

**Complete the sentences below with true information about yourself.**



Name: .....

1. I am always .....  
I always .....
2. I am usually .....  
I usually .....
3. I am frequently .....  
I frequently .....
4. I am normally .....  
I normally .....
5. I am often .....  
I often .....
6. I am sometimes .....  
I sometimes .....
7. I am occasionally .....  
I occasionally .....
8. I am rarely .....  
I rarely .....
9. I am seldom .....  
I seldom .....
10. I am never .....  
I never .....

**Adverbs of Frequency**

100% always    90% usually    80% frequently    80% normally    70% often  
50% sometimes    30% occasionally    10% rarely    10% seldom    0% never

Structures: subject + be + adverb + adjective

subject + adverb + main verb

Examples: I am always happy.

I always pass my exams.