

The Power of Habits: How Routines Shape Our Lives

#				EXAMPLE
1	researcher <i>noun</i>	tadqiqotchi	исследователь	Researchers studied 1,000 students for two years.
2	estimate <i>verb</i>	taxminan hisoblamoq	оценивать, подсчитывать	Experts estimate that the city has 3 million people.
3	habit <i>noun</i>	odat	привычка	Drinking water in the morning is a healthy habit .
4	action <i>noun</i>	harakat, ish	действие, поступок	Your actions are more important than your words.
5	automatic <i>adjective</i>	avtomatik	автоматический	After a few weeks, driving becomes automatic .
6	behaviour <i>noun</i>	xulq-atvor	поведение	His behaviour at the party was very strange.
7	brush <i>verb</i>	tish cho'tkalamoq, cho'tkalamoq	чистить щёткой	Brush your teeth twice a day.
8	conscious <i>adjective</i>	ongli	сознательный	She made a conscious effort to be on time.
9	thought <i>noun</i>	fikr, o'ylash	мысль, размышление	I gave the question a lot of thought .
10	effortlessly <i>adverb</i>	zo'riqmasdan, osongina	без усилий	She speaks three languages effortlessly .
11	loop <i>noun</i>	aylana, takrorlanuvchi zanjir	петля, цикл	Stress and bad sleep can become a loop .
12	cue <i>noun</i>	signal, ishora	сигнал, подсказка	The bell is a cue for the students to stand up.
13	routine <i>noun</i>	odatiy tartib, takroriy ish	привычный порядок, рутина	Brushing my teeth is part of my evening routine .
14	reward <i>noun</i>	mukofot	награда	A cup of tea is my reward after cleaning the house.
15	trigger <i>verb</i>	qo'zg'atmoq, boshlab yubormoq	вызывать, запускать	The smell of bread triggers happy memories.
16	outcome <i>noun</i>	natija	результат	We are waiting for the outcome of the election.
17	alert <i>adjective</i>	hushyor, tetik	бодрый, внимательный	Coffee helps me stay alert .
18	repeat <i>verb</i>	takrorlamoq	повторять(ся)	History often repeats itself.
19	strong <i>adjective</i>	kuchli	сильный	The wind is getting stronger .
20	powerful <i>adjective</i>	kuchli	мощный	Habits are powerful — they can change your life.
21	unwanted <i>adjective</i>	keraksiz, istalmagan	нежелательный	Delete unwanted emails every week.
22	underlying <i>adjective</i>	asl, yashirin (sabab)	лежащий в основе	Stress is often the underlying cause of headaches.
23	unchanged <i>adjective</i>	o'zgarmagan	неизменный	The price remains unchanged .
24	psychologist <i>noun</i>	psixolog	психолог	Psychologists study how people think and behave.

25	effective <i>adjective</i>	samarali	эффективный	This is the most effective way to remember words.
26	replace <i>verb</i>	almashtirmoq	заменять	Try replacing sweets with fruit.
27	principle <i>noun</i>	printsip	принцип	The same principle works for learning languages.
28	rely (on) <i>verb</i>	tayanmoq	полагаться	Stop relying on your parents for money.
29	purely <i>adverb</i>	faqat, sof	исключительно, чисто	I chose the job purely for the money.
30	willpower <i>noun</i>	iroda kuchi	сила воли	It takes willpower to stop eating sugar.
31	exhausted <i>adjective</i>	tugagan; holdan toygan	истощённый, исчерпанный	I was exhausted after the long journey.
32	visibly <i>adverb</i>	ko'zga ko'rinadigan qilib	заметно, на виду	She was visibly nervous before her speech.
33	ultimately <i>adverb</i>	oxir-oqibat	в конечном счёте	Ultimately , the decision is yours.
34	matter <i>verb</i>	ahamiyatli bo'lmoq	иметь значение	Small details matter .
35	shape <i>verb</i>	shakllantirmoq	формировать	Books shaped my view of the world.
36	compound <i>verb</i>	to'planib kattalashmoq	накапливаться, умножаться	Small savings compound over the years.
37	occasional <i>adjective</i>	vaqti-vaqti bilan bo'ladigan	редкий, случайный	I have an occasional coffee, but I prefer tea.
38	burst <i>noun</i>	to'satdan paydo bo'lish, portlash	всплеск, приступ	He works in short bursts of energy.
39	lasting <i>adjective</i>	uzoq davom etadigan	длительный, прочный	The trip left a lasting impression on me.
40	personal <i>adjective</i>	shaxsiy	личный	This is a personal question — you don't have to answer.

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