



## Text

### Frequency Adverbs

#### Adverb

Always.	100%	of the time.
Usually.	80%	of the time.
Sometimes. / Often.	60%	of the time.
Rarely.	40%	of the time.
Hardly ever.	20%	of the time.
Never.	0%	of the time.

#### EXAMPLES:

I **am** always at work.

He **is** usually happy.

We **are** never sad.

You sometimes **listen to** music.

She rarely **uses** the computer.

They **hardly ever** **eat** breakfast.

Invite your students to research and read the books by Akira Murakami.

**Haruki Murakami: “The repetition itself becomes the important thing.”**

In a 2004 interview, Murakami discussed his physical and mental habits...

*When I'm in writing mode for a novel, I get up at four a.m. and work for five to six hours. In the afternoon, I run for ten kilometers or swim for fifteen hundred meters (or do both), then I read a bit and listen to some music. I go to bed at nine p.m.*

*I keep to this routine every day without variation. The repetition itself becomes the important thing; it's a form of mesmerism. I mesmerize myself to reach a deeper state of mind.*

*But to hold to such repetition for so long — six months to a year — requires a good amount of mental and physical strength. In that sense, writing a long novel is like survival training. Physical strength is as necessary as artistic sensitivity.*

(Extracted from <http://jamesclear.com/daily-routines-writers>)