

[Comprehensible input spanish](#) is a simple, powerful way to [learn how](#) to describe everyday habits. Below you'll find clear examples of common reflexive verbs in the **yo** form, a natural sample routine in Spanish with English equivalents, and [practical ways](#) to practise so these verbs become automatic.

Why use reflexive verbs for routines?

Many actions we do every day involve reflexive verbs in Spanish because the subject performs the action on themselves. Using the **yo** form helps you talk about your own habits naturally. Focus on short, meaningful sentences and repeat them until they feel familiar.

Common reflexive verbs for a daily routine (with **yo** forms)

- **despertarse** — me despierto
- **levantarse** — me levanto
- **cepillarse los dientes** — me cepillo los dientes
- **ducharse** — me ducho
- **secarse** — me seco
- **secarse el pelo** — me seco el pelo
- **peinarse** — me peino
- **maquillarse** — me maquillo
- **lavarse las manos** — me lavo las manos
- **bañarse** — me baño
- **ponerse el pijama** — me pongo el pijama
- **lavarse la cara** — me lavo la cara
- **acostarse** — me acuesto

Sample daily routine using **yo** forms

Me despierto a las 6:20. Me levanto a las 6:30. Me cepillo los dientes. Me ducho. Me seco. Me seco el pelo. Me peino. Me maquillo. Me lavo las manos. Me baño. Me pongo el pijama. Me lavo la cara. Me cepillo los dientes otra vez. Me acuesto.

English: I wake up at 6:20. I get up at 6:30. I brush my teeth. I shower. I dry myself. I dry my hair. I brush my hair. I put on makeup. I wash my hands. I bathe. I put on my pajamas. I wash my face. I brush my teeth. I go to bed.

How to practise this with comprehensible input Spanish

- Listen to short, repetitive passages and repeat aloud in the **yo** form.
- Shadow the sentences: say them right after you hear them to build rhythm and pronunciation.
- Write your own routine using the verbs above. Start simple and add details over time.
- Record yourself regularly. Focus first on meaning, then on accuracy.

Quick tips

- Start with the present tense **yo** forms until they feel automatic.
- Group similar verbs (personal care, getting dressed, bedtime) to make memorisation easier.
- Use short, meaningful phrases rather than long lists.
- Repeat frequently. Comprehensible input Spanish works best with steady, daily exposure.

With regular practise and simple, repeated input you will be able to describe your daily routine naturally using reflexive verbs in the **yo** form. Keep it short, meaningful, and consistent.

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