

## ROOT: "habitus" (adj).

Habitually comes from the word *habitual* which came into use in the mid-15<sup>th</sup> century and means 'customary; belonging to one's inherent disposition'. Habitual originates from the Latin term *habitus* meaning 'condition, appearance, dress.' Today, habitually means to do something by way of habit.

Type of word: adverb

5 syllables: ha-bit-chew-a-ly



## SYNONYMS:

- Routinely
- Commonly
- Ordinarily
- Regularly
- Continuously
- Perpetually
- Steadily
- Oftentimes
- Frequently

# HABITUALLY

## ANTONYMS:

- Episodically
- Erratically
- Intermittently
- Sporadically
- Irregularly
- Occasionally
- Sometimes
- Inconsistently

## HOW TO DO SOMETHING HABITUALLY:

- DECIDE WHAT HABIT YOU WANT TO EMBED IN YOUR LIFE *E.G. I WANT TO SPEND MORE TIME READING*
- SET A FREQUENT TIME (MAYBE ONCE A DAY, A WEEK, FORNIGHTLY) DURING WHICH YOU WILL CARRY OUT THIS HABIT
- TRY AND STICK TO YOUR SCHEDULE AND YOU WILL START TO DO THE TASK **HABITUALLY.**

My neighbours dog **habitually** barks at anything that makes noise.

## EXAMPLES:

They **habitually** did their home learning tasks.

## QUOTES:

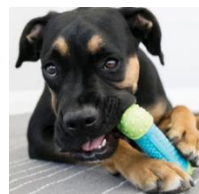
*"What we steadily, consciously, habitually think we are, we tend to become."*

**Ann Landers**

*"What you habitually think largely determines what you will ultimately become."*

**Bruce Lee**

## HOW I REMEMBER THE WORD



-ally