The What If Table: Can a 20-Minute Daily Habit Save an Exhausted Delivery Driver?

Worksheet Information

Level: Pre-Intermediate to Intermediate (A2-B1)

Estimated time: 10 to 15 minutes

Activity 1: Re-listening for Key Details

Listen to find out how Patrick moved from total exhaustion to a practical daily plan.

Question 1

Listen from 03:44. Where was Patrick sitting after his delivery failed, and how many minutes each afternoon did he and Marcus agree to spend organizing the van?

Glossary: slumped = sentado de forma curvada ou desanimada; pallet = estrado de madeira.

Your answer:

Question 2

Listen from 04:19. How did Patrick divide those twenty minutes into three practical tasks?

Glossary: floorboards = assoalho da van; delivery slips = comprovantes de entrega.

Task 1 (5 minutes):

Task 2 (5 minutes):

Task 3 (10 minutes):

Activity 2: Listening for Exact Words

Listen to check how Patrick stayed calm during an unexpected crisis on day fourteen.

Listen from 04:52. Fill in the missing words exactly as Marcus says them in the recording.

Question 3

An autumn storm flooded the river bridge into the medical center, stalling traffic for ..... hours.

Your answer:

Question 4

While two other drivers panicked and lost their delivery slips in the jam, Patrick calmly pulled out his four colored folders, took the next clear street, and delivered every hospital box .....

Your answer:

Activity 3: Speaking Practice and Personal Transfer

Listen to Marcus describe Patrick's biggest mental shift, practice speaking smoothly, and then share your own habit.

Excerpt to listen:

Listen from 06:07: He stopped chasing overnight miracles and learned to trust quiet, repeatable habits.

What to observe:

Marcus speaks calmly without rushing. He pauses slightly after the word miracles and connects quiet, repeatable habits smoothly.

Glossary: repeatable habits = habitos simples que voce consegue manter e repetir todos os dias.

Step 1: Oral repetition

Listen from 06:07. Repeat the sentence aloud two times, matching Marcus's calm pace.

Optional practice: You can also try shadowing (falar junto com a voz de Marcus ao mesmo tempo).

Step 2: Personal transfer

Question 5

Think of one small habit in your own life (for study, work, or health). Complete the sentence starter with your own words.

Sentence starter: I stopped chasing sudden results and learned to trust...

Your complete sentence:

Checklist for Question 5:

• Did you name one specific action?

• Did you include a simple time phrase (for example: every morning, ten minutes a day, before bed)?

• Did you read your complete sentence aloud at a calm, steady pace?

Activity 4: Daily Habit Application

Marcus explains that real life is rebuilt through small daily actions that give us steady ground to stand on. Design your own short reset routine for a busy day.

Question 6

Step 1 (5 minutes): Write one quick action to reset your desk, room, or study area.

Sentence starter: In the first five minutes, I...

Your answer:

Question 7

Step 2 (10 minutes): Write one focused action that prepares your next day and prevents panic.

Sentence starter: Then, I spend ten minutes...

Your answer:

Checklist for Questions 6 and 7:

- Use simple action verbs (such as clean, check, organize, file, write).
- Keep each step realistic so you can repeat it tomorrow.

Answer key

1. Patrick was sitting slumped on a wooden pallet behind the warehouse (with his head in his hands). He and Marcus agreed on twenty minutes (20 minutes) each afternoon to organize his van.

Valid alternatives: on a wooden pallet; behind the warehouse; 20 minutes a day; twenty minutes every afternoon.

2. Patrick divided his twenty minutes into three tasks:

• Task 1: Five minutes cleaning mirrors and windshield.

• Task 2: Five minutes sweeping the floorboards.

• Task 3: Ten minutes sorting slips into four colored folders.

Valid alternatives: cleaning mirrors and windshield / wiping glass; sweeping the floor / floorboards; sorting slips / organizing papers in colored folders.

3. two (or: 2)

4. on time

5. Possible answer: I stopped chasing sudden results and learned to trust fifteen minutes of English listening every morning before breakfast.

Explanation: The answer describes a realistic daily action and a clear time expression, following the same rhythm as Marcus's sentence.

6. Possible answer: In the first five minutes, I clear dirty cups from my desk and close all unused browser tabs on my computer.

7. Possible answer: Then, I spend ten minutes reviewing my schedule and writing my top three priorities for tomorrow on a paper card.