means I go from one step to the next. I shower at night. So in the morning, I'm like you, I brush my teeth, maybe grab some breakfast. I'm not a coffee drinker.

**Andrew:** That's right. Yeah, I remember that.

**Kassy:** I usually pick my outfit out the night before so that I don't have to think about it in the morning.

**Andrew:** OK. That's really interesting. So, I don't do that. However, what I do do—maybe this makes me kind of too organized, like a little bit geeky in a way—is that I know if I'm going to have a busy week, I try and **prep** some clothes by, like, ironing them and getting them ready on Sunday so that I don't really pick my outfit, but I know that I have, like, five clean shirts that are **good to go** and five outfits that I kind of assemble so that I have something to wear Monday through Friday. So in a way, I kind of **prep** my clothes, but I don't lay out exactly what I'm going to wear every day.

**Kassy:** Yeah, I think everybody's different. I have a friend who, just like you said that you don't do, she does it. She has a rack in her room and it's labelled Monday, Tuesday, Wednesday, Thursday, Friday, and she puts her exact outfit in each location. Isn't that amazing?

**Andrew:** That's really, really organized. That's pretty cool. I think that's a good system to have. And one of the advantages of doing that is you can really make sure that you don't repeat your outfits too often.

**Kassy:** Yes.

**Andrew:** I think, Kassy, especially because we're teachers and we're in front of our students all the time, I guess actually maybe everybody has this, but I think especially teachers, when we're standing in front of many people all the time, we're a little bit aware that we need **to switch up our clothes** and we can't wear the same thing every day.

**Kassy:** Yeah, I almost wish I was like my students who have a uniform, then I wouldn't have to worry about it.

**Andrew:** Yes, me too. That would **take a load off our backs**, I think.

**Andrew:** So, Kassy, you said that you like sleep and then once you wake up, everything's kind of a rapid-fire process to get out of the door. Usually how much time do you leave between waking up and actually leaving the front door?

**Kassy:** That's a great question. I'm sure some listeners won't believe this. But, today, I took literally 15 minutes to wake up, get out the door, and into my classroom.

**Andrew:** 15 minutes. Wow, that is amazing.

**Kassy:** Yes, usually it shrinks. So on Monday, I might give myself 30 minutes or 40 minutes. And then as the week goes by, I get more lazy and then the time just seems to shrink.

**Andrew:** Are you one of those people that can put your alarm on sleep mode again and again and again until the very last moment? Like, I guess what I want to know is, do you set your alarm to wake up so that you only have 15 minutes to get to work? Or do you set your alarm with, like, 2 hours to get ready, and then just keep pressing the sleep button again and again and again until it's, like, the last minute and you absolutely have to get up?

**Kassy:** That's a good question. I do not like to ruin my REM sleep, the deep sleep. So I set my alarm just 40 minutes early and then **hit snooze** one or two times. How about you?

**Andrew:** Well, Kassy, I'm kind of the opposite. And maybe I think this is something that develops with age. So, because you're younger, I think maybe you sleep more and then, as you get older, maybe you'll start following a pattern like me, but—actually, I don't know about that, that's just my guess. But I actually love the morning because I think it's the most productive time of the day for me. So, even though I love sleep too, I really always try to wake up a couple hours early before I have to leave the house.

**Andrew:** So let's say I have to leave my house at 8:30 to get to work. I'm going to try and wake up at 6:00 or 6:30 so that I can have a nice cup of coffee. And I love to study in the morning. So almost all of my Korean study happens in the morning. Usually I watch Korean dramas in the morning while I drink coffee. Or I clean my house at that time. I try to do some housework because after the day is done, when I come home, I'm usually way too tired and sleepy to study or to do housework.

**Andrew:** Those are the two things that I really have a tough time doing in the evening. So if I **knock those out** and get them out of the way in the morning, then, yeah, I can feel like I at least accomplished a little bit and I can come home to a clean house, which is also cool.

**Kassy:** I think that is really great and I wish I could do that. Yeah, I have a friend who has a whole yoga routine in the morning, similar to your coffee-study routine.

**Andrew:** Nice. Yeah, some people can do exercise in the morning. I love to run, but I absolutely hate running in the morning. I just, I can't do it. I really only do it if it's the only option. Like, if my day is just so jam-packed and it's the only time that I could run, I'll do it in the morning sometimes. Because I feel tired all day, actually, if I exercise hard in the morning, then I'm like, now I got to work all day, come on. It's tough.

**Andrew:** But, Kassy, I should clarify that, you know, I'm not perfect and this is not my everyday schedule. Sometimes I am tired, too, and I also sleep in until the last moment. That does happen from time to time, as well.

**Kassy:** That makes me feel better.

**Andrew:** Kassy, do you have, like, an elaborate makeup or skin care routine or hair routine that you do before you leave the house?

**Kassy:** No, but I do live in Korea, where they care a lot about skin care, so I try to do that stuff a little bit at night. The lotions and toners and blah, blah, blah. And in the morning, it's just a quick swipe of the mascara, brush of the hair, and go.

**Andrew:** Yeah, I've started wearing sun cream lately, because I heard, you know, that it's really important to protect our skin. And, especially, I have very pale skin that burns easily. So even on a day that's not too sunny, I try to put some sun cream on and some lotion. But that's about it. I'm not in front of the mirror for too long in the morning. So I think we're kind of similar in that regard.

**Kassy:** Well, everyone, thanks for studying English with us today. Listening and learning with us like you're doing right now is the way that you can become fluent. So we're glad you showed up and put in some study time with us here today.

**Andrew:** So to recap this episode, we talked about getting ready in the morning and what our morning routines are like.

**Andrew:** And, everyone, if you enjoyed this episode and found it educational and maybe even a little bit entertaining, then please consider supporting us. You can do that in a variety of ways. First of all, you could become a paid Culips member. And we couldn't really keep going and doing Culips without the support of our members, so we really appreciate all of our members so much. And if you become a Culips member, you'll get unlimited access to our study guide library, ad-free episodes, and much more. So to sign up and become a member, just visit [Culips.com](http://Culips.com).

**Kassy:** That's not the only way to support us, though. You can always leave us a five-star rating and a positive review on your favourite podcast app.

**Andrew:** We'll be back soon with another brand-new episode and we'll talk to you then. Goodbye.

**Kassy:** Bye.

## Detailed Explanations

### Good to go Phrase

To be **good to go** means that one has finished preparing and is ready for something. If one is not **good to go**, that person is not yet finished getting ready. In this episode, Andrew says that he irons his clothes ahead of time, so they are **good to go** as soon as he needs them. In other words, Andrew makes sure his clothes are all ready to wear in advance, so whenever he needs them, he can just pull them out of the closet, put them on, and go.

Here are a couple more examples with **good to go**:

**Chris:** Are you **good to go**?

**Ryan:** Almost, just give me a second. I need to find my wallet.

**Chris:** Again? You're always losing that thing. You should just keep it by your door so you don't lose it anymore.

**Ryan:** I haven't lost it. I know it's in this room somewhere, I'm just not sure where exactly.

**Chris:** Sounds lost to me.

**Cathy:** OK, this little puppy is **good to go**.

**Zelle:** Wow, you made her look so cute! Thank you so much.

**Cathy:** No problem. That's my job. Fluffy was such a good dog, too. She didn't bark once. She actually seemed to like being trimmed and washed.

**Zelle:** Yes, she's such a sweetheart. I don't know how I got so lucky.



## Prep

Noun/verb

**Prep** can be used as either a noun or a verb. As a noun, **prep** is the shortened form of the word preparation. As a verb, **prep** means to prepare something or to make it ready. In this episode, Andrew says that he **preps** his clothes in advance so that he doesn't have to take as much time choosing his outfits every morning. In other words, he prepares his outfits in advance to save time.

Here are a couple more examples with **prep**:

**Richie:** Have we finished all the **prep** for the carnival this afternoon?

**Hannah:** Mostly. The last thing we have to do is heat the oil at the snack stand and fill the money box with extra change.

**Richie:** OK, I'll get the oil heated if you wanna grab the cash out of the safe.

**Hannah:** Sounds good. I'm so excited to see how the carnival turns out!

**Richie:** It's gonna be a blast! I guarantee it.

**Laura:** What's up?

**Tory:** Not much. I'm just **prepping** my meals for the week.

**Laura:** You make all of your meals on Sunday?

**Tory:** Yup! It saves so much time and money if I **prep** it all ahead of time. I just grab a container from the fridge and I'm ready to go. It's also healthier than buying takeout all the time.

**Laura:** Wow, that's really smart. I should start doing that.

**Tory:** You really should. It's life changing.



## To switch up [something]

Phrasal verb

**To switch up [something] up** or **to switch [something] up** is to make a change in something, usually so that it is improved or more interesting. Routines often start to feel boring after a while, so **switching things up** changes things in a way that adds excitement or improvements to an existing method or design.

For example, someone who eats eggs for breakfast every day might **switch up their breakfast** by eating pancakes one day. Eating pancakes instead of eggs is a small change, but it adds something special to an otherwise normal day.

Here are a couple more examples with **to switch up [something]**:

**Jeff:** Our sales numbers are down. Got any ideas for boosting sales?

**Layla:** Hmm. Your business model is good, but your designs are kind of outdated. Why don't you try **switching up some things**?

**Jeff:** How so?

**Layla:** You know, maybe try a new logo or remodel the store a bit? A fresh look is sure to attract younger customers to your store.

**Jeff:** Will that be expensive?

**Layla:** It won't be cheap, but it'll be worth it. I'm sure about that.

**Logan:** So should I order the pizza? Do you want your usual?

**Daksha:** Maybe we should **switch things up** and order Thai instead.

**Logan:** What? No Friday night pizza? But it's a tradition!

**Daksha:** Ha! It's not a tradition. It's just something we've always done. I think we should mix it up a little and try something new.

**Logan:** Well ... OK. If you want to, I'll try it.

**Daksha:** Thanks, honey.

## To take a load off [one's] back

Idiom

**To take a load off [one's] back** is to remove the responsibility, burden, or worry of something. In this episode, Kassy talks about how much easier getting ready in the morning would be if she just had uniforms to wear. Andrew agrees with her statement and says that uniforms would **take a load off their backs**. In other words, wearing a uniform would remove the burden and anxiety of deciding what to wear every morning; it would lower the number of decisions that need to be made every morning.

A load is literally a heavy or bulky object that is carried somewhere. However, in the expression **to take a load off [one's] back**, a load doesn't mean a heavy object, but rather a burden or responsibility. You can imagine a responsibility or worry being so burdensome that it makes you feel heavy under the weight of all the emotional pressure.

Here are a couple more examples with **to take a load off [one's] back**:

**Hector:** We finally did it! We've been working on that report for weeks.

**Cheyenne:** It feels amazing to finally finish, huh? It really **takes a load off our backs**.

**Hector:** Seriously. No more late nights. No more takeout food for dinner. I'm not sure what I'm gonna do with all the free time I'm gonna have now.

**Cheyenne:** You'll probably just play video games like you did before we were assigned this crazy report.

**Hector:** You're probably right.

**Britney:** Sally, don't worry about today. I'll watch the kids for you while you do those errands you talked about.

**Sally:** Oh, Britney, thank you so much. I really appreciate it. That really **takes a load off my back**. I was wondering how I was going to get everything done.

**Britney:** No problem. Anytime you need help, don't be afraid to ask.

## To knock [something] out

Phrasal verb

**To knock [something] out** or **to knock out [something]** has multiple meanings, but in this episode it means to complete a task quickly and efficiently. For example, in this episode, Andrew says he **knocks out his housework and studying** in the morning when he has the most energy. In other words, he does the housework and studying quickly and efficiently in the morning, so that he doesn't stress about it later in the day.

Imagine having a long list of tasks to do. Instead of procrastinating, if one **knocks out each task on the list**, then that person works steadily and quickly to finish the list as soon as possible without taking breaks in between tasks.

Here are a couple more examples with **to knock [something] out**:

**Raj:** You wanna go play basketball?

**Dani:** Yeah, sure. Give me 20 minutes. I've gotta **knock out the last few problems of my math homework** first.

**Raj:** Yeah, sure. I'll just watch YouTube while you finish.

**Kinda:** Mom, can I go play with my friends?

**Mom:** Did you finish your chores?

**Kinda:** Ugh. No, not yet.

**Mom:** OK, well, after you finish your chores you can go.

**Kinda:** But my friends wanna meet in the next 30 minutes!

**Mom:** If you stop complaining and **knock your chores out** quickly, you'll be done before you know it.

**Kinda:** OK, you're right. I'm gonna do them as fast as lightning!

## To hit snooze

### Verb phrase

Snooze is a synonym of nap, so it's a short, light sleep that happens during the day. The snooze button is a button on a phone or alarm clock that resets an alarm to ring again in a few minutes. This allows one to sleep a few minutes after the initial alarm went off. Thus, **to hit snooze** means to hit the snooze button and sleep a few extra minutes.

Here are a couple more examples with **to hit snooze**:

**Sarah:** Meg, why are you so late?

**Meg:** I'm so sorry. I thought I **hit snooze** this morning, but I actually turned the alarm off completely. I fell back asleep!

**Sarah:** Wow, then I guess I'm lucky you're only 30 minutes late, and that you're not still sleeping.

**Meg:** Yeah. Luckily, a car alarm went off outside and woke me up. I got ready in 5 minutes and dashed over here to meet you.

**Jorge:** What did you do yesterday?

**Frankie:** Well, I was off work yesterday, so I **hit snooze** a couple times in the morning, which was nice. I went fishing in the afternoon.

**Jorge:** Sounds like a pretty good day.

**Frankie:** Yeah. I've still got a couple more fish fillets if you wanna come over tonight and have some.

**Jorge:** Totally! I'll text you when I'm on my way over.

## Quiz

1. In the phrase to take a load off, what does “load” represent?
  - a) time
  - b) day
  - c) worry
  - d) light
  
2. Which reason best explains why you have to knock something out?
  - a) you can take your time
  - b) you have a deadline to meet
  - c) you can't find all of the materials
  - d) it is really old
  
3. Finish the sentence: I'm ready. I'm good to \_\_\_\_\_.
  - a) be
  - b) get
  - c) say
  - d) go
  
4. What button do you hit when you want a few more minutes of sleep?
  - a) restart
  - b) snooze
  - c) sleep
  - d) zzz-button
  
5. Which has a similar meaning to the phrase to switch up something?
  - a) to change something
  - b) to get rid of something
  - c) to be confused about something
  - d) to misplace something

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## Writing and Discussion Questions

1. How long does it take you to get ready in the morning? What's your routine?
2. Do you usually prep your outfits in advance or choose what to wear each morning?
3. If you have chores to do, do you usually knock them out quickly or do you like to procrastinate?
4. What is something you recently switched up in your life?
5. Do you usually hit snooze in the morning or wake up as soon as the alarm goes off?

## Quiz Answers

1.c    2.b    3.d    4.b    5.a

### Episode credits

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