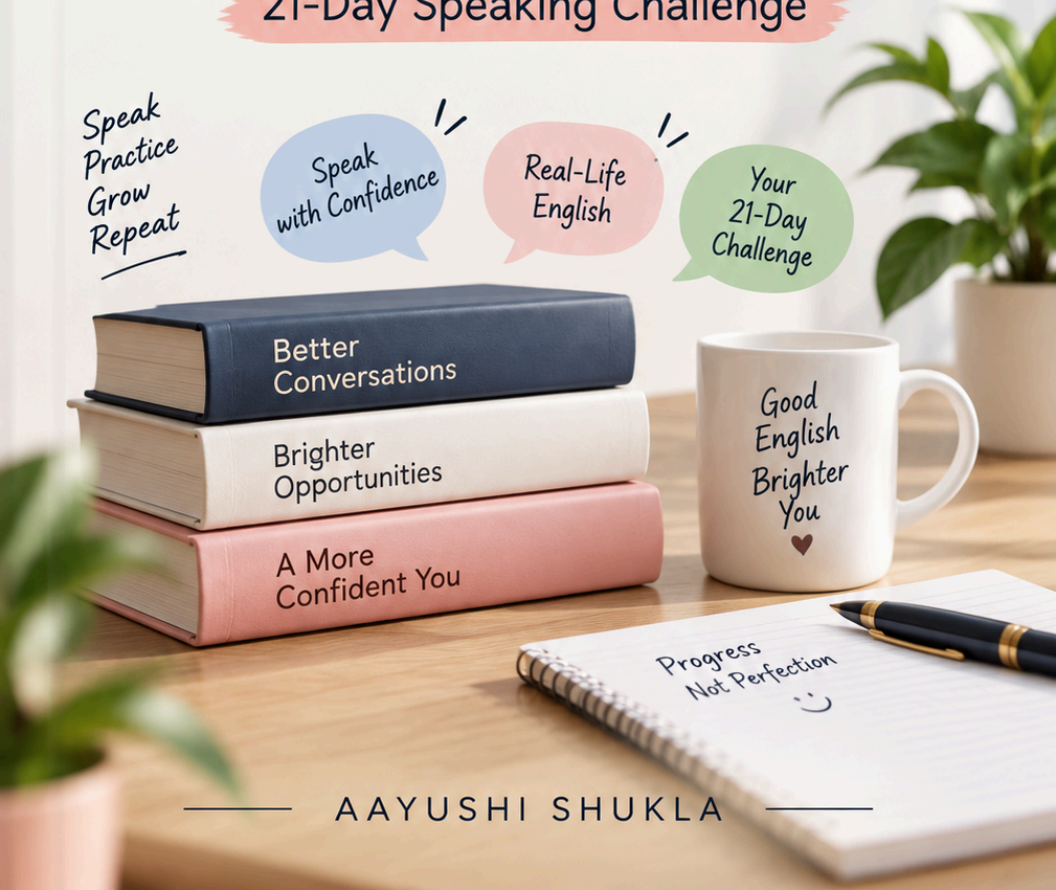
Small Steps Big Conversations

# Active ENGLISH

## From "I Understand English" to "I Can Speak English"

### 21-Day Speaking Challenge




AAYUSHI SHUKLA

# ACTIVE ENGLISH

From “I Understand English” to “I Can Speak English”

21-Day Speaking Challenge

**Aayushi Shukla**

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# DAY 1 - TALKING ABOUT YOUR DAILY ROUTINE

Aaj hum Simple Present ko use karna seekhenge so that you can talk about your daily routine, habits and regular activities.

Aapko grammar rules ratne nahi hain. Aaj ka focus hai apni real life ke baare mein simple, clear aur natural English bolna.

## LEARN

**Talking About Your Daily Routine**

Imagine someone asks you:

What do you do every day?

Or:

**What does a normal day look like for you?**

Aapko apne day ke baare mein batana hai:

Main subah 7 baje uthti hoon.
Main breakfast karti hoon.
Main kaam par jaati hoon.
Shaam ko main friends se milti hoon.
Raat ko main dinner karti hoon.

**In English,** when we talk about things we usually or regularly do, we commonly use the Simple Present.

### The most useful starting structure is:

### I + verb

I **wake up** at seven.

I **have** breakfast at home.

I **go** to work at nine.

I **study** in the evening.

I **come** home around six.

I **have** dinner with my family.

I **go** to bed at eleven.

**Now use the same structure for your own life:**

I work from home.

I study in the morning.

I cook on weekends.

I exercise in the evening.

I read before bed.

I watch English videos at night.

**You don't need to memorise every sentence.**

Learn the structure and change the information.

I wake up at eight.

I wake up early.

I wake up late on Sundays.

**With I, You, We and They**

**I / You / We / They + verb**

I work from home.

You work from home.

We work from home.

They work from home.

**More examples:**

I live in Jaipur.

You live in Jaipur.

We live nearby.

They live nearby.

I watch movies.

You watch movies.

We watch movies.

They study every day.

I study every day.

**Now put these into everyday sentences:**

I usually wake up early.

We have breakfast together.

They go to work at nine.

You come home in the evening.

**Keep the basic structure in mind:**

I / You / We / They + verb

## He, She and It

Now talk about one person or one thing.

**He / She / It + verb + s/es**

She works in an office.

He lives with his family.

She watches English videos.

He studies in the evening.

She goes to work by bus.

He likes coffee.

She enjoys reading.

It looks beautiful.

**More everyday examples:**

She usually wakes up early.

He often calls his mother.

She sometimes cooks dinner.

He rarely goes out on weekdays.

She never skips breakfast.

It feels comfortable here.

## Talking About How Often You Do Something

Your routine is not exactly the same every day.

**For example, you may:**

usually do something,
often do something,
sometimes do something,
rarely do something,
or never do something.

**Usually**

I usually wake up at seven.

I usually have breakfast at home.

I usually call my parents in the evening.

I usually go for a walk after dinner.

**Often**

I often meet my friends after work.

I often listen to music while travelling.

I often watch English videos at night.

**Sometimes**

I sometimes eat outside.

I sometimes sleep late on Sundays.

**Rarely**

I rarely drink coffee.

I rarely go out on weekdays.

I rarely watch television.

**Never**

I never skip breakfast.

I never smoke.

I never go to bed without setting an alarm.

**You can use the same pattern while talking about another person:**

She usually wakes up early.

He often meets his friends after work.

She sometimes eats outside.

He rarely watches television.

## Talking About Your Whole Day

**Let's put these sentences together.**

I usually wake up at seven. I brush my teeth and take a shower. Then I have breakfast and get ready for work. I leave home around eight-thirty. I usually have lunch at one. After that, I go back to work. I come home in the evening and relax for a while. Sometimes I go for a walk. I have dinner around nine and usually go to bed at eleven.

## Now make it more connected:

I usually wake up at seven, brush my teeth and take a shower. Then I have breakfast and get ready for work. I leave home around eight-thirty and usually have lunch at one. After lunch, I go back to work. I come home in the evening, relax for a while and sometimes go for a walk. I have dinner around nine and usually go to bed at eleven.

## Useful connecting words:

**Then**

I have breakfast and then leave for work.

**After that**

I finish breakfast. After that, I get ready.

**Before**

I check my phone before going to bed.

**After**

I go for a walk after work.

**Because**

I wake up early because I start work at nine.

**Start with short sentences.**

Then connect them.

## Saying What You Don't Do

Sometimes you need to talk about things that are not part of your routine.

### With I, you, we and they:

**don't + basic verb**

I don't drink coffee.

I don't eat breakfast every day.

I don't watch much television.

I don't work on Sundays.

I don't go out very often.

We don't eat outside during the week.

They don't work on weekends.

**Remember**:

I don't like coffee.

Not:

❌ I don't likes coffee.

**The important thing is to use the pattern naturally:**

I don't + verb

## He, She and It — Negative

For one person or one thing:

**doesn't + basic verb**

She doesn't work on Sundays.

He doesn't drink coffee.

She doesn't watch television.

He doesn't live here.

She doesn't like crowded places.

He doesn't go out very often.

She doesn't eat breakfast every day.

## Asking Questions About Routine

Now imagine you're getting to know someone.

You want to ask about their routine.

### With I, you, we and they:

**Do + subject + verb?**

Do you work?

Do we study?

Do they live nearby?

Do you exercise?

Do I cook at home?

Do you usually wake up early?

Do they work on weekends?

**With he, she and it:**

**Does + subject + verb?**

Does he work here?

Does she live nearby?

Does he exercise?

Does she study at night?

Does he usually come by bus?

**The question becomes easy once you learn the structure:**

Do you + verb...?

Does she/he + verb...?

**Short Answers:**

**Do you work from home?**

Yes, I do.

No, I don't.

**Does she work from home?**

Yes, she does.

No, she doesn't.

## But a conversation doesn't have to stop there.

Do you work from home?

**Yes, I do.** I usually work from home, but I go to the office twice a week.

**Or:**

Do you exercise?

**Yes, I do.** I usually exercise in the morning.

**Or:**

**No, I don't** exercise every day, but I often go for a walk in the evening. ( **Whenever possible,** add one more useful detail )

## Questions You Can Use Every Day

**When you want to know about someone's daily life:**

What time do you usually wake up?

What do you usually do in the morning?

Where do you work?

What do you do after work?

What do you usually do in the evening?

What do you do on weekends?

Do you cook at home?

Do you exercise?

Do you watch movies?

Do you read?

**And when** someone gives you an answer, ask one more question.

**Example**

“I work in an office.”

**You can ask:**

What do you do there?

Or:

How do you like it?

Or:

What time do you usually finish work?

**This keeps the conversation moving.**

## Add a Reason

Suppose someone asks:

Why do you like walking?

**Instead of:**

I like walking.

**Say:**

I like walking because it helps me relax.

## More examples:

I usually walk in the evening **because** the weather is better.

I prefer eating at home **because** it's convenient.

I don't drink coffee **because** it affects my sleep.

I often read at night **because** it's quiet.

## A very useful pattern is:

Answer + because + reason

### Talking About Things You Like

You can use Simple Present to talk about your **likes and dislikes.**

I love spicy food.

I enjoy spending time with my family.

I like people who make me laugh.

I really like talking to my close friends.

I prefer quiet places.

**You can also say:**

I don't like rude people.

I hate waiting for no reason.

I don't enjoy crowded places.

## Talking About Yourself

You can use the same structures to describe your personality and **regular behaviour.**

I usually stay calm.

I get nervous in new situations.

I don't trust people easily.

I overthink everything.

I care a lot about the people close to me.

I usually listen before I give advice.

I don't judge people quickly.

## Sentences You May Want to Use

**I** don't usually get angry…..,

**But** some people know exactly how to test my patience.

I never forget a face.

I don't understand why people lie when the truth is easier.

I really enjoy talking to you.

You always make me laugh.

I don't trust people who change their story every five minutes.

I usually mind my own business.

I don't know why he does that.

## Little humour:

I usually eat healthy.

Then I see pizza.

And suddenly I forget all my plans.

**Another:**

I usually sleep early.

That's the plan, at least.

## Natural Conversation

A:

What do you do?

B:

I work in an office. What about you?

A:

I'm a student. What do you usually do after college?

B:

I usually go home and relax for a while.

A:

Do you go out in the evening?

B:

Sometimes. I often meet my friends on Fridays.

A:

What do you usually do together?

B:

We usually have coffee and talk.

A:

Do you like coffee?

B:

Not really. I prefer tea.

A:

Why?

B:

I like the taste more. And coffee keeps me awake all night.

A:

Really? I drink coffee every day.

B:

I can tell.

A:

What does that mean?

B:

You talk too much.

A:

Fair enough.

## PRACTICE

### Exercise 1 — Complete the Sentences

Use the correct form of the word in brackets.

I usually _____ up at seven.
(wake)

She _____ to work by bus.
(go)

We _____ breakfast together.
(have)

He _____ English every day.
(practice)

I often _____ my friends in the evening.
(meet)

They _____ on Sundays.
(not work)

She _____ coffee.
(not drink)

_____ you usually wake up early?
(Do / Does)

_____ he live nearby?

(Do / Does)

She _____ English videos on weekends.

(watch)

He _____ to bed early.

(go)

I _____ like crowded places.

(not)

_____ they exercise regularly?

(Do / Does)

She _____ her parents every evening.

(call)

He _____ television very often.

(not watch)

## Exercise 2 — Answer These Questions

**Write your answer first and then say it aloud.**

What time do you usually wake up?

What do you usually do after waking up?

What do you normally do during the day?

What do you usually do in the evening?

What do you normally do on weekends?

What do you often do in your free time?

What is something you rarely do?

What is something you never do?

Do you like your daily routine? Why?

What is one thing you really enjoy doing?

**Then choose another situation and speak again without preparing.**

What might happen next?

How do I feel about it?

What do I need to do?

**Use these questions only if you get stuck:**

Speak about the situation for 30–60 seconds.

You have just received good news

You are waiting for someone

You cannot find something you need

Your phone battery is almost dead

You are running late

**Choose one:**

Think of one ordinary situation happening in your life right now.

## SPEAK

### Read & Speak

Read the transcript once carefully. Then read each sentence aloud and practise speaking naturally.

**Record** yourself while speaking and listen back to your recording. Notice your pronunciation, word stress, rhythm, and any words that sound unclear. Repeat the sentences once more, trying to sound more natural and confident.

### SPEAKING PRACTICE

**“A Normal Day”**

A: So, what does a normal day look like for you?

B: I usually wake up at around seven. I don't like getting up too late, so I get out of bed when my alarm rings.

A: Do you exercise in the morning?

B: Not usually. I sometimes go for a walk, but I prefer exercising in the evening.

A: What do you do after you wake up?

B: I brush my teeth, take a shower and have breakfast. Then I get ready for work.

A: Do you have breakfast at home?

B: Yes, I do. I usually have something simple. I also have tea.

A: What time do you leave home?

B: I usually leave around eight-thirty.

A: How do you travel to work?

B: I usually take the metro because it's faster than driving.

A: What do you do when you reach the office?

B: I start work at nine. My mornings are usually quite busy. I check my emails, talk to my colleagues and finish my important tasks first.

A: Do you have lunch at the office?

B: Yes, I do. I usually eat with my colleagues.

A: What do you do after work?

B: I usually come home and relax for a while. Sometimes I go for a walk. I often call my family in the evening.

A: Do you go out on weekdays?

B: Not very often. I usually stay home during the week.

A: What about weekends?

B: Weekends are different. I don't wake up very early. I usually have a relaxed breakfast and spend time with my family. Sometimes I meet my friends.

A: What do you like doing when you have free time?

B: I enjoy watching movies and reading. I also practice English because I want to speak more confidently.

A: Do you usually go to bed early?

B: I try to.

A: You try to?

B: Yes. I always plan to sleep early.

A: And what happens?

B: I check my phone for five minutes.

A: Only five minutes?

B: That's the plan.

A: And?

B: And then I realise an hour has passed.

A: That happens to me too.

B: At least I'm not the only one.

**Your Speaking Task**

**Now imagine someone asks you:**

“So, what does a normal day look like for you?”

Record yourself speaking for 3–5 minutes.

**Talk about your:**

morning → afternoon → evening → weekends

**Try to use:**

I usually...

I often...

I sometimes...

I rarely...

I never...

I don't...

Don't copy the transcript word for word.

Talk about your actual life.

# DAY 2 - TALKING ABOUT WHAT'S HAPPENING NOW

Aaj hum seekhenge ki iss waqt kya ho raha hai, koi kya kar raha hai, aur aapki current situation ke baare mein kaise baat karni hai.

**Day 1** mein aapne apni regular routine ke baare mein baat karna seekha. Aaj hum usi everyday English ko use karke happening-now situations mein baat karenge.

## LEARN

**What Are You Doing?**

Imagine your friend calls you:

Hey, what are you doing?

**Aap us waqt jo kar rahe hain, uske according answer denge:**

I'm studying.

I'm having lunch.

I'm getting ready.

I'm watching a movie.

I'm talking to my friend.

I'm waiting for the bus.

I'm working on something.

### For actions happening now, a very useful structure is:

**I am + verb-ing**

In everyday conversation, we usually say:

**I'm** + verb-ing

I'm working.

I'm studying.

I'm reading.

I'm cooking.

I'm waiting.

I'm learning English.

## Talking About Someone Else

When you talk about one person:

**He is + verb-ing**

He is working.

He is studying.

He is waiting outside.

He is talking on the phone.

**She is + verb-ing**

She is cooking.

She is reading.

She is getting ready.

She is talking to her friend.

**In everyday conversation:**

He's working.

He's waiting outside.

She's cooking.

She's getting ready.

## Talking About You, We and They

With you, we and they, use:

**are + verb-ing**

You are talking.

We are eating.

They are waiting.

You are learning.

We're having dinner.

They're playing outside.

**In everyday conversation:**

You're talking very fast.

We're waiting for you.

They're having lunch.

## Look Around You

Ab ek minute ke liye apne aas-paas dekhiye.

**What is happening?**

**Maybe**:

Someone is talking outside.

The fan is moving.

My phone is charging.

The dog is sleeping.

My mother is cooking.

My friend is calling me.

The children are playing outside.

**Don't just notice these things.**

**Say them aloud.**

The more you connect English with what you actually see and experience, the easier it becomes to use it in real situations.

## Asking What Someone Is Doing

Now let's learn how to ask about someone else's current activity.

**What are you doing?**

I'm studying.

I'm getting ready.

I'm waiting for my friend.

**What is he doing?**

He's working.

He's watching a movie.

He's talking to his brother.

**What is she doing?**

She's cooking.

She's reading.

She's talking on the phone.

**What are they doing?**

They're having dinner.

They're playing outside.

They're waiting for us.

## Questions You Can Use in Real Life

**You can ask:**

What are you doing?

What are you watching?

What are you reading?

What are you eating?

What are you looking for?

What are you waiting for?

What are you working on?

What are you talking about?

What are you listening to?

These are simple questions, but they can quickly start or **continue a conversation.**

## What Are You Doing These Days?

You can use this when talking about things happening in your life **around the present time.**

I'm learning English these days.

I'm preparing for an exam.

I'm working on a personal project.

I'm trying to improve my speaking.

I'm reading more these days.

I'm looking for a new opportunity.

**Imagine someone asks:**

What are you doing these days?

You **don't have to** describe what you're literally doing at that **exact second**.

**You can talk about what is currently happening in your life.**

**When Someone Asks “Why?”**

Sometimes the first answer is only the beginning of the conversation.

A:

What are you doing?

B:

I'm looking for my phone.

A:

Why?

B:

I need to make a call.

**Another example:**

A:

What are you watching?

B:

I'm watching a movie.

A:

Are you enjoying it?

B:

Yes, I am. It's actually really funny.

**Another:**

A:

What are you doing here?

B:

I'm waiting for someone.

A:

Who are you waiting for?

B:

I'm waiting for a friend.

**The first question opens the conversation.**

The next question gives you a chance to continue it.

## Talking About Your Current Feelings

You can also use this structure to talk about how you are **feeling** at the moment.

I'm feeling tired today.

I'm feeling much better now.

I'm getting nervous.

I'm getting hungry.

I'm having a difficult day.

I'm having a great time.

I'm becoming more comfortable with English.

**You can add a reason:**

I'm feeling tired because I didn't sleep well.

I'm getting nervous because everyone is looking at me.

I'm feeling better because things are finally going well.

## Real-Life Situations

**You're busy:**

I'm working right now. Can I call you later?

**You can't hear someone properly:**

I'm trying to understand you. Could you say that again?

**You're searching for something:**

I'm looking for my keys.

**Someone asks why you're standing outside:**

I'm waiting for someone.

**Someone catches you smiling:**

Why are you smiling?

I'm just thinking about something funny.

**Someone asks why you're quiet:**

I'm just thinking.

**Someone is irritating you:**

I'm getting really annoyed.

These are simple situations, but they're exactly the kind of moments where you need English quickly.

## Useful Expressions

Here are some expressions you can use in **everyday conversations:**

I'm just joking.

I'm just kidding.

I'm just thinking.

I'm trying to understand.

I'm trying to help.

I'm looking for something.

I'm waiting for someone.

I'm thinking about it.

I'm not feeling well.

I'm getting tired.

I'm having a great time.

I'm not enjoying this at all.

I'm starting to get angry.

I'm getting really annoyed.

I'm not doing anything.

You can use them in many different situations by simply changing the details.

## A More Natural Conversation

A:

Hey, what are you doing?

B:

I'm just sitting here and watching something.

A:

What are you watching?

B:

A comedy.

A:

Are you enjoying it?

B:

Yeah, I am. It's actually really funny.

A:

Why are you laughing?

B:

Because the main character is doing something ridiculous.

A:

What is he doing?

B:

He's trying to impress a girl, and everything is going wrong.

A:

Sounds like my life.

B:

Really?

A:

Unfortunately.

B:

What are you doing tonight?

A:

I'm meeting a friend.

B:

Where are you going?

A:

We're trying a new restaurant.

B:

Nice. Let me know how it is.

A:

I will.

## Speak From the Situation

Aapko har baar English sentence pehle dimaag mein complete banane ki zarurat nahi hai.

**Suppose someone asks:**

What are you doing?

**Start with:**

I'm...

**Then:**

I'm working.

I'm waiting.

I'm studying.

I'm looking for my phone.

I'm trying to understand.

The important thing is to start speaking and then continue.

## PRACTICE

### Exercise 1 — Complete the Sentences

**Use the correct form.**

I _____ studying right now.

She _____ talking to her friend.

They _____ waiting outside.

He _____ watching a movie.

We _____ having dinner.

I _____ looking for my phone.

She _____ not feeling well.

_____ you working right now?

_____ he talking to someone?

What _____ they doing?

I _____ trying to understand.

Why _____ she laughing?

## Exercise 2 — Answer These Questions

**Write your answer first and then say it aloud.**

**Try to answer in 2–4 sentences.**

What are you doing right now?

What are you working on these days?

What are you learning these days?

What are you reading or watching these days?

What are you trying to improve?

What are you looking for these days?

What are you doing this evening?

What are the people around you doing right now?

What are you doing when you feel tired?

What are you doing when you feel bored?

## SPEAK

### Read & Speak

Read the transcript once carefully. Then read each sentence aloud and practise speaking naturally.

**Record** yourself while speaking and listen back to your recording. Notice your pronunciation, word stress, rhythm, and any words that sound unclear. Repeat the sentences once more, trying to sound more natural and confident.

## SPEAKING PRACTICE

**“What Are You Doing?”**

A: Hey, what are you doing?

B: I'm getting ready. Why?

A: I'm calling because I want to ask you something.

B: Sure. What's going on?

A: I'm planning something for this weekend.

B: Really? What are you planning?

A: I'm thinking of going somewhere on Sunday.

B: Where are you going?

A: I'm not sure yet. I'm looking for a quiet place.

B: Are you going alone?

A: No, I'm going with a friend.

B: What are you looking for exactly?

A: Somewhere peaceful. We're trying to stay away from crowded places.

B: That sounds nice. Are you looking for a hotel or just a place to visit?

A: We're just looking for a place to spend the day.

B: I know a place like that.

A: Really? Where is it?

B: It's about an hour away. My family is visiting that area this weekend.

A: Are they staying there?

B: Yes, they are.

A: What are they doing there?

B: They're attending a family function.

A: Oh, nice. Are you going with them?

B: I might. I'm still deciding.

A: You should come. We can meet there.

B: That sounds good.

A: What are you doing right now, by the way?

B: I'm still getting ready.

A: You've been getting ready for twenty minutes.

B: I like to take my time.

A: You're just slow.

B: I'm not slow. I'm being careful.

A: Whatever you say.

B: Give me ten minutes.

A: Fine. I'm waiting.

B: You're always waiting for me.

A: Because you're always late.

B: That's not true.

A: It is.

B: Okay, okay. I'm coming.

A: Finally.

**Your Speaking Task**

**Imagine someone asks you:**

“What are you doing these days?”

Talk for 3–5 minutes.

You can talk about:

what you're learning

what you're working on

what you're trying to improve

what you're watching or reading

what you're doing in your free time

what you're doing this week

Then answer these questions aloud:

What are you doing right now?

Speak about your real life rather than repeating the examples from the book.

# DAY 3 - TELLING PEOPLE WHAT HAPPENED

**“You won’t believe what happened yesterday.”**

That one sentence can start a ten-minute conversation.

We talk about the past when we share a story, talk about a trip, explain a problem, tell someone about our day, describe a funny incident,

or simply answer:

**“So, what happened?”**

**Today, you're going to learn how to do exactly that.**

Not by memorizing a long grammar chapter.

By using English to tell people what happened.

## LEARN

**What Happened?**

When something has already happened, we usually use the past form of the verb.

**For many common verbs, this is the 2nd form:**

go → went

see → saw

eat → ate

meet → met

**Some common verbs simply take -ed:**

watch → watched

call → called

visit → visited

clean → cleaned

**Now listen to how these sound in real conversation:**

**Subject + Verb (2nd form / Past form)**

I **went** there yesterday.

I **saw** her a few days ago.

We **met** after a long time.

I **ate** something before I left.

She **called** me last night.

We **watched** a movie together.

I finally **found** my keys.

He **came** home late.

I **forgot** about it.

I **remembered** it later.

I **got** there around eight.

We **stayed** there for a while.

## Don't Stop at One Sentence

Imagine someone asks:

“What did you do yesterday?”

You could say:

“I went out.”

**Correct**.

But the conversation is probably going to die very quickly.

**Instead**:

“I went out with a friend. We went to a café, talked for a while, and then walked around the market. I came home around nine.”

Now the other person has something to ask.

That's the difference between making a sentence and having a conversation.

**Use simple connecting words:**

then
after that
later
finally

**For example:**

I met my friend after work. Then we had coffee. After that, we went shopping. Later, we had dinner. Finally, I came home.

**Simple English.**

But it keeps the story moving.

## When It Didn't Happen

Sometimes you need to explain what didn't happen.

The easiest rule:

**didn't + basic form**

✅ I didn't go.
❌ I didn't went.

✅ She didn't call me.
❌ She didn't called me.

✅ We didn't see him.
❌ We didn't saw him.

**So remember:**

didn't + go

didn't + call

didn't + see

**Now use it:**

I wanted to go, but I didn't have time.

I planned to call her, but I didn't get a chance.

We went to the restaurant, but we didn't get a table.

He invited me, but I didn't go.

I didn't know about it.

I didn't understand what happened.

I didn't expect this.

I didn't mean to do that.

**These are not just grammar examples.**

They are sentences you can actually use in conversation.

**Wait… Did You Really?**

**Now imagine your friend says:**

“I met your old teacher yesterday.”

**You might immediately ask:**

“Really? Did you talk to her?”

**That's how we ask about the past.**

**Did + person + basic form**

Did you go there?

Did you enjoy the movie?

Did she call you?

Did they come yesterday?

Did he tell you everything?

Did you see that message?

Did you like the place?

Did you understand what happened?

**Notice:**

✅ Did you go?
❌ Did you went?

✅ Did she call?
❌ Did she called?

**Keep the answer simple**

Did you enjoy it?

Yes, I did.

Did you go with your family?

No, I didn't.

Did she call you?

Yes, she did.

**And when you have more to say:**

“Yes, I did. It was actually really good.”

“No, I didn't. I went with a friend instead.”

**Tell Me More**

A natural conversation rarely stops at one question.

**Imagine this:**

A: Did you go out yesterday?

B: Yes, I did.

A: Where did you go?

B: I went to a café.

A: Who did you go with?

B: I went with my cousin.

A: What did you have?

B: We had coffee and sandwiches.

A: How was it?

B: It was really nice.

One question creates another.

**Useful questions:**

What did you do?

Where did you go?

Who did you meet?

What did you see?

What did you eat?

When did you come back?

Why did you leave early?

How did you feel?

How was it?

What happened next?

**That last question is especially useful when someone is telling you a story:**

“And then what happened?”

**SOMETHING WENT WRONG**

Not every story goes perfectly.

And honestly, those are often the stories people remember.

**Imagine:**

“I was supposed to meet my friend at seven. I left home on time, but my phone battery died. Then it started raining. When I reached the café, my friend wasn't there. I waited for twenty minutes before I found out she'd gone to the wrong place.”

Now you have a story.

And you can react to it.

## Useful phrases

Things didn't go as planned.

I didn't know what to do.

I had no idea.

I couldn't believe it.

I didn't expect that.

I was so confused.

I was really frustrated.

I was honestly embarrassed.

I thought everything was fine.

Then everything changed.

Luckily, it worked out in the end.

In the end, everything was okay.

**Look at how naturally these fit together:**

“I thought everything was fine, but then everything changed. I didn't know what to do at first. Luckily, it worked out in the end.”

That's much closer to the English people actually use when telling stories.

**YOU WON'T BELIEVE THIS**

Now let's make the language more conversational.

Imagine you want to tell a friend something surprising.

**Start with:**

“You won't believe what happened.”

**Your friend says:**

“What happened?”

**You continue:**

“I went to a café yesterday, and I suddenly saw someone I hadn't seen in years.”

“Who?”

“My old school friend!”

“Seriously?”

“Yes! I couldn't believe it. I didn't expect to see her there at all.”

“What did you talk about?”

“Everything. School, old friends, what we've been doing…”

“How did you feel?”

“Honestly, I was really happy. It brought back so many memories.”

**Useful reactions you can naturally use here:**

Really?

Seriously?

No way!

You’re kidding!

I can't believe it.

That was unexpected.

I had no idea.

What happened next?

These little expressions make conversations feel alive.

**WHAT WAS GOING ON IN YOUR HEAD?**

Sometimes you don't just want to tell someone what you did.

You want to explain what you **thought, wanted, tried, or felt.**

**For example:**

I thought you were busy.

I thought you knew.

I wanted to call you.

I wanted to help.

I tried to explain.

I hoped everything would be okay.

I forgot about it.

I remembered it later.

I didn't mean to upset you.

I didn't know what to say.

**Now put them into real conversations.**

**You didn't call someone**

“Why didn't you call me?”

“I thought you were busy, so I didn't call.”

**You made a mistake**

“Why did you do that?”

“I didn't mean to. I was trying to help.”

**Someone is surprised**

“You knew about this?”

“No. I had no idea.”

**You remembered something late**

“Did you remember the appointment?”

“Honestly, no. I completely forgot about it. I remembered it later.”

These are the kinds of sentences that help you **explain yourself** without getting stuck.

**AND THEN THIS HAPPENED**

**Let's build a story.**

Start small:

I went to a friend's house.

Add another event:

I went to a friend's house, and we watched a movie.

Add what happened next:

Then we ordered some food.

Add a problem:

But the restaurant sent us the wrong order.

Add a reaction:

We were confused at first, but then we started laughing.

Add the ending:

We called the restaurant, and they finally sent the correct order.

## Now the whole story:

“I went to a friend's house, and we watched a movie. Then we ordered some food, but the restaurant sent us the wrong order. We were confused at first, but then we started laughing. We called the restaurant, and they finally sent the correct order. It took a while, but we had a great time anyway.”

**Notice what makes the story interesting:**

What happened → problem → reaction → result

You can use the same pattern with your own experiences.

**ONE REAL CONVERSATION**

A: How was your trip?

B: It was really good.

A: Where did you go?

B: I went to Udaipur with my family.

A: Nice! How long did you stay?

B: Three days.

A: What did you do there?

B: We visited a few places, ate at some local restaurants, and walked around the city in the evening.

A: What did you like the most?

B: The lake. It was beautiful at sunset.

A: Did you take lots of pictures?

B: Of course. Probably too many.

A: Did anything go wrong?

B: Actually, yes. We got lost on the first day.

A: Seriously?

B: Yes. But it turned into a funny memory.

A: So you enjoyed the trip?

B: Definitely. I had a great time.

Notice how the conversation keeps moving through simple questions and answers.

## PRACTICE

**Complete the Sentences**

**Use the correct form.**

Yesterday, I _____ to the market. (go)

I _____ my friend there. (meet)

We _____ coffee together. (have)

She _____ me last night. (call)

I _____ very happy to see her. (feel)

We _____ for almost an hour. (talk)

I _____ him yesterday. (see)

They _____ the movie. (watch)

We _____ home late. (come)

She _____ come because she was busy. (not)

**Talk About It**

**Answer these in 2–3 sentences.**

What did you do last weekend?

Where did you go recently?

Who did you meet recently?

What was the last movie you watched?

Did you enjoy it? Why?

Did anything funny happen recently?

Did anything unexpected happen recently?

What was the last thing that made you really happy?

What is one memorable experience from your school or college life?

What happened?

## SPEAK

Read the transcript once carefully. Then read each sentence aloud and practise speaking naturally.

**Record** yourself while speaking and listen back to your recording. Notice your pronunciation, word stress, rhythm, and any words that sound unclear. Repeat the sentences once more, trying to sound more natural and confident.

### Speaking Practice —

**“The Day Everything Went Wrong”**

Last Saturday, I planned to meet one of my friends at a café.

I left home around three, but things didn't go as planned.

First, I couldn't find my keys. I looked everywhere and finally found them in my jacket pocket.

Then it started raining.

I didn't have an umbrella, so I waited under a shop for a few minutes.

When I reached the café, my friend wasn't there.

I waited for about fifteen minutes and then got a message.

She had gone to another café by mistake.

I couldn't believe it.

I called her and explained where I was.

Luckily, she wasn't far away.

She finally arrived, and we both started laughing about the whole situation.

We ordered coffee and talked for almost two hours.

The day started badly, but we had a great time in the end.

Sometimes the days that don't go according to plan become the memories we laugh about later.

**YOUR SPEAKING TASK**

Tell a story about one experience you remember clearly.

**It could be:**

funny
embarrassing
exciting

**Use these questions only when you need help:**

Where were you?

Who were you with?

What happened first?

What happened next?

Did anything go wrong?

How did you feel?

What happened in the end?

**Try to speak for 3–5 minutes.**

Don't write the entire story and memorize it.

Remember the main events and tell the story in your own words.

**You can begin with:**

“I still remember the time when…”

“You won't believe what happened…”

“One day, something unexpected happened…”

or simply:

“A few years ago…”

**Your goal today is simple:**

Tell someone what happened—and keep the conversation going.

# DAY 4 - TALKING ABOUT YOUR FUTURE

**“Where do you see yourself in five years?”**

“What do you want to achieve?”

“What are you going to do next?”

We talk about the future when we share our dreams, make plans, talk about our goals, or imagine what life might look like someday.

Maybe you want to travel the world.

Maybe you want to start something of your own.

Maybe you want to learn a new skill.

Maybe you simply want a better, happier life.

**Today, you'll learn how to talk about your future naturally.**

## LEARN

**What Will Your Future Look Like?**

Let's start with **WILL**.

We use will when we talk about the future as a prediction, promise, or decision.

**will + basic form**

I will learn.

She will succeed.

They will come.

In everyday speaking, we usually shorten will:

**I will → I'll**

You will → You'll

He will → He'll

She will → She'll

We will → We'll

They will → They'll

**Now hear how naturally these sound:**

I'll do my best.

I'll keep trying.

I'll help you.

I'll call you later.

You'll be fine.

Things will get better.

I think everything will work out.

I'll never give up easily.

**Easy way to remember:**

**WILL** = **future thought**, **promise**, or **decision**

“I think it will work.”
“I'll help you.”

## I Think...

We often use will when we talk about what we **believe** will happen.

I think I'll be more confident.

I think things will change.

I think I'll learn a lot.

I believe I'll achieve my goals.

I'm sure you'll do well.

I hope everything will work out.

## One Day, I'll...

Future English is also about **dreams**.

One day, I'll travel the world.

One day, I'll visit my dream destination.

One day, I'll build something of my own.

One day, I'll become the person I want to be.

One day, I'll make my family proud.

One day, I'll look back and feel proud of how far I've come.

**You can make your dream more personal:**

I don't know when, but I'll make it happen.

I'll keep working until I get there.

I know it won't be easy, but I'll try.

I'll keep going.

These simple sentences can express a very big dream.

## I’m Going To...

Now let's look at another very common way to talk about the future.

We use going to, when we already **have a plan or intention.**

### am / is / are + going to + basic form

I'm going to learn.

She's going to travel.

We're going to start.

**For example:**

I'm going to improve my English this year.

I'm going to learn a new skill.

I'm going to save money for a trip.

She's going to start a new course.

We're going to work on this together.

**Easy way to remember:**

**GOING TO = future plan**

“I've already planned or decided this.”

**So**:

“I'll learn Spanish someday.”
A **future thought** or **decision**.

“I'm going to learn Spanish this year.”
A **plan or intention** you already have.

You don't need to stop and analyze every sentence while speaking.

## Just remember:

**WILL** → future thought, promise, or decision

**GOING TO** → future plan

**DREAMS NEED ACTION**

A dream becomes more real when you can talk about what you're going to do for it.

**Imagine someone says:**

“I want to travel the world.”

**They might continue:**

“I'm going to start saving money this year.”

“I'll plan my first trip soon.”

Or:

“I want to speak English confidently.”

“I'm going to practice every day.”

“I'll keep working until I feel comfortable.”

Or:

“I want to learn something new.”

“I'm going to take a course.”

“I'll give it my best.”

A natural way to talk about the future is:

**Dream → Plan → Action**

**WHEN SOMETHING REALLY MATTERS TO YOU**

Sometimes future talk isn't just about plans.

It's about something **you really care** about.

**These phrases help you express that feeling:**

I've always wanted to do this.

I've been dreaming about it for years.

I can't wait for that day.

I'm really looking forward to it.

I hope it happens soon.

I'm excited about what comes next.

I'll be so happy when it finally happens.

I want to make myself proud.

I want to build a life I'm happy with.

A small conversation

A: What's one thing you've always wanted to do?

B: I've always wanted to travel more.

A: Are you planning to?

B: Yes. I'm going to start saving for it.

A: Where do you want to go first?

B: I'm not sure, but I have a few places in mind.

A: I hope you make it happen.

B: I will.

**WHAT DO YOU SEE FOR YOURSELF?**

**Now imagine talking to a friend about the future.**

A: Where do you see yourself five years from now?

B: I think I'll be much more confident.

A: What are you going to work on?

B: I'm going to improve my skills and keep learning.

A: Do you have any big dreams?

B: Yes. I want to build something I'm proud of.

A: Do you think you'll achieve it?

B: I know it won't be easy, but I believe I will.

A: What else do you want?

B: I want to travel more and spend more time with the people I love.

A: Sounds good.

B: I don't know exactly what the future will look like, but I'm excited about it.

**WHAT IF THINGS CHANGE?**

We don't always know exactly what the future will bring.

**You can talk about that too:**

I hope it works out.

Let's see what happens.

Maybe things will change.

I might try something different.

I don't know exactly what will happen.

But I'm excited to find out.

Whatever happens, I'll keep going.

I'll figure it out.

**For example:**

“I don't know exactly how I'll do it yet, but I'll figure it out.”

You don't need to have every answer.

You just need to be able to talk about what you hope, plan, and believe.

## PRACTICE

**Complete the Thought**

**Complete each sentence with your own idea.**

One day, I'll _____.

I think I'll _____.

I hope I'll _____.

I'm going to _____ this year.

I really want to _____.

I'm looking forward to _____.

I'll keep working until _____.

I won't give up because _____.

In five years, I think _____.

One thing I want to achieve is _____.

**Don't try to make your answers impressive.**

Make them true for you.

**Answer:**

**Answer each question in 2–3 sentences.**

What is one dream you really want to achieve?

Where do you see yourself five years from now?

What are you going to work on this year?

What is something you've always wanted to do?

What is one place you would love to visit?

What are you most excited about in the future?

What is something you hope will happen?

What kind of person do you want to become?

What would make your future self proud?

What will you do if your plans change?

## SPEAK

Read the transcript once carefully. Then read each sentence aloud and practise speaking naturally.

**Record** yourself while speaking and listen back to your recording. Notice your pronunciation, word stress, rhythm, and any words that sound unclear. Repeat the sentences once more, trying to sound more natural and confident.

**Focus on speaking these naturally:**

I'll...

I think I'll...

I'm going to...

I hope...

I want to...

One day...

I'm looking forward to...

**Speaking Practice — “Five Years From Now”**

A: Where do you see yourself five years from now?

B: That's a good question. I think I'll be a very different person.

A: In what way?

B: I think I'll be more confident and independent. I'll know myself better, and I'll have learned a lot from my experiences.

A: What are you going to work on first?

B: I'm going to focus on my skills and my career. I know it won't happen overnight, but I'll keep improving.

A: Do you have any big dreams?

B: Definitely. I've always wanted to travel more.

A: Where do you want to go?

B: There are so many places. One day, I'll visit some of them.

A: Do you think you'll actually do it?

B: I hope so. I'm going to start with small steps. I'll save money and plan carefully.

A: What else do you want?

B: I want to build a life that makes me happy. I want to spend time with people I love, do meaningful work, and feel proud of the person I've become.

A: That's a beautiful goal.

B: Thanks. I know everything won't always go according to plan.

A: And what will you do then?

B: I'll adjust. I'll learn. I'll keep going.

A: I like that.

B: Me too. I don't know exactly what the future will look like, but I'm excited to find out.

**YOUR SPEAKING TASK**

Imagine it is five years from today.

Talk about your future for 3–5 minutes.

**Think about:**

Where will you live?

What will you be doing?

What will you have learned?

What will you have achieved?

What are you going to work on?

What dreams will you have fulfilled?

What will make you proud?

**You can begin:**

“Five years from now, I think I'll…”

Then keep going.

Don't write and memorize the whole answer.

Think about your future and speak.

Your goal today is to talk about your **dreams, plans, hopes, and future** without getting stuck on every sentence.

# DAY 5 - TALKING ABOUT PEOPLE

**Think about someone you know well.**

Maybe they are kind and patient. Maybe they are loud and funny. Maybe they are quiet until they get comfortable. Maybe they always arrive late. Maybe they are the person everyone calls when there is a problem.

**We talk about people all the time.**

But saying:

**“She is nice.”**

doesn't tell someone much.

**Today, you'll learn** how to describe people naturally — their personality, appearance, behaviour, habits, and the kind of relationship you have with them.

## LEARN

### What Is This Person Like?

When someone asks:

**“What is she like?”**

They usually want to know about her **personality**.

**You can say:**

She's very friendly.

He's quite quiet.

She's easy to talk to.

He's really funny.

She's confident.

He's a little shy at first.

She's very patient.

He's usually calm.

She's incredibly kind.

He's the kind of person who helps everyone.

**You can make your description softer:**

He's a little serious.

She's quite reserved.

He can be a bit stubborn sometimes.

She's usually cheerful.

He tends to worry about small things.

There's More to a Person Than "**Nice**"

**Imagine you're describing your best friend.**

**Instead of:**

"My friend is nice."

**Try:**

"She's funny, honest, and very easy to talk to."

**Or:**

"He's quiet when you first meet him, but he becomes very talkative once he feels comfortable."

**Or:**

"She's very caring. She always remembers the little things."

**Useful phrases:**

He's very easygoing.

She's full of energy.

He has a great sense of humour.

She's very thoughtful.

He's good at making people feel comfortable.

She doesn't judge people easily.

He's the kind of person who says what he thinks.

She always knows how to make me laugh.

He's very dependable.

She's incredibly understanding.

He's curious about everything.

She notices the smallest details.

These phrases help you **describe** what someone is actually like.

## What Does He Look Like?

Sometimes you need to describe someone's appearance.

**Keep it simple:**

She's tall.

He's quite short.

She has long hair.

He has curly hair.

She's wearing a blue jacket.

He usually wears glasses.

She has a very friendly smile.

You can put details together:

“She's tall, has long hair, and usually wears glasses.”

“He's quite short, has curly hair, and always wears a watch.”

**You can also describe someone's overall appearance:**

She looks very confident.

He always looks well-dressed.

She has a very cheerful face.

He usually keeps things simple.

**The Way They Behave**

You can describe people through their **actions**.

She always listens carefully.

He talks too much sometimes.

She remembers everyone's birthday.

He never takes things too seriously.

She gets excited very easily.

He doesn't like being late.

She always tries to help.

He tends to worry about small things.

She knows how to make people feel welcome.

He doesn't say much, but he notices everything.

**Now make a fuller description:**

“She's very caring. She always checks on people when they're having a difficult day.”

“He's quiet, but he's a really good listener.”

“She's very talkative, and somehow she always has a story to tell.”

**What Do You Like About Them?**

**When someone asks:**

“Why do you like him?”

you can go **beyond**:

“Because he's nice.”

**Try:**

I like him because he's honest.

What I like most about her is that she always listens.

She's someone I can trust.

I feel comfortable around him.

I can talk to her about anything.

She's always been there for me.

He makes difficult situations feel easier.

She knows how to make people laugh.

I've learned a lot from him.

I really look up to her.

## And Sometimes People Get on Your Nerves

**You can talk honestly without sounding unnecessarily rude.**

He can be a little stubborn.

She worries too much.

He talks very loudly.

She changes her mind a lot.

He can be difficult sometimes.

She's not very patient.

He doesn't listen carefully.

**You can balance the sentence:**

“He's a little stubborn, but he's a good person.”

“She worries too much sometimes, but I know she cares.”

“He talks a lot, but he's actually very friendly.”

This lets you express a real opinion **without** making the person **sound terrible.**

## People We Admire

Sometimes we describe someone because they **inspire** us.

I really look up to her.

He's someone I admire.

She's very hardworking.

He never gives up easily.

She handles pressure really well.

I admire the way he treats people.

I've learned a lot from her.

She motivates me to do better.

**Example**

“I really look up to my older sister. She's hardworking, calm under pressure, and always encourages me when I'm unsure about something.”

**What Kind of Energy Do They Have?**

Sometimes you don't know the exact personality word, but you know how a person **makes a place feel**.

She's very warm.

He's a very positive person.

She has a calm presence.

He's full of energy.

She makes people feel welcome.

He can light up a room.

She's the kind of person people naturally trust.

He has a quiet confidence.

She brings a lot of energy wherever she goes.

These phrases help **when** a simple **personality adjective isn't enough**.

**How Do They Treat Other People?**

He treats everyone with respect.

She is kind even when nobody is watching.

He doesn't talk down to people.

She always gives people a chance.

He is respectful to everyone.

She notices when someone feels left out.

He doesn't let success change him.

She is generous with her time.

These are useful when describing someone you genuinely respect.

**What Are They Like Under Pressure?**

**This gives your description more depth.**

He stays calm under pressure.

He tends to panic at first.

He thinks before he reacts.

She handles difficult situations really well.

He gets frustrated easily.

She doesn't give up when things become difficult.

He needs a little time to calm down.

**Example**

“He's usually very calm, but when too many things happen at once, he gets overwhelmed.”

**A REAL CONVERSATION**

A: Who's that in the picture?

B: That's my cousin.

A: What's she like?

B: She's really friendly and very funny.

A: Is she always this cheerful?

B: Most of the time. She's actually quite quiet when you first meet her.

A: Really?

B: Yes. But once she gets comfortable, she talks a lot.

A: Sounds like my kind of person.

B: She also has a great sense of humour.

A: I can see that.

B: We get along really well.

A: What do you like most about her?

B: I can talk to her about anything. She never judges me.

A: That's rare.

B: I know. That's why we're so close.

## PRACTICE

**Build a Description**

**Choose one person you know.**

**Complete:**

He/She is...

He/She looks...

He/She usually...

One thing I really like about him/her is...

One thing that sometimes annoys me is...

I admire him/her because…

**Answer:**

Who is the most interesting person you know?

Who makes you laugh the most?

Who do you trust the most?

Who has a personality very different from yours?

What quality do you admire most in a person?

## SPEAK

Read the transcript once carefully. Then read each sentence aloud and practise speaking naturally.

**Record** yourself while speaking and listen back to your recording. Notice your pronunciation, word stress, rhythm, and any words that sound unclear. Repeat the sentences once more, trying to sound more natural and confident.

### Speaking Practice — “My Best Friend”

I've known my best friend for many years.

She's one of the easiest people to talk to. She's friendly, honest, and has a great sense of humour.

When we first met, she was actually quite quiet. I didn't know what to say to her, and she didn't say much either.

But once we became comfortable, we started talking about everything.

She's the kind of person who listens when you have a problem. She doesn't judge people quickly, and she's always ready to help.

Of course, she isn't perfect. She can be a little stubborn sometimes, and she worries too much.

But that's part of who she is.

What I like most is that I can be myself around her.

I don't have to pretend to be someone else.

That's what makes a good friendship special.

**YOUR SPEAKING TASK**

Choose one person you know well.

**Talk for 3–5 minutes about:**

what they look like

what they're like

how they behave

what they are like under pressure

what you like about them

what sometimes annoys you

why this person is important to you

# DAY 6 - STARTING A CONVERSATION

**You see someone you don't know very well.**

Maybe you're at a class, a party, an event, a café, or somewhere completely new.

You want to talk.

But what do you say:

**“Hi.”**

Starting a conversation doesn't require a clever line. Most good conversations begin with something simple and natural.

**Today, you'll learn** how to start a conversation naturally, find common ground, and avoid making every conversation feel like an interview.

## LEARN

**Start With What's Around You**

You don't need a good opening.

**Use the situation.**

“Have you been here before?”

“Is this your first time here?”

“How do you know everyone here?”

“How did you hear about this event?”

“Are you waiting for someone?”

“Have you tried the food here?”

“How long have you been coming here?”

**Example**

A: Is this your first time here?

B: Yeah, it is.

A: Same here. How did you hear about this place?

B: A friend recommended it.

The conversation has already started.

## Ask Something Easy

You don't have to ask deep questions immediately.

**Try:**

What do you do?

Where are you from?

What brings you here?

What are you interested in?

What do you usually do in your free time?

How do you know the host?

Have you been here before?

Once they answer, listen for something you can ask about.

## Don't Make It an Interview

**Imagine:**

Where are you from?

What do you do?

Where do you live?

What do you study?

What do you like?

**One question after another can feel uncomfortable.**

Share something about yourself too.

**Instead of:**

“Where are you from?”

**Try:**

“Where are you from? I'm from Jaipur.”

**Instead of:**

“Do you like movies?”

**Try:**

“Do you like movies? I'm a big fan of comedy.”

Now you've **given** the other person **something** to respond to.

## Find Something in Common

“Are you studying here too?”

“Do you work nearby?”

“Are you interested in this too?”

“Do you like travelling?”

“What kind of music do you listen to?”

**When you discover something common:**

“Same here.”

“Me too.”

“Really? I love that.”

“We actually have that in common.”

“I'm into that as well.”

**Show That You're Listening**

A conversation feels much better when you **react**.

Really?

No way!

That's interesting.

I didn't know that.

Seriously?

That makes sense.

Tell me more.

How did that happen?

What was that like?

And what happened next?

You don't have to prepare these before every conversation.

Learn to use them naturally.

## When the Conversation Gets Quiet

You can **reopen** the conversation:

“By the way, what do you usually do on weekends?”

“Speaking of travel, have you ever been to...?”

“That reminds me…”

“What about you?”

“Have you ever tried...?”

“What do you think about...?”

**One new question** can bring the conversation back to life.

## When You're Enjoying the Conversation

**You can say:**

“You're really easy to talk to.”

“I've really enjoyed talking to you.”

“It's been nice meeting you.”

“We should talk again sometime.”

“Let's stay in touch.”

“We should grab coffee sometime.”

And when you need to leave:

“I should probably get going.”

“I have to leave in a few minutes.”

“It was really nice talking to you.”

## Talk About the Place You're In

“It’s much busier than I expected.”

“I like the atmosphere here.”

“The music is actually pretty good.”

“The queue is moving really slowly.”

“I think everyone is waiting for the same thing.”

“This place has a nice vibe.”

These can open a conversation **without asking anything personal.**

## Use a Compliment as an Opening

A simple, **genuine observation** can work too:

“I like your notebook.”

“That's a really nice bag.”

“Your presentation was interesting.”

“I like the way you explained that.”

Then let the person respond.

The key is sincerity.

**A REAL CONVERSATION**

A: Hi, is this seat free?

B: Yes, go ahead.

A: Thanks. Have you been here before?

B: No, actually. This is my first time.

A: Same here. I'm here for the workshop.

B: Me too.

A: What made you join?

B: I'm trying to learn something new.

A: That's nice. What are you interested in?

B: Mostly design and photography.

A: Really? I've always liked photography.

B: Do you take pictures yourself?

A: Sometimes. Mostly when I travel.

B: Nice. Where did you go recently?

A: Udaipur.

B: I've heard it's beautiful.

A: It is. Have you been?

B: Not yet.

A: You should go sometime.

B: I might.

A: Anyway, it was nice talking to you.

B: Same here.

A: Enjoy the workshop.

## PRACTICE

**Open the Conversation**

**Write an opening for:**

Someone sitting next to you on a bus.

A person at a class.

Someone at a friend's party.

A new colleague.

A person standing next to you at an event.

Someone waiting in the same queue.

**Respond with:**

**reaction + your own detail + one question**

“I just moved here.”

“I've been learning photography.”

“I don't usually come to places like this.”

“I watched a great movie yesterday.”

“This is my first time here.”

## SPEAK

Read the transcript once carefully. Then read each sentence aloud and practise speaking naturally.

**Record** yourself while speaking and listen back to your recording. Notice your pronunciation, word stress, rhythm, and any words that sound unclear. Repeat the sentences once more, trying to sound more natural and confident.

### Speaking Practice — “The First Five Minutes”

A: Hi, have you been here before?

B: No, this is actually my first time.

A: Same here. I wasn't sure what to expect.

B: Me neither.

A: How did you hear about this event?

B: A friend sent me the details.

A: That's how I found it too.

B: So, what do you usually do?

A: I work nearby. What about you?

B: I'm studying at the moment.

A: What are you studying?

B: Design.

A: That's interesting. What kind of design?

B: Mostly visual design.

A: I've always been interested in that, especially photography.

B: Really? Do you take pictures?

A: Whenever I travel.

B: Nice. What's the best place you've photographed?

A: Probably Udaipur.

B: I've never been there.

A: You should go. It's beautiful.

B: I'll remember that.

**YOUR SPEAKING TASK**

Imagine you're meeting someone for the first time.

**Start the conversation.**

**Then**:

introduce yourself

ask about the other person

react to their answer

share something about yourself

move to another topic

end the conversation naturally

**Speak** for 3–5 minutes and record yourself.

# DAY 7 - TALKING ABOUT YOUR LIKES & CHOICES

**We make choices all day.**

What should we eat?

Which movie should we watch?

Tea or coffee?

City or countryside?

Do you like travelling?

Would you rather stay home?

Being able to talk about **your preferences** makes everyday conversations much easier.

## LEARN

**“What Are You Into?”**

Instead of **always saying**:

“I like…”

**try:**

I'm really into...

I enjoy...

I'm a big fan of...

I love...

I quite like...

I'm not really into...

I'm not a big fan of...

I don't really enjoy…

**Examples:**

I'm really into travel videos.

I'm a big fan of comedy movies.

I enjoy cooking when I have time.

I'm not really into horror movies.

I'm not a big fan of crowded places.

I don't really enjoy very spicy food.

## It's Not Always Yes or No

**Sometimes you like something a little.**

I don't mind it.

It's okay.

It's not really my thing.

I can take it or leave it.

It depends.

I prefer…

**For example:**

A: Do you like travelling by train?

B: I don't mind it. I actually prefer it to buses.

**Tell Me Why**

**A preference becomes more interesting when you explain it.**

I love rainy weather because it feels peaceful.

I prefer small restaurants because they're usually quieter.

I'm not a big fan of horror movies because they keep me awake.

I enjoy cooking because I find it relaxing.

## Useful phrases:

because...

mainly because...

the best thing about it is...

what I like most is...

the only thing I don't like is...

**Example**

“I prefer small cafés because they're quieter and I can actually have a conversation.”

**When You Have to Choose**

I'd rather stay home.

I'd prefer tea.

I'd choose the blue one.

I'd go with the second option.

For me, the first one is better.

I think the other one makes more sense.

**Example**

A: Which one would you choose?

B: I'd go with the blue one.

A: Why?

B: I like the design better, and it looks easier to use.

**Your Taste Can Change**

**You can also talk about things you didn't like before.**

I used to hate it.

I didn't like it at first, but now I do.

I never used to enjoy it, but now I really like it.

**Example**

“I didn't like coffee when I was younger, but now I can't imagine starting my morning without it.”

## When You're Really Excited About Something

I absolutely love it.

I could talk about it for hours.

I never get bored of it.

I'm obsessed with it.

I can't get enough of it.

It's one of my favourite things.

**Example:**

“I'm obsessed with old songs. I can listen to them for hours.”

**When You Don't Feel Strongly**

I don't have a strong opinion about it.

I'm okay with either one.

I'm fine with that.

I don't really care either way.

I'm flexible.

Either works for me.

These are useful when the **choice doesn't matter much** to you.

**When Your Choice Depends on the Situation**

It depends on the day.

It depends on my mood.

It depends on the price.

It depends on who I'm with.

It depends on how much time I have.

**Example**

“I prefer staying home when I'm tired, but if I'm in a good mood, I'd rather go out.”

**A REAL CONVERSATION**

A: What kind of movies are you into?

B: Mostly comedy and drama.

A: What about horror?

B: I'm not really into horror.

A: Why not?

B: I don't like being scared for two hours.

A: Fair enough.

B: What about you?

A: I'm a big fan of thrillers.

B: Do you prefer watching at home or in the cinema?

A: I'd rather watch at home.

B: Why?

A: It's more comfortable, and I can pause whenever I want.

B: That's true.

A: What about food?

B: I love trying new food.

A: Same here. I'd rather try something new than order the same thing every time.

## PRACTICE

**Make It Personal**

**Complete**:

I'm really into _____.

I'm not really into _____.

I'm a big fan of _____.

I prefer _____ because _____.

The best thing about _____ is _____.

I'd rather _____ than _____.

I didn't like _____ at first, but now _____.

It depends on _____.

**Choose and Explain**

Tea or coffee?

City or countryside?

Movies or books?

Morning or night?

Eating out or cooking at home?

Summer or winter?

## SPEAK

**Record** yourself while speaking and listen back to your recording.

### Speaking Practice — "What Do You Like?"

A: What do you usually do in your free time?

B: I watch movies, listen to music, and sometimes go out with friends.

A: What kind of movies do you like?

B: I'm a big fan of comedy. I like movies that make me forget about everything for a while.

A: Same here. What about music?

B: That depends on my mood.

A: Fair answer.

B: When I'm happy, I listen to energetic music. When I'm tired, I prefer something quiet.

A: What about travelling?

B: I love it, but I don't like crowded tourist places.

A: So what do you prefer?

B: Quiet places. I like being able to explore without rushing.

A: That actually sounds nice.

B: What about you?

A: I'm more spontaneous. I'll go almost anywhere if the company is good.

**YOUR SPEAKING TASK**

Choose three things you like and three things you don't like.

**Explain**:

what you like

why you like it

what you don't like

why you don't like it

what you would choose

Try to speak for 3–5 minutes.

# DAY 8 - TALKING ABOUT YOUR FAMILY

**Family is not just a list of names.**

There is the family you live with, the relatives you meet during festivals, the cousin who knows all your secrets, the person you call when something goes wrong, and sometimes the relative who always asks uncomfortable questions.

**Today, you'll learn** to talk about different kinds of families, family relationships, personalities, traditions, and everyday family life.

## LEARN

### What Kind of Family Do You Have?

You may hear people describe families in different ways.

**Nuclear Family**

A nuclear family generally means parents and their children living together.

“I come from a nuclear family.”

“There are four people in my immediate family.”

**Joint Family**

A joint family may include several generations or relatives living together or closely connected.

“I grew up in a joint family.”

“We had my grandparents, uncle, aunt, and cousins living together.”

**Extended Family**

Your extended family includes relatives such as grandparents, aunts, uncles, and cousins.

“I have a large extended family.”

“Most of my extended family lives nearby.”

**You can describe your situation naturally:**

“I live with my parents and younger brother.”

“I grew up in a joint family, so there were always people around.”

“My immediate family is small, but my extended family is quite large.”

**Who Are You Close To?**

I'm very close to my sister.

I'm especially close to my grandmother.

My cousin and I get along really well.

My brother and I are very close.

I can talk to my mother about almost anything.

I'm not very close to some of my distant relatives.

We don't meet often, but we stay in touch.

**What Are They Like?**

My father is quite quiet.

My mother is very caring.

My older brother is extremely outgoing.

My grandmother is very warm and affectionate.

My cousin is always making jokes.

My younger sister is very ambitious.

**You can compare family members:**

“My brother is much more outgoing than me.”

“My sister takes after my mother.”

“I take after my father in some ways.”

“We look completely different, but our personalities are quite similar.”

**What Does Your Family Do Together?**

We usually have dinner together.

We visit relatives during festivals.

We celebrate birthdays together.

We often go out for lunch on special occasions.

We usually spend Sundays together.

We sit and talk after dinner.

We have a big family gathering every year.

**Every Family Has Its Moments**

**Family life isn't always perfect.**

We argue sometimes.

We don't always agree.

Everyone has a different opinion.

My brother and I used to fight a lot.

We get annoyed with each other sometimes.

But we usually sort things out.

At the end of the day, we're still close.

**And sometimes family can be funny:**

“There's always someone running late.”

“Everyone starts talking at the same time.”

“Family gatherings are never quiet.”

“Someone always brings up an embarrassing childhood story.”

**The People You Count On**

She's always there for me.

I can always count on him.

They've supported me through difficult times.

He always gives me good advice.

She knows me better than anyone.

He's one of the people I trust the most.

**Family Traditions**

Talk about things your family **regularly** does:

“We always celebrate festivals together.”

“We usually cook a big meal on special occasions.”

“Every year, we visit our relatives.”

“We have a tradition of taking a family picture during celebrations.”

“We always eat together on important occasions.”

**Different Generations, Different Habits**

Families often have different generations living together.

**You can say:**

“My grandparents have very different habits from us.”

“My parents grew up differently.”

“The younger generation spends more time online.”

“The older members of my family prefer traditional ways of doing things.”

“We don't always see things the same way.”

“Sometimes the generation gap is obvious.”

“We've learned to understand each other's differences.”

These phrases are useful when talking about how families change over time.

**Family Roles**

**You may also talk about what different people do.**

“My father usually takes care of the household.”

“My mother handles most of the financial decisions.”

“My brother helps whenever someone needs him.”

“Everyone contributes in their own way.”

“We share the responsibilities at home.”

“I help out whenever I can.”

**When Relatives Ask Too Many Questions**

**Sometimes family conversations are funny because relatives are curious.**

“Everyone keeps asking me the same question.”

“My relatives are very curious about my life.”

“Someone always asks when I'm going to get married.”

“I never know what to say when relatives ask personal questions.”

“Family gatherings always come with unexpected questions.”

**A light response:**

“That's a long story.”

“I'll tell you another time.”

“I'm still figuring that out.”

**A REAL CONVERSATION**

A: Do you have a big family?

B: Yes, actually. I grew up in a joint family.

A: Really? Who all lived together?

B: My parents, my grandparents, my uncle, and his family.

A: That sounds like a lot of people.

B: It was. The house was always noisy.

A: Did you enjoy it?

B: Most of the time. I grew up very close to my cousins.

A: Are you still close?

B: Yes. We don't meet as often now, but we stay in touch.

A: Who are you closest to?

B: Probably my sister. We talk about almost everything.

A: What is your family like?

B: We're quite close. We argue sometimes, but we're always there for each other.

**A LITTLE FAMILY STORY**

“I grew up in a joint family, so our house was rarely quiet. My grandparents lived with us, and my cousins were around almost every day. We played together, argued over silly things, and got into trouble together. During festivals, the whole house became even busier. Now everyone has their own responsibilities, so we don't see each other as often. But whenever we meet, it still feels familiar.”

## PRACTICE

**Complete**

I come from a _____ family.

There are _____ people in my immediate family.

I'm especially close to _____.

I take after _____.

My family is _____.

We usually _____ together.

One family tradition we have is _____.

One thing I appreciate about my family is _____.

**Answer**

What kind of family did you grow up in?

Who are you closest to?

Who takes after whom?

What does your family usually do together?

What is one funny family memory?

What family tradition do you enjoy?

What is one thing you appreciate about your family?

## SPEAK

Read the transcript once carefully. Then read each sentence aloud and practise speaking naturally.

**Record** yourself while speaking and listen back to your recording..

**Speaking Practice — "A Big Family"**

I grew up in a fairly large family.

My immediate family is not very big, but I have a lot of relatives, and many of them live nearby.

I'm especially close to my cousins because we grew up together.

When we were younger, we spent almost every weekend together.

We played games, watched movies, and sometimes argued over the smallest things.

My grandparents were also a big part of my childhood.

My grandmother was very caring, while my grandfather was quieter but had a great sense of humour.

Even now, family gatherings can get very loud.

Everyone has something to say, somebody is always eating, and sooner or later someone tells an embarrassing story from our childhood.

It can be chaotic, but I wouldn't change it.

**YOUR SPEAKING TASK**

Talk about your family for 3–5 minutes.

Include:

what kind of family you have

your immediate and extended family

who you're closest to

what different family members are like

what you do together

a family tradition

a funny or memorable family moment

something you appreciate about your family

# DAY 9 - MAKING FRIENDS

**Meeting someone is only the beginning.**

A first interaction may last ten minutes.

Friendship can last for years.

Some friendships grow slowly. Some happen almost instantly.

Sometimes you become friends because you share the same sense of humour. Sometimes you discover that you can talk to someone about things you don't usually share with others.

Today is about what happens after the first meeting — becoming closer, spending time together, trusting someone, supporting each other, and keeping a friendship alive.

## LEARN

**When a Friendship Starts to Grow**

**Once you've already met someone, you may start saying:**

We've been hanging out a lot lately.

We've gotten pretty close.

We just clicked.

We get along really well.

I feel comfortable around her.

I can be myself around him.

We have a similar sense of humour.

We can talk for hours.

We have a lot in common.

I never feel awkward around her.

These describe an existing connection.

**Let's Spend Some Time Together**

“Are you free this Saturday?”

“Do you want to hang out later?”

“Let's go grab something to eat.”

“Want to watch a movie tonight?”

“We're going out for dinner. Come with us.”

“Do you want to come along?”

“Let's do something this weekend.”

“Are you around this evening?”

**Responses**:

“Sure, I'm in.”

“Sounds good to me.”

“I'd love to.”

“Count me in.”

“Why not?”

“I'm up for it.”

**Or:**

“I'd love to, but I'm busy that day.”

“Maybe another time.”

**When You Start Knowing Someone Better**

At some point, conversations become more personal.

**You may talk about:**

childhood

family

dreams

fears

relationships

personal goals

things you're struggling with

**Useful phrases:**

“What were you like as a child?”

“What makes you happy?”

“What's something you've always wanted to try?”

“What are you working toward?”

“What's something people usually misunderstand about you?”

**And when you share:**

“I've never really told anyone this, but...”

“To be honest...”

“I've been thinking about this a lot lately.”

“I don't usually talk about this, but...”

**When You Can Be Yourself**

A good friendship often reaches a point where you don't have to think about every word.

I can be myself around her.

I don't have to pretend.

I feel completely comfortable with him.

I don't have to explain everything.

She understands me.

He knows what I'm thinking without me saying much.

We can sit in silence and it isn't awkward.

We don't have to talk every day to stay close.

**When You Have Inside Jokes**

“That's our thing.”

“Only we would find that funny.”

“We still laugh about that.”

“Nobody else would understand.”

“You had to be there.”

**Example**

A: Why are you both laughing?

B: It's an old joke.

A: I don't get it.

B: You had to be there.

**When Someone Has Your Back**

I've got your back.

You can count on me.

I'm here if you need me.

Don't worry. I'll be there.

You don't have to deal with this alone.

I know I can rely on her.

He's someone I can trust.

She's always there when things get difficult.

**Example**

“You don't have to deal with this alone. I'm here if you need me.”

**When a Friend Is Going Through Something**

You may not always know what advice to give.

**Sometimes listening is enough.**

“Do you want to talk about it?”

“I'm listening.”

“Take your time.”

“I understand.”

“That sounds really difficult.”

“I'm sorry you're dealing with that.”

“You don't have to explain everything.”

“I'm here for you.”

**When Friends Don't Talk for a While**

Life gets busy.

We've both been really busy lately.

We haven't talked in a while.

We've lost touch a little.

I've been meaning to call you.

Things have been crazy lately.

I miss hanging out with you.

We should catch up properly.

It's been too long.

**When a Friendship Changes**

**Not** every friendship **stays the same**.

We used to be really close.

We don't talk as much anymore.

We've both changed.

Our lives went in different directions.

We don't see each other often, but we're still friends.

We're not as close as we used to be.

I still care about her.

Some friendships change with time.

These help you talk honestly about friendships **without blaming** anyone.

**When a Friendship Has a Problem**

I think there was a misunderstanding.

I didn't mean it that way.

That's not what I was trying to say.

I understand why you're upset.

I'm sorry. I should have told you.

I don't want this to affect our friendship.

Let's talk about it properly.

I'm glad we cleared things up.

**When You Really Value Someone**

“I'm really glad we became friends.”

“You mean a lot to me.”

“I'm lucky to have you as a friend.”

“I appreciate everything you've done for me.”

“I don't say it often, but I really value our friendship.”

“You've been there for me through a lot.”

**When You Want to Make a Friendship Stronger**

Friendship doesn't always happen automatically.

**You can:**

make time for each other

check in when something feels wrong

remember important things

celebrate each other's achievements

support each other during difficult times

**Useful phrases:**

“How have you been lately?”

“I just wanted to check on you.”

“I'm really happy for you.”

“Let me know if you need anything.”

“I'm proud of you.”

“We should make time for each other.”

**A REAL CONVERSATION**

A: We've been hanging out a lot lately.

B: I know. Somehow it just happened.

A: I feel like we've gotten pretty close.

B: Same. We just clicked.

A: I think we have a very similar sense of humour.

B: That's probably why we can talk for hours.

A: Are you free on Saturday?

B: I think so. Why?

A: A few of us are going out for dinner. You should come.

B: I'd love to.

A: Great.

B: It's funny. I didn't expect us to become such good friends.

A: Me neither.

B: I feel like I can talk to you about almost anything.

A: Same.

B: That's rare.

A: It really is.

**FRIENDSHIP IN REAL LIFE**

Think of the **progression**:

You meet someone.

You start spending time together.

You discover things you have in common.

You become comfortable.

## PRACTICE

### What Would You Say?

You want to invite a friend somewhere.

You haven't spoken to a friend in months.

A friend is going through a difficult time.

You had a misunderstanding with a friend.

You want to tell someone you feel comfortable around them.

You want to tell a friend they can depend on you.

### Talk About Friendship

**Answer in 2–3 sentences:**

What makes someone a good friend?

What helps two people become close?

What quality do you value most in a friend?

What makes you feel comfortable around someone?

How do you stay connected with old friends?

What can damage a friendship?

## SPEAK

Read the transcript once carefully. Then read each sentence aloud and practise speaking naturally.

**Record** yourself while speaking and listen back to your recording. Notice your pronunciation, word stress, rhythm, and any words that sound unclear. Repeat the sentences once more, trying to sound more natural and confident.

**Speaking Practice — "How We Became Friends"**

We met through a mutual friend.

At first, we didn't know each other very well.

A few weeks later, we started spending more time together.

We discovered that we had a very similar sense of humour, and somehow we just clicked.

Eventually, we started hanging out outside our usual group.

We'd get something to eat, watch movies, or just sit somewhere and talk for hours.

What I like most about our friendship is that I can be myself around her.

I don't feel like I have to impress her or think about every word I say.

We've had disagreements too.

We don't always see things the same way, but we've learned how to talk things out.

We've both been busy at different times, so there have been periods when we didn't speak much.

But whenever we reconnect, it feels natural.

I think that's one of the signs of a strong friendship.

**YOUR SPEAKING TASK**

Talk for 3–5 minutes about a friendship.

**Tell the story of:**

how the friendship developed

how you became closer

what you have in common

what you enjoy doing together

when you started trusting each other

a difficult moment

why you value the friendship

# DAY 10 - COMPLIMENTS & NICE CONVERSATIONS

**A compliment can change the mood of a conversation.**

It can make someone feel noticed.

It can show appreciation.

**And sometimes,** it can be the easiest way to make a conversation warmer and more positive.

You don't have to wait for a special occasion.

A compliment can be about someone's appearance, effort, personality, work, cooking, idea, or even the way they made you feel.

## LEARN

**Notice Something Good**

**You can compliment someone's appearance:**

You look great today.

I really like your outfit.

That colour suits you.

I love your jacket.

Your hairstyle looks great.

Those shoes look really nice.

You look really well-rested.

That's a great look for you.

**You can make a compliment more personal:**

“That colour really suits you.”

“I like how you put that outfit together.”

**Notice Someone's Effort**

You did a great job.

That was really well done.

I can tell you put a lot of effort into this.

You handled that really well.

You explained that very clearly.

I'm impressed.

You've improved a lot.

You should be proud of yourself.

**Compliment Someone's Personality**

You're really thoughtful.

You have a great sense of humour.

You're a great listener.

You're very patient.

You make people feel comfortable.

I like how positive you are.

You're very easy to talk to.

You have a lot of confidence.

**Appreciate Kindness**

That was really kind of you.

I really appreciate your help.

Thank you for being there.

That means a lot to me.

You really helped me out.

I appreciate you taking the time.

You didn't have to do that. Thank you.

**Compliment Someone's Idea**

That's a great idea.

I really like that idea.

I hadn't thought of it that way.

That's actually very clever.

That makes a lot of sense.

I think you've got a good point.

**Compliments Can Start Conversations**

Instead of **stopping** at: "I like your bag."

**continue:**

"I really like your bag. Where did you get it?"

**Or**:

"Your presentation was excellent. How long did you work on it?"

**Or**:

"That dessert looks amazing. Did you make it yourself?"

**How Do You Receive a Compliment?**

Don't overthink it.

Thank you.

Thanks, that's really kind of you.

I appreciate that.

I'm glad you liked it.

That means a lot.

That's nice of you to say.

**Don't immediately reject the compliment.**

**Someone says:**

“You did a great job.”

**Simply:**

“Thank you. I worked really hard on it.”

**Make Someone Feel Good**

Nice conversations aren't only about compliments.

**Try:**

“I'm happy for you.”

“That's wonderful news.”

“Good for you!”

“You deserve it.”

“I'm proud of you.”

“That must feel great.”

“I'm glad things worked out.”

“I'm really happy to hear that.”

**Encourage Someone**

Sometimes someone doesn't need a compliment.

**They need encouragement.**

“You can do it.”

“Don't give up.”

“You're doing better than you think.”

“Keep going.”

“You're getting there.”

“I believe in you.”

“Give yourself some credit.”

“You've come a long way.”

**Example**

A: I don't think I'm good enough yet.

B: You're doing better than you think. Keep going.

**Celebrate Someone's Good News**

“That's amazing!”

“I'm so happy for you.”

“That's fantastic news.”

“You deserve it.”

“I'm really proud of you.”

“That's a big achievement.”

“You must be so excited.”

“That's wonderful.”

This is useful when someone **tells you about** a new job, achievement, trip, success, or personal milestone.

**A REAL CONVERSATION**

A: You look great today.

B: Thank you! That's really kind of you.

A: I really like that colour on you.

B: Thanks. I wasn't sure about it.

A: You made the right choice.

B: I appreciate that.

A: How was your presentation, by the way?

B: It went really well.

A: That's great! You worked really hard on it.

B: I did. I was nervous at first.

A: You should be proud of yourself.

B: Thank you. That actually means a lot.

A: You deserve it.

## PRACTICE

**What Would You Say?**

**Give a natural compliment in each situation:**

Someone has achieved a goal.

Someone cooked a great meal.

Someone looks especially good today.

Someone helped you solve a problem.

Someone gave an excellent presentation.

Someone made everyone laugh.

Someone is nervous about something important.

Someone shared good news with you.

**Reply to:**

“You look great today.”

“I loved your presentation.”

“You're such a good listener.”

“You were really helpful.”

“I'm really proud of you.”

## SPEAK

**Speaking Practice — “That Was Really Thoughtful”**

A: I heard what you did yesterday.

B: What do you mean?

A: You stayed back to help everyone finish the project.

B: Oh, it was nothing.

A: No, seriously. That was really thoughtful.

B: Thank you. I just didn't want everyone to struggle.

A: You handled it really well.

B: I appreciate that.

A: And your presentation today was great too.

B: Thanks. I'm getting more comfortable with it.

A: It shows. You've improved a lot.

B: That's really nice to hear.

**YOUR SPEAKING TASK**

Imagine you're spending time with someone you know.

**During your conversation:**

give two genuine compliments

appreciate something they've done

respond to a compliment

encourage them about something

react to a piece of good news

**Speak for 3–5 minutes.**

# DAY 11 - FOOD & EATING HABITS

**Food is one of those topics people talk about without even trying.**

You can be hungry.

You can crave something.

You can suddenly want dessert.

You can be too full to move.

You can love a dish but hate one ingredient.

**You can spend twenty minutes choosing from a menu and still ask:**

“What are you having?”

**Today, you'll learn** English for all of those everyday moments.

## LEARN

**When You're Hungry**

I'm hungry.

I'm really hungry.

I'm starving.

I'm getting hungry.

I haven't eaten anything since morning.

I could eat anything right now.

I need something to eat.

I want something filling.

I need a quick bite.

I could really use some food right now.

**You can describe your hunger:**

“I'm hungry, but I don't want anything heavy.”

“I'm starving. Let's get something quickly.”

“I'm getting hungry. Should we eat?”

**When You're Craving Something**

A craving is a strong desire for a particular food.

I'm craving something sweet.

I'm craving pizza.

I suddenly feel like having something spicy.

I've been craving ice cream all day.

I don't know why, but I really want dessert.

I could really go for some noodles right now.

I feel like having something light.

I have a craving for something salty.

**Example**

“I don't want a full meal. I'm just craving something sweet.”

Or:

“I've been craving that chocolate cake since yesterday.”

**When You Want Something but Don't Know What**

**This happens all the time.**

I don't know what I feel like eating.

I can't decide what I want.

I want something, but I don't know what.

I feel like eating something different.

Maybe something light.

I want something spicy.

I don't want anything too heavy.

Let's see what looks good.

**You can ask:**

“What are you in the mood for?”

“What do you feel like eating?”

“Anything specific?”

**When You're Full**

I'm full.

I'm really full.

I'm stuffed.

I can't eat another bite.

I ate way too much.

I think I overate.

I shouldn't have eaten that much.

**And sometimes:**

“I'm full, but I still want dessert.”

**When Dessert Suddenly Appears**

Do you want some dessert?

Let's get something sweet.

I have a sweet tooth.

That looks tempting.

Can we share a dessert?

I'm too full for dessert.

Okay, maybe I have room for one small dessert.

I'm trying to resist, but that looks amazing.

I wasn't planning to have dessert, but now I want one.

**Talking About Taste**

It's delicious.

It's really flavourful.

It's too salty for me.

It's a little bland.

It's too spicy.

It's surprisingly good.

It's really creamy.

It's nice and crispy.

It's too oily.

It's very fresh.

The texture is amazing.

It melts in your mouth.

**You can react immediately:**

“Wow, that's good.”

“This is exactly what I wanted.”

“You've got to try this.”

“I'd definitely order this again.”

**When Food Isn't Great**

You don't have to say:

**“This is bad.”**

**Try:**

It's not really my thing.

It's a little too spicy for me.

It's not what I expected.

It's a bit too oily.

It's okay, but I've had better.

I don't think I'd order it again.

The flavour is a little strong for me.

I think it needs a little more seasoning.

**Talking About Eating Habits**

I usually cook at home.

I eat out a couple of times a week.

I don't eat much at night.

I usually have a light breakfast.

I try to eat healthy during the week.

I have a weakness for desserts.

I tend to snack when I'm bored.

I try not to skip meals.

I drink a lot of water.

I've been trying to eat healthier lately.

I used to eat out all the time, but now I cook more often.

**When You Cook**

I know how to make it.

I followed a recipe.

I made it from scratch.

I'm still learning how to cook.

I added too much salt.

I overcooked it.

I think I need more seasoning.

It turned out better than I expected.

It didn't turn out the way I wanted.

I completely messed it up.

It looks better than it tastes.

**At a Restaurant**

What do you recommend?

What's popular here?

Is this spicy?

What does this come with?

Does this contain nuts?

Can I get this without onions?

Can we get some extra sauce?

Is this enough for two people?

Can we have the bill, please?

**When choosing:**

“I'll have the pasta.”

“I think I'll go with the curry.”

“I'll try the soup.”

“What are you having?”

“Let's share something.”

**When Something Goes Wrong**

“This isn't what I ordered.”

“I think there's been a mistake.”

“This is a little too spicy for me.”

“Could we change this, please?”

“Could you make it less spicy?”

“I ordered this without onions.”

“Could we get another plate, please?”

**When You're Not in the Mood for Food**

**Sometimes the issue isn't hunger.**

I don't feel like eating right now.

I don't have much of an appetite.

I'm too tired to eat.

I'm not really in the mood for a heavy meal.

I'll just have something small.

I think I'll skip dinner tonight.

I don't feel like cooking today.

These are useful everyday expressions that don't fit into simple “like/dislike” English.

**Food and Memories**

“This reminds me of home.”

“My grandmother used to make this.”

“I had this for the first time when I was a child.”

“We always make this during festivals.”

“This was my favourite food growing up.”

“I haven't had this in years.”

**Food can become a story:**

“My grandmother used to make this during festivals. I haven't had it in years, so the taste brings back a lot of childhood memories.”

**A REAL CONVERSATION**

A: I'm starving.

B: Same. What do you feel like eating?

A: Honestly, I'm craving something spicy.

B: How about Indian food?

A: Perfect.

B: There's a place nearby.

A: What do they serve?

B: Mostly curries, rice, and snacks.

A: I'm already hungry.

B: Same.

A: What are you having?

B: I'm thinking about the curry.

A: Is it very spicy?

B: A little

A: That's fine. I can handle it.

B: Should we get dessert too?

A: I'm already planning it.

B: You have a serious sweet tooth.

A: I know.

B: You're not even pretending to resist.

A: Not today.

## PRACTICE

**Complete:**

I'm craving _____.

I feel like having _____.

I don't feel like eating _____.

I usually _____.

I have a weakness for _____.

My favourite thing to order is _____.

This reminds me of _____.

The best food I've ever had was _____.

When I'm really hungry, I usually _____.

My ideal dessert is _____.

**Restaurant Situations**

**What would you say?**

You want a recommendation.

You want to know if something is spicy.

You want your food without one ingredient.

You really like the food.

You don't like the food.

Your order is wrong.

You want to order dessert.

You are too full but your friend wants dessert.

You don't feel like eating much.

You want something light.

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — "I'm Craving Something"**

A: I'm really hungry.

B: Same here. What do you feel like eating?

A: I don't know. I'm craving something spicy.

B: There are a couple of good places nearby.

A: What do you recommend?

B: There's a small restaurant that makes really good curry.

A: Is it very spicy?

B: It can be, but you can ask them to make it milder.

A: Perfect.

B: What are you having?

A: Probably rice and curry.

B: And dessert?

A: I'm trying not to think about dessert.

B: That's not going to work, is it?

A: Not at all.

B: Let's share something.

A: Deal.

**YOUR SPEAKING TASK**

Talk about food for 3–5 minutes.

**Include:**

what makes you hungry

a food you crave

your favourite flavours

your eating habits

what you usually order

a food you dislike

a memorable food experience

your ideal dessert

something you can cook

# DAY 12 - TALKING ABOUT YOUR HOBBIES & FREE TIME

**What do you do when you finally have time for yourself?**

This question can tell you a lot about a person.

Maybe you watch films.

Maybe you play a sport.

Maybe you read.

Maybe you cook.

Maybe you spend an hour doing absolutely nothing.

**Whatever you enjoy,** being able to talk about it helps you connect with people.

## LEARN

**What Do You Do for Fun?**

**You can start simply:**

I like watching movies.

I enjoy reading.

I love travelling.

I usually listen to music.

I spend a lot of time with my friends.

I like going for walks.

**Now make those ideas more conversational:**

I'm really into photography.

I've recently gotten into cooking.

I spend a lot of my free time reading.

I enjoy trying new things.

I'm always looking for something interesting to do.

I like doing things that help me relax.

**How Did You Get Into It?**

This is often more interesting than asking:

“What is your hobby?”

**Try:**

“How did you get into it?”

“When did you start?”

“What made you interested in it?”

“Was there someone who introduced you to it?”

**And answer:**

I got into it through a friend.

I started a few years ago.

My brother introduced me to it.

I became interested in it during college.

I saw someone doing it and wanted to try.

I started just for fun, but now I really enjoy it.

**What Do You Like About It?**

It's a great way to relax.

I find it really interesting.

I enjoy the creative side of it.

It helps me clear my mind.

I like learning something new.

I enjoy getting better at it.

It gives me something to look forward to.

I lose track of time when I'm doing it.

**Are You Good at It?**

**You don't have to be.**

I'm pretty good at it.

I'm okay at it.

I'm still learning.

I'm definitely not an expert.

I'm getting better slowly.

I have a lot to learn.

I'm better at it than I used to be.

**When You Don't Have Time**

I don't get much free time these days.

I've been really busy lately.

I only do it when I get the chance.

I try to make time for it.

I haven't had much time for it recently.

I keep telling myself I'll get back to it.

**Something You Want to Try**

I've always wanted to learn...

I'd love to try...

I've been thinking about trying...

I'd like to get into...

Maybe I'll give it a try.

It's been on my list for a while.

**Example**

“I've always wanted to learn photography. I keep putting it off, but I'd really like to give it a try.”

**Free Time Isn't Always Productive**

**Sometimes:**

“I just want to do nothing.”

And that's perfectly normal.

**Useful phrases:**

I just want to switch off.

I need some time to myself.

I want to relax and do nothing.

I need a break from everything.

I like having a quiet evening.

Sometimes I just stay home and watch something.

**When You Get Really Into Something**

**Some activities become more than a casual hobby.**

I got completely hooked on it.

Once I started, I couldn't stop.

I became really passionate about it.

The more I learned, the more interested I became.

It started as a hobby, but now I take it seriously.

I keep finding new things to learn about it.

There's always something new to discover.

**When You Take a Break From a Hobby**

**Sometimes you stop for a while.**

I haven't done it in ages.

I used to do it all the time.

I've taken a break from it.

I want to get back into it.

I miss doing it.

I keep meaning to start again.

I hope I can make time for it again.

**Example**

“I used to read all the time, but I haven't done it in ages. I'd love to get back into it.”

**Hobbies You Do Alone vs With People**

I prefer doing it alone.

I enjoy doing it with friends.

It's more fun with other people.

I like having some hobbies just for myself.

I enjoy activities where I can meet new people.

I prefer quiet hobbies when I need to relax.

**A REAL CONVERSATION**

A: What do you do for fun?

B: I watch movies, listen to music, and go for walks.

A: Do you have any hobbies?

B: I've recently gotten into cooking.

A: Really? How did that happen?

B: I wanted to stop ordering food so often, so I started learning a few simple recipes.

A: And now?

B: Now I actually enjoy it.

A: What do you like about it?

B: I like trying new things. And it's satisfying when something turns out well.

A: What's the best thing you've made?

B: That's still under discussion.

A: So, not everything turns out well?

B: Definitely not.

## PRACTICE

**Complete the Thought**

In my free time, I usually _____.

I'm really into _____.

I've recently gotten into _____.

I started because _____.

I enjoy it because _____.

I'm still learning how to _____.

I've always wanted to try _____.

When I need to relax, I _____.

**Answer Naturally**

What do you enjoy doing most in your free time?

How did you get interested in it?

What do you like about it?

What are you good at?

What would you like to learn?

What hobby would you like to get back into?

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — "How I Spend My Free Time"**

I don't have a lot of free time these days, so I try to enjoy it when I do.

I really like watching movies, especially when I want to switch off after a busy day.

I've also recently gotten into cooking.

It started because I wanted to learn a few simple dishes for myself.

At first, I wasn't very good.

I made a lot of mistakes and sometimes the food tasted completely different from what I expected.

But I kept trying.

Now I actually enjoy experimenting with different recipes.

I'd also love to learn photography someday.

I've always liked taking pictures when I travel, but I've never really learned how to do it properly.

Maybe I'll finally give it a try.

**YOUR SPEAKING TASK**

Talk for 3–5 minutes about your free time.

**Explain**:

what you enjoy

how you started

why you enjoy it

how often you do it

what you are good at

what you are still learning

something new you'd like to try

# DAY 13 - DESCRIBING PLACES & THINGS

**Someone asks:**

“What was the place like?”

You can see it clearly in your mind.

Now you need to create that same picture with words.

**Today, you'll learn** how to turn a picture in your head into words.

## LEARN

**Start Broad**

You don't have to describe every little detail.

**Start with the overall impression:**

It's a beautiful place.

It's a small café.

It's a busy market.

It's a huge building.

It's a quiet neighbourhood.

It's a lively street.

It's a peaceful beach.

**Then add details.**

What Can You See?

**Useful phrases:**

There is...

There are...

I can see...

On the left...

On the right...

In the middle...

In the background...

Near the entrance...

Next to...

Across from...

**Example**

“There is a large table in the middle of the room. On the left, there's a sofa, and near the window there are several plants.”

**Describe the Atmosphere**

**A place can be:**

peaceful

lively

crowded

quiet

relaxed

modern

traditional

welcoming

cosy

noisy

**Now use them naturally:**

“The café has a very relaxed atmosphere.”

“The market is crowded but lively.”

“The neighbourhood feels quiet and safe.”

“The restaurant has a warm, cosy atmosphere.”

**What Can You Hear, Smell, or Feel?**

**Good descriptions aren't only visual…**

You can hear music in the background.

It smells amazing when you walk in.

You can hear people talking everywhere.

The air feels cool and fresh.

The place feels warm and welcoming.

The street can get very noisy in the evening.

These details make your description more vivid.

**Describing Things**

**You can describe an object by talking about:**

size

shape

colour

material

appearance

purpose

**For example:**

“It's a small black leather bag. It has a simple design, but it's surprisingly spacious.”

Or:

“It's an old wooden table with a dark finish. It's not very large, but it's strong and practical.”

**When You Can't Remember the Exact Word**

**You can still describe something.**

“It's the thing you use to...”

“It's something that looks like...”

“It's similar to...”

“I don't know the exact word, but...”

“It's kind of like...”

This is useful speaking English because you don't have to stop completely just because one word is missing.

**Compare Two Things**

This one is bigger.

That one is more comfortable.

The second option looks better.

This one feels more modern.

That one is easier to use.

You can explain your choice:

“I prefer this one because it's simpler and more practical.”

**Recommend a Place**

When someone asks:

“Would you recommend it?”

**You can say:**

“Definitely.”

“Absolutely.”

“I would.”

“It's worth visiting.”

“You should definitely check it out.”

“I'd recommend going in the evening.”

“It's especially beautiful around sunset.”

**Describe the Condition**

**Sometimes the most useful detail is the condition of something.**

It's brand new.

It's slightly damaged.

It's in good condition.

It's quite old, but still useful.

It looks worn out.

It's clean and well-maintained.

It needs a little repair.

It's not as good as it looks.

**Example**

“The building is quite old, but it's been very well maintained.”

**Describe Location Clearly**

**Useful phrases:**

It's right next to...

It's just around the corner.

It's across the road.

It's near the entrance.

It's at the end of the street.

It's in the middle of the city.

It's a little outside the main area.

It's within walking distance.

**A REAL CONVERSATION**

A: What was the restaurant like?

B: It was small but really beautiful.

A: What did it look like?

B: It had wooden tables, soft lights, and a lot of plants.

A: Was it crowded?

B: A little, but it still felt peaceful.

A: What was the atmosphere like?

B: Very relaxed. There was quiet music playing in the background.

A: Would you recommend it?

B: Definitely. I'd especially recommend going in the evening.

## PRACTICE

**Describe It**

**Choose one:**

your room

your street

a restaurant

your hometown

a favourite place

an object you use every day

**Describe:**

What does it look like?

What can you see?

What can you hear?

How does it feel?

What do you like about it?

Where is it?

## SPEAK

**Record yourself while speaking and listen back to your recording.**

**Speaking Practice — “A Place I Love”**

There's a small café near my home that I really like.

It's not very large, but it has a warm and comfortable atmosphere.

There are wooden tables near the windows, and there are plants in almost every corner.

The lighting is soft, and there's usually quiet music playing in the background.

My favourite seat is next to the window.

From there, I can see people walking outside and cars passing by.

It gets quite busy in the evening, but I don't mind.

I actually like the energy.

The best thing about the café is that it doesn't feel rushed.

You can sit there for an hour, have something to drink, read, talk to a friend, or simply watch the world outside.

That's why I keep going back.

**YOUR SPEAKING TASK**

Describe one place you know well for 3–5 minutes.

**Include:**

what it looks like

what you can see

what you can hear

how it feels

what people do there

what you like about it

who you would recommend it to

# DAY 14 - TALKING ABOUT WEATHER & SEASONS

**The weather is one of the easiest things to talk about.**

And yet learners often know only:

hot, cold, sunny, rainy.

But real weather conversations are much richer.

Your hands can go numb.

You can get caught in the rain.

The heat can make you exhausted.

The weather can ruin your plans.

Or a perfect evening can make you want to stay outside for hours.

**Today, you'll learn the English** people actually use for those moments.

## LEARN

### It's Not Just “Hot” or “Cold”

**For cold weather:**

It's freezing.

It's absolutely freezing outside.

It's really chilly.

The wind is so cold.

I can't feel my hands.

My hands are going numb.

I can't feel my fingers.

My feet are freezing.

I'm shivering.

I need to warm up.

I should've brought a thicker jacket.

I need another layer.

The cold really gets to me.

**Example**

“It's freezing outside. My hands are going numb. I should've brought gloves.”

**When the Cold Gets Really Bad**

**Sometimes you want to explain exactly how the cold is affecting you.**

My fingers are freezing.

My face feels numb.

My ears are freezing.

I can't stop shivering.

I can barely feel my toes.

I need to get somewhere warm.

I need to warm my hands up.

The wind makes it feel even colder.

It's much colder than I expected.

I wasn't prepared for this kind of cold.

**Example**

“My fingers are so cold I can barely move them.”

**And When It's Too Hot...**

It's unbearably hot.

It's absolutely boiling.

I can't handle this heat.

I'm sweating like crazy.

It's too hot to go outside.

I just want to sit somewhere cool.

I need some water.

The heat is exhausting.

I can barely sleep because of the heat.

I feel drained in this weather.

It's much hotter than I expected.

I don't know how people are dealing with this heat.

**Humidity Is a Whole Different Problem**

**Sometimes the temperature isn't the only issue.**

It's so humid today.

The air feels heavy.

It's hot and humid.

I feel sticky.

I can't stand this humidity.

It's much more comfortable indoors.

Even standing outside makes me sweat.

It feels hotter than it actually is.

**Rain Has Its Own Language**

It's starting to rain.

It looks like rain.

It's pouring.

It's raining heavily.

It's drizzling.

I got caught in the rain.

I didn't bring an umbrella.

My clothes are completely soaked.

My shoes are soaking wet.

Let's wait until the rain stops.

I hope it clears up soon.

The roads are flooded.

**Example**

“I got caught in the rain on the way home. I didn't have an umbrella, so my clothes were completely soaked.”

**When the Weather Changes Suddenly**

The weather changed so quickly.

It was sunny a few minutes ago.

It suddenly started raining.

The wind came out of nowhere.

The sky got dark really quickly.

I didn't expect it to rain today.

It looked clear when we left.

**Wind, Clouds & Sunshine**

It's really windy today.

The wind is getting stronger.

It's quite breezy outside.

The sky is completely clear.

It's overcast today.

The sun is really strong.

It's a beautiful sunny day.

There's a nice breeze.

It feels much cooler in the shade.

The weather is perfect today.

**What's Your Favourite Season?**

I'm a big fan of the rainy season.

I prefer winter to summer.

Spring is my favourite season.

I enjoy summer evenings.

I love the weather in autumn.

**Now explain why:**

“I love winter because I enjoy cold mornings and hot drinks.”

“I like the rainy season because everything looks fresh and green.”

“I prefer summer evenings because it's cooler and easier to go outside.”

“I love spring because the weather isn't too hot or too cold.”

**What Do You Actually Do?**

**On a rainy day**

I usually stay indoors.

I like watching movies when it rains.

I carry an umbrella.

I avoid travelling if it's pouring.

I just want to stay home and have tea.

**In summer**

I try to stay indoors during the afternoon.

I drink a lot of water.

I prefer going out in the evening.

I avoid the midday heat.

**In winter**

I love sitting in the sun.

I like wearing warm clothes.

I enjoy hot drinks.

I hate getting out of bed on cold mornings.

I like sitting in the sun when it's cold outside.

**Weather Can Change Your Plans**

We were going to go out, but it started raining.

The weather ruined our plans.

Let's postpone it.

Let's wait and see.

It's too windy to sit outside.

It's too hot to walk around right now.

The weather is perfect for a picnic.

Let's go before it gets dark.

We might have to cancel.

Let's see if the weather improves.

**Weather and Mood**

**People often talk about how weather affects them:**

Rainy weather makes me feel relaxed.

Cold weather puts me in a good mood.

Hot weather makes me tired.

I feel more energetic on sunny days.

Grey weather makes me want to stay indoors.

I love peaceful rainy evenings.

I sleep better when it's cool.

I hate being outside when it's humid.

Cold mornings make me want to stay in bed.

**Weather and What Your Body Feels**

**These are everyday things people often want to say:**

My lips are getting dry.

My skin feels really dry.

I'm getting sunburned.

The wind is hitting my face.

I can't keep my eyes open in this sun.

My clothes are sticking to me.

I'm completely drenched.

My hair is soaking wet.

I need to dry off.

I need to warm up a little.

I finally feel comfortable now.

These expressions let you describe the actual experience, not just the weather.

**Talk About a Memorable Weather Day**

**Some weather memories stay with us.**

“I've never seen rain that heavy.”

“The whole street was flooded.”

“It was so cold that I couldn't feel my fingers.”

“The sunset was absolutely beautiful.”

“The storm came out of nowhere.”

“We had to cancel everything because of the weather.”

“It was one of the hottest days I can remember.”

“I got completely soaked on the way home.”

Now the weather can become a story.

**A REAL CONVERSATION**

A: It's freezing today.

B: I know. My hands are going numb.

A: You should've brought gloves.

B: I know. I didn't think it would be this cold.

A: What kind of weather do you like?

B: I love the rainy season.

A: Really?

B: Yes. I love sitting by the window when it rains.

A: I prefer winter.

B: Why?

A: I like cold mornings and hot tea.

B: Fair enough.

A: I just can't handle very hot weather.

B: Same. I feel exhausted when it's too hot.

A: At least today we can complain about the cold.

B: That's true.

## PRACTICE

**Complete the Thought**

My favourite season is _____ because _____.

I really don't like _____ weather.

When it rains, I usually _____.

When it's extremely hot, I _____.

In winter, I like to _____.

When it's freezing, _____.

The perfect weather for me is _____.

Bad weather once made me _____.

When I get caught in the rain, I _____.

When it gets extremely hot, I _____.

**Answer Naturally**

What is your favourite season?

What kind of weather can you not stand?

What do you do when it rains?

Does weather affect your mood?

What is the coldest weather you've experienced?

What's the hottest weather you remember?

Has the weather ever ruined your plans?

What kind of day is perfect for going outside?

What happens to you physically in very cold weather?

What happens to you physically in very hot weather?

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — “It's So Cold”**

It's been unusually cold this week.

This morning, I opened the window and immediately regretted it.

The air was freezing.

I went outside for a few minutes, and my hands started going numb.

I couldn't feel my fingers properly, so I came back inside and made myself a hot cup of tea.

I actually don't mind winter.

I like cold evenings, warm clothes, and hot drinks.

But there are limits.

When it gets too cold, I just want to stay indoors.

I don't feel the same way about summer.

I find extreme heat exhausting.

I get tired easily, and I don't enjoy going outside in the middle of the day.

My favourite weather is probably a cool, slightly cloudy day with a light breeze.

It's perfect for walking, travelling, or simply sitting outside.

**YOUR SPEAKING TASK**

Talk for 3–5 minutes about weather and seasons.

**Include:**

your favourite season

weather you dislike

what happens to your body in extreme weather

what you like doing in different weather

how weather affects your mood

a memorable weather experience

your perfect weather

Start with:

“I've always preferred…”

or

“The kind of weather I enjoy most is…”

**Then keep talking.**

Your goal is to describe the weather the way you would actually talk about it with another person.

# DAY 15 - WHY YOU UNDERSTAND ENGLISH BUT STILL CAN'T SPEAK IT

**You understand English when you hear it.**

You understand what other people are saying.

But when it's your turn to speak, your answer often ends too quickly.

**You say:**

"Yes, I like travelling."

**And then… silence.**

**So today, we're going to learn** one simple way to keep your thoughts going.

## LEARN

### THE 4-STEP SPEAKING STRUCTURE

**1. THOUGHT**

Say your main idea.

**2. REASON**

Tell the listener why.

**3. DETAIL**

Add an example, situation, or extra information.

**4. FEELING / RESULT**

Say how you feel or what happened because of it.

**Example**

**Question: Do you like working from home?**

**THOUGHT**

“Yes, I like working from home.”

**REASON**

“It saves me a lot of travel time.”

**DETAIL**

“I don't have to spend an hour going to and coming back from work.”

**FEELING / RESULT**

“So by the end of the day, I have more energy.”

**Put it together:**

“Yes, I like working from home because it saves me a lot of travel time. I don't have to spend an hour going to and coming back from work, so by the end of the day, I have more energy.”

One thought became a complete answer.

**SEE HOW IT WORKS IN REAL LIFE**

1. Talking About Your Weekend

**Question: What did you do this weekend?**

“**I** had a pretty relaxing weekend **because** I didn't have too much work to do. **I** stayed home on Saturday and went out with my family on Sunday. **We** hadn't spent much time together recently, so it was actually really nice.”

THOUGHT → REASON → DETAIL → RESULT

2. Talking About a Change of Plan

**Question: Are you going out tonight?**

"**I** was planning to go out tonight, **but** I think I'll stay home instead. **I've** had a pretty hectic week and honestly, **I** just feel like doing absolutely nothing for a few hours."

**Useful phrase:**

"I was planning to…, but…"

3. Giving an Opinion

**Question: Do you like online shopping?**

"**Yes**, I do, mainly because it's convenient. **I** can compare different products without visiting several shops, **and** I don't have to spend hours looking around. **The** only problem is that sometimes the product looks completely different in real life."

**Useful phrase:**

"The only problem is that…"

**PRACTICE MORE**

4. Talking About Something Unexpected

**Question: How was your day?**

“My day started pretty normally, but then something unexpected happened. I got a call from an old friend I hadn't spoken to in months. We ended up talking for almost an hour, and it completely changed my mood.”

**Useful phrase:**

“I wasn't expecting…, but…”

5. Talking About Something Difficult

**Question: Was the task easy?**

“Not really. I thought it would be easy when I started, but it turned out to be much more difficult than I expected. I had to try a few different ways before I finally figured it out.”

**Useful phrase:**

“It turned out to be…”

6. Talking About Your Feelings

**Question: Were you nervous?**

“Yes, I was quite nervous in the beginning because I didn't know how things would go. But once I started talking, I slowly became more comfortable. By the end, I was actually enjoying the conversation.”

**Useful phrase:**

“In the beginning…, but once…”

7. Disagreeing Politely

**Question: Don't you think this is the best option?**

“I don't completely agree with that. I understand why you feel that way, but I think there are a few other things we should consider before making a decision.”

**Useful phrases:**

“I don't completely agree with that.”

“I understand why you feel that way, but…”

**These are much more natural than simply saying:**

“You're wrong.”

8. When You Haven't Decided Yet

**Question: What are you doing this weekend?**

“I haven't decided yet. I have a couple of things in mind, but I'm leaning towards staying home and catching up on some rest.”

Useful phrase:

“I'm leaning towards…”

**NOW BUILD YOUR OWN ANSWERS**

**Use:**

THOUGHT → REASON → DETAIL → FEELING / RESULT

1. “I enjoy my mornings because…”

“I enjoy my mornings because _____.
Usually, _____.
For example, _____.
It makes me feel _____.”

2. “One thing I want to learn is…”

“One thing I want to learn is _____.

I want to learn it because _____.

I've already _____.

I think it will help me _____.”

3. “I don't like being late because…”

“I don't like being late because _____.

Usually, _____.

The last time I was late, _____.

So I felt _____.”

4. “I recently tried…”

“I recently tried _____.

I decided to try it because _____.

At first, _____.

In the end, _____.”

**A SIMPLE RULE FOR TODAY**

Whenever your answer feels finished, don't stop immediately.

**Ask yourself:**

“Why?”

**Then:**

“Can I give an example?”

**Then:**

“How did I feel?”

**For example:**

“I like this café.”

**Why?**

“I like this café because it's quiet.”

**Example?**

“I usually come here when I need some time alone.”

**Feeling/result?**

“I always leave feeling much more relaxed.”

Now you have a complete thought.

## PRACTICE

**Make These Answers Bigger**

**Turn each short answer into a natural 2–3 sentence answer.**

1.

“Yes, I like travelling.”

2.

“I'm tired today.”

3.

“I watched a movie yesterday.”

4.

“I want to learn cooking.”

5.

“I don't like crowded places.”

6.

“I'm thinking about changing my routine.”

**Don't use complicated vocabulary.**

**Just continue the thought.**

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — "A Change of Plan"**

A: So, are you still going to the party tonight?

B: Actually, I don't think so.

A: Really? What happened?

B: I was planning to go, but I've had a really exhausting week. I thought I'd feel better today, but I still feel completely drained.

A: So you're just going to stay home?

B: Probably. I'll order something nice, watch a movie, and try to get some proper rest.

A: Honestly, that doesn't sound like a bad plan.

B: Exactly. Sometimes staying home is exactly what you need.

**Your Speaking Task**

**Answer this question:**

“What are your plans for this weekend?”

**Use the four steps:**

THOUGHT → REASON → DETAIL → FEELING / RESULT

Speak for 2–3 minutes.

Then answer these:

“Why did you choose that plan?”

“What might change your plan?”

“How do you think you'll feel afterwards?”

**REMEMBER**

You don't need to know a hundred new words to speak better.

Start with one thought.

**Then give it:**

a reason → a detail → a feeling or result.

That's how a short answer becomes a real conversation.

# DAY 16 - THINK IN ENGLISH, NOT THROUGH TRANSLATION

**You don't need to sit quietly and force yourself to “think in English.”**

Start with something much simpler:

**See something → describe it → say it.**

Your goal is to build a direct connection between what is happening and the English words you use, instead of creating the sentence in Hindi first and translating it. Everyday self-talk can help you practise this naturally.

## LEARN

### THE SEE → DESCRIBE → SAY METHOD

**1. SEE**

Notice something around you.

**2. DESCRIBE**

Say what you can see, what it does, what it feels like, or what is happening.

**3. SAY**

Put those thoughts into simple English.

You don't need the perfect word.

Describe what you know.

### DON'T JUST NAME IT

**A fan**

❌ “This is a fan.”

**Try:**

“It's hanging from the ceiling and moving slowly. It's making the room feel cooler, so I usually keep it on when it's hot.”

**A table**

❌ “This is a table.”

**Try:**

“It's a small wooden table near my bed. I usually keep my phone, books and a water bottle on it.”

**A refrigerator**

❌ “This is a refrigerator.”

**Try:**

“It's in the kitchen and it keeps food and drinks cold. I usually open it when I'm hungry and don't know what to eat.”

**You are no longer just remembering vocabulary.**

You're practising expressing an idea.

**NOW DESCRIBE WHAT YOU'RE DOING**

Look at your life and speak about it.

**Getting ready**

“I'm getting ready to go out, but I still haven't decided what to wear.”

**Making tea**

“The water is almost boiling. I'll add the tea and milk in a minute.”

**Looking for something**

“I can't find my keys anywhere. I remember keeping them here, but they're not on the table.”

**Cleaning**

“This room has been messy since morning. I'll clean it now before I get too lazy.”

**Waiting**

“I've been waiting for almost twenty minutes. I wonder if she's stuck in traffic.”

**Feeling tired**

“I didn't sleep properly last night, so I'm finding it difficult to concentrate today.”

**WHAT IF YOU DON'T KNOW THE WORD?**

This is where many learners stop speaking.

**Don't.**

Imagine you forget the word “whisk.”

**You can still say:**

“It's a kitchen tool that you use to mix things together. It usually has a handle and several thin wires.”

**You forgot one word.**

But you didn't lose the conversation.

Try the same thing:

**You forget “thermos”**

“It's a container that keeps hot drinks warm for a long time.”

**You forget “balcony”**

“It's the open space outside a room where you can stand and get some fresh air.”

**You forget “receipt”**

“It's the small piece of paper the shop gives you after you pay.”

**The exact word can come later.**

First, keep the thought moving.

**THINK FROM THE SITUATION**

(**Learn the phrases** commonly used in each situation, or **notice** how people use them, and recall those **phrases** when you face a **similar situation**—without translating word by word.)

**Don't translate:**

“Mujhe bahut bhookh lagi hai.” → English

**Look at the situation and speak:**

“I'm really hungry. I haven't eaten anything since morning.”

**Don't translate:**

“Mujhe jaldi nikalna hai.”

**Speak:**

“I need to leave soon. Otherwise, I'll be late.”

**Don't translate:**

“Mujhe samajh nahi aa raha kya karun.”

**Speak:**

“I'm not sure what to do. Let me think for a minute.”

**YOUR 5-MINUTE ENGLISH THINKING PRACTICE**

For five minutes, **describe your world** in English.

**At home**

“The room is quiet.”

“My phone is charging.”

“I need to reply to a few messages.”

“I'm getting a little sleepy.”

**Outside**

“There are a lot of people on the road.”

“The shop is still closed.”

“It looks like it's going to rain.”

“This street is much quieter than usual.”

**While studying**

“I understand this part.”

“This section is a little confusing.”

“I'll read it one more time.”

“I think I'm finally getting the idea.”

**Don't worry about sounding advanced.**

Simple English is enough.

**MAKE THE THOUGHT GROW**

Start with one sentence.

Then add one more.

**Start:**

“It's raining.”

**Add:**

“It's raining, and the road is getting wet.”

**Add more:**

“It's raining, and the road is getting wet. I was planning to go out, but I think I'll wait for a while.”

## PRACTICE

**Describe These Without Naming Them**

Don't say the actual name.

**Describe each one in 2–3 sentences.**

Something you use to charge your phone

Something you use to cut vegetables

Something you wear when it rains

Something you sit on

Something you use to unlock a door

Something you use to keep food cold

Something you use when your hands are wet

Something you use to see yourself

**Example**

Don't say: “It's an umbrella.”

Say:

“You carry it when it's raining. You open it above your head so your clothes don't get wet.”

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — "Getting Ready in a Hurry"**

A: Are you ready? We need to leave soon.

B: Almost. I just need to find my wallet.

A: Didn't you keep it near your phone?

B: I thought I did, but it's not there. Wait… here it is.

A: Great. Do you have everything else?

B: I think so. Let me check once more. Phone, wallet, keys… yes, I've got everything.

A: Perfect. Let's go.

**Your Speaking Task**

After reading, close the transcript.

Now describe your own morning as if you were talking to someone.

**Start with:**

“This morning, I…”

Keep speaking for 2–3 minutes.

Don't translate your thoughts.

Just notice → describe → speak.

**TODAY'S RULE**

You don't need difficult English to think in English.

You need to start connecting real situations with simple English.

See it.

Describe it.

Say it.

**Then do it again tomorrow.**

# DAY 17 - SER: GIVE YOUR ANSWER SOMEWHERE TO GO

**Sometimes you have an opinion, an idea, or an experience in your mind.**

You start speaking…

“I think travelling is important.”

And then your answer ends.

The **problem isn't** always **vocabulary**.

Sometimes your answer simply needs one **structure**.

That's where **SER** comes in.

## LEARN

**S → E → R**

**S — STATEMENT**

Say what you think.

**E — EXAMPLE**

Give a real example or situation.

**R — REASON**

Explain why you think that way.

That's the whole method.

**Let's use it.**

**1. GIVE YOUR OPINION**

**Question: Is travelling important?**

**S — Statement**

“Yes, I think travelling is important.”

**E — Example**

“For example, whenever I travel somewhere new, I meet different people and experience things that aren't part of my normal routine.”

**R — Reason**

“I think that helps us become more open-minded and independent.”

**Natural answer:**

“Yes, I think travelling is important. Whenever I travel somewhere new, I meet different people and experience things that aren't part of my normal routine. I think that helps us become more open-minded and independent.”

**2. TALK ABOUT A PERSONAL EXPERIENCE**

**Question: Have you ever done something that scared you?**

**S**

“Yes, I have.”

**E**

“The first time I had to speak in front of a large group, I was extremely nervous and kept wondering whether I would forget what I wanted to say.”

**R**

“But I realised that the fear became smaller once I actually started speaking.”

**Useful phrase:**

“The first time I…, I…”

Use it when talking about your own experiences.

**3. TALK ABOUT A PERSON**

**Question: What makes someone a good friend?**

**S**

“I think a good friend is someone you can depend on.”

**E**

“For example, when you're having a difficult day, a good friend doesn't always need to solve your problem; sometimes they simply stay and listen.”

**R**

“That kind of support makes you feel that you're not dealing with everything alone.”

**That's a stronger answer than:**

“A good friend is helpful.”

**4. TALK ABOUT A HABIT**

**Question: Is waking up early a good habit?**

**S**

“I think waking up early can be a good habit.”

**E**

“For example, when I wake up early, I have enough time to get ready, have breakfast, and finish a few things before the day gets busy.”

**R**

“So I usually feel less rushed and more prepared.”

**5. TALK ABOUT SOMETHING YOU DISLIKE**

**Question: Do you like crowded places?**

**S**

“Not really. I'm not a big fan of crowded places.”

**E**

“For example, whenever a place is too crowded, I find it difficult to move around or enjoy myself properly.”

**R**

“I prefer places where I can relax and actually have some space.”

**6. TALK ABOUT A DECISION**

**Question: Do you think people should learn new skills?**

**S**

“Definitely. I think everyone should learn something new from time to time.”

**E**

“For example, even learning something small like cooking a new dish, using a new software, or speaking a little better can make everyday life more interesting.”

**R**

“It keeps you curious and gives you the feeling that you're still growing.”

**USE THESE SENTENCE STARTERS**

You don't have to memorise full answers.

**Remember a few useful starters:**

**Statement**

“I think…”
“Personally, I feel…”
“In my opinion…”
“I'd rather…”
“I'm not completely sure, but I think…”

**Example**

“For example…”

“A good example would be…”

“I remember one time…”

“In my own experience…”

“This happened to me when…”

**Reason**

“That's because…”

“The main reason is…”

“That's why I feel…”

“What makes me say that is…”

“I think this is important because…”

**These small phrases give your mind a place to go next.**

## PRACTICE

**Use SER to answer these questions.**

**Don't write essays.**

**Just prepare three small points and speak.**

1. What's something you want to learn?

S: _____

E: _____

R: _____

2. What makes a person trustworthy?

S: _____

E: _____

R: _____

3. What's one thing that makes you happy?

S: _____

E: _____

R: _____

4. Is social media useful?

S: _____

E: _____

R: _____

**MAKE IT SOUND NATURAL**

**SER is a structure, not a robotic formula.**

You don't have to literally stop and think:

“Now I need my S. Now my E. Now my R.”

**After enough practice**, it should feel like a normal conversation.

**For example:**

“I actually enjoy cooking. Last weekend, I tried making something I'd never made before, and although it didn't look perfect, it tasted surprisingly good. That's probably why I enjoy cooking—it gives me a chance to try something new.”

**It sounds like a conversation, not an exam answer.**

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — "What Makes a Good Weekend?"**

A: What does a perfect weekend look like for you?

B: Honestly, I don't need anything fancy. I just want enough time to relax.

A: Why?

B: Because my weekdays are usually busy. Last weekend, for example, I stayed home on Saturday morning, finished a few things I had been putting off, and then went out for dinner with my family.

A: That sounds nice.

B: It was. I think a good weekend is less about doing something exciting and more about ending it feeling refreshed.

**Your Speaking Task**

**Answer**:

“What does a perfect weekend look like for you?”

**Use SER.**

Speak for 2–3 minutes.

**Then choose one more:**

What makes someone successful?

What makes a home comfortable?

Why do people enjoy travelling?

Is money important for happiness?

**Don't try to sound impressive.**

**Give an answer. Support it. Explain it.**

That's what makes your English sound complete.

# DAY 18 - PPE: PLAN. PREPARE. EXECUTE.

**There are some situations where you already know:**

**“Tomorrow, I have to speak.”**

Maybe it's a college presentation.

Maybe it's an office meeting.

Maybe it's an important phone call.

Maybe you've been given a group discussion topic.

**These are not the moments to say:**

“I'll just see what happens.”

A little preparation can make a big difference.

**Today, you'll use one simple method:**

P → P → E

**PLAN**

Decide what you want to say.

**PREPARE**

Organise your thoughts and practise them.

**EXECUTE**

Actually speak when the moment comes.

**Then comes one more important rule:**

Don't prepare forever. Put yourself on a **clock**.

## LEARN

### 1. PLAN — KNOW YOUR THREE POINTS

Don't try to prepare every possible sentence.

**Write only 3–4 keywords.**

Example: College Presentation

**Topic: Why Reading Is Important**

**Your notes:**

Better vocabulary
More knowledge
Improves focus
Personal example

**That's enough.**

Your brain now has somewhere to go.

### 2. PREPARE — SPEAK, DON'T MEMORISE

**Now turn those points into your own words.**

“I think reading is useful for several reasons. First, it helps us improve our **vocabulary**. It also gives us **knowledge** about

different subjects. Another thing I like about reading is that it helps me slow down and **focus**. Even reading for a few pages every day can become a useful **habit**."

You don't need to memorise this paragraph.

**Remember the ideas.**

That way, if you forget one sentence, you don't forget the whole answer.

**3. EXECUTE — NOW DO IT**

When the real moment comes, **start**.

Don't wait for the perfect sentence.

If you make a small mistake, **continue**.

"Good morning everyone. Today I'd like to talk about…"

And keep going.

**Your goal is not:**

"I must speak perfectly."

**Your goal is:**

"I must communicate my ideas clearly."

**THE CLOCK CHANGES EVERYTHING**

**Imagine someone tells you:**

“Prepare this topic and speak about it sometime.”

You might keep preparing all day.

Because there is no deadline.

**Now imagine:**

“You have 10 minutes to prepare. Then speak for 1 minute.”

Suddenly, you focus.

**A time limit forces you to decide:**

What matters? What can I say? What can I leave out?

So use the clock during practice too.

**THE 1 → 2 → 3 MINUTE METHOD**

Choose one topic.

**Round 1 — 1 Minute**

Speak **continuously** for 1 minute.

Don't stop to correct every mistake.

**Round 2 — 2 Minutes**

Speak about the same topic **again**, but add **more details.**

**Round 3 — 3 Minutes**

Speak again and make the answer **more complete.**

**You may notice something interesting:**

The first minute feels difficult.

By the third round, your brain has already warmed up.

You are not starting from zero anymore.

**USE PPE WHERE PREPARATION MATTERS**

**1. COLLEGE PRESENTATION**

You know the topic in advance.

**PLAN**

Write:

Introduction

Main idea 1

Main idea 2

Example

Conclusion

**PREPARE**

Speak through those points once or twice.

**EXECUTE**

Stand up and deliver it.

**Try**:

“Good morning everyone. Today I'm going to talk about…”

“The first point I'd like to discuss is…”

“A simple example of this is…”

“Finally, I'd like to say…”

**2. OFFICE MEETING**

Suppose you're expected to give an update.

Don't walk into the meeting thinking:

“I'll figure it out there.”

**Prepare three points:**

What happened

What is happening now

What needs to happen next

**You could say:**

“I'd like to give a quick update on the project. We've completed the first stage, and we're currently working on the next part. The main thing we need to focus on now is finishing it by Friday.”

**Useful phrase:**

“I'd like to give a quick update on…”

“Thanks for your help. I really appreciate it.”

“Let me make sure I understood you correctly.”

“Could you please explain that again?”

“I’m calling because I need some information about…”

“I wanted to ask about…”

“Hi, I’m calling about…”

## 3. IMPORTANT PHONE CALL

Make the call and focus on communicating, not speaking perfectly.

Before an important call, use PPE.

**PLAN**

Write down the 2–3 things you need to say.

**PREPARE**

Say your opening sentence aloud and think about the question the other person may ask.

**EXECUTE**

Make the call and focus on getting your message across. You don't need perfect English—you need to communicate clearly.
**Example:**

“Hi, I’m calling about my order. I received the wrong item, and I’d like to know how I can get it replaced.”

## 4. GROUP DISCUSSION

Suppose the topic is:

**“Is social media helpful or harmful?”**

**Before speaking, quickly prepare:**

Benefit

Problem

Example

Opinion

Then enter the discussion.

**Useful phrases:**

“I agree with that point, and I'd like to add something.”

“I see it a little differently.”

“One example that comes to mind is…”

“I think we also need to consider…”

“That's a good point, but I would add…”

You don't need to dominate the discussion.

You need to contribute clearly.

**DON'T PREPARE FOREVER**

Use this rule:

**Prepare → Set a timer → Speak**

Not:

**Prepare → Prepare → Prepare → Panic → Don't speak**

So give yourself a limit.

10 minutes to prepare.
1 minute to speak.

**Then improve it.**

## PRACTICE

**Challenge 1 — Presentation**

**Topic:**

**“Why Exercise Is Important”**

You have:

5 minutes to prepare

Write only 4 keywords.

Then speak for:

1 minute → 2 minutes → 3 minutes

**Challenge 2 — Meeting**

Imagine your manager asks:

**“Can you give me an update?”**

Prepare three points:

Done → Current → Next

Speak for 1 minute.

**Challenge 3 — Group Discussion**

Topic:

**“Is online learning better than classroom learning?”**

Prepare:

Opinion → Example → Reason

Then speak for 1 minute.

Repeat for 2 minutes.

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — "Before the Presentation"**

A: Are you ready for your presentation tomorrow?

B: More or less. I've prepared the main points, but I don't want to memorise the whole thing.

A: That's probably better. What are you going to do?

B: I'm going to practise the introduction first, then I'll speak through the main points. After that, I'll time myself.

A: How long do you have to speak?

B: Five minutes.

A: Then practise for five minutes.

B: That's the plan. I actually feel less nervous now that I've prepared it properly.

**Your Speaking Task**

Imagine you have a presentation tomorrow.

Choose any topic you know well.

You have 5 minutes to prepare.

Write only 4–5 keywords.

Then:

Round 1: Speak for 1 minute.

Round 2: Speak for 2 minutes.

Round 3: Speak for 3 minutes.

Don't rewrite the whole speech between rounds.

Build it.

**YOUR PPE CHECKLIST**

Before an important speaking situation, ask:

**PLAN**

What are my 3–4 main points?

**PREPARE**

Have I said them aloud?

**EXECUTE**

Am I ready to speak when the moment comes?

**TIME**

Can I express my ideas within the available time?

You don't need to walk into every situation completely fearless.

**You just need to walk in prepared enough to begin.**

# DAY 19 - CHALLENGE YOUR BRAIN

**You can speak English.**

But if you always practise at the **same level**, your speaking ability can stay at the same level too.

**So today, we're going to** make your brain work a little harder.

Not all at once.

A little more each time.

## LEARN

THE CHALLENGE LADDER

**EASY → HARDER → HARDER**

Start with something **manageable**.

**Then increase:**

the number of things

the speaking time

the difficulty

**Think of it as a workout for your speaking skills.**

You wouldn't walk into a gym and immediately lift the heaviest weight.

Your speaking practice can work the same way.

**CHALLENGE 1 — ONE OBJECT**

**Choose one object near you.**

**Speak about it for 30 seconds.**

Don't simply say its name.

Describe it.

**Talk about:**

What it is → what it looks like → what you use it for → why you have it

**Example: A Water Bottle**

“This is my water bottle. It's quite simple and easy to carry, so I usually keep it with me throughout the day. I use it when I'm travelling, studying, or working. I probably use it more often than I realise.”

**Done**.

One object.

One thought.

Thirty seconds.

**CHALLENGE 2 — TWO OBJECTS**

**Now choose two objects.**

**Speak for one minute.**

This time, connect them.

**You can:**

compare them → explain how you use them → tell a small story → talk about how they are connected

**Example: A Notebook + A Pen**

“I usually keep my notebook and pen together because I use them whenever I want to write something down. I use the notebook for important ideas, reminders, and sometimes random thoughts that come to my mind. The pen isn't anything special, but I always seem to need it when it's not around.”

Notice what happened.

You didn't describe two objects separately.

You connected them.

**CHALLENGE 3 — THREE OBJECTS**

**Now choose three objects.**

**Speak for two minutes.**

This gives your brain more information to organise.

You can create a small story around them.

**Example: A Phone + Keys + Bag**

“These three things usually leave the house with me. My phone is obviously the one I use the most because I need it for calls, messages, directions, and many other things. I keep my keys in my bag because otherwise I'm almost guaranteed to forget where I put them. My bag carries all the small things I need during the day, so even though these objects are quite ordinary, I depend on them more than I think.”

**Now you've moved from:**

one object → two objects → three objects

**And from:**

description → connection → explanation

**NOW MAKE IT HARDER**

You've already increased the number of objects.

**Now increase the time.**

Round 1

One object — 30 seconds

Round 2

Two objects — 1 minute

Round 3

Three objects — 2 minutes

Round 4

Three objects — 3 minutes

Don't panic when the extra time arrives.

**You don't need to speak faster.**

You simply need to develop the thought further.

**ADD A SURPRISE**

Now you can remove preparation.

**Choose an object randomly.**

You have 10 seconds to look at it.

Then start speaking.

**For example, you notice a pair of shoes.**

**You could say:**

“These are the shoes I usually wear when I know I'll be out for a long time. They're not the most stylish pair I own, but they're comfortable, and that's what matters when I have to walk a lot.”

You didn't prepare that answer.

You simply noticed → thought → spoke.

## CHALLENGE YOUR BRAIN IN DIFFERENT WAYS

Once you've become comfortable with the basic exercise, try these.

**Describe something without naming it**

“It's something you use when it starts raining…”

**Tell a small story using three objects**

“I picked up my phone, checked the time, grabbed my keys and rushed out…”

**Compare two things**

“My old phone was much slower, but the new one is easier to use…”

**Explain how something works**

“First you switch it on, then you select the option you need…”

**Give both sides of an idea**

“There are advantages to working from home, but there are also a few problems…”

**Speak without stopping**

Choose a familiar topic and speak for two minutes continuously.

A small mistake is not a reason to restart.

**Keep going.**

**THE REAL CHALLENGE**

The goal isn't to sound perfect.

**The goal is to make your brain comfortable with:**

more ideas

more words

more time

less preparation

That is how a simple speaking exercise becomes progressively harder.

## PRACTICE

**Challenge A — Objects**

**Choose**:

1 object → 30 seconds

2 objects → 1 minute

3 objects → 2 minutes

**Try this with:**

Your desk

Your kitchen

Your bag

Your bedroom

Things you are carrying today

**Challenge B — No Preparation**

Pick one topic randomly.

You have 10 seconds to think.

Then speak for 1 minute.

**Try:**

Your ideal weekend

A place you'd like to visit

Something you're trying to improve

A memorable day

A habit you want to develop

**Challenge C — Keep Going**

**Start with:**

“One thing I really enjoy is…”

Speak for one minute.

Then immediately continue:

“Another thing I enjoy is…”

Speak for another minute.

**Then:**

“Something I don't enjoy is…”

Keep going for 3 minutes.

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — "The Unexpected Challenge"**

A: You have one minute to talk about what's on your desk. Ready?

B: Okay, I'll try.

A: Go.

B: There's a laptop, a notebook, a water bottle, and a few other things on my desk. I use the laptop for most of my work, while the notebook is mainly for writing down ideas. The water bottle is there because I always forget to drink enough water when I'm busy. There's also a charger that I desperately need because my laptop battery is almost dead…

A: Time's up.

B: That went fast!

A: Exactly. Now do it again for two minutes.

B: Two minutes? I have to find more things to say!

A: That's the challenge.

**YOUR SPEAKING TASK**

Look around you.

Choose three objects.

**Give yourself:**

1 minute to prepare

Then speak for:

**1 minute**

Repeat the same task for:

**2 minutes**

Then again for:

**3 minutes**

This time, don't just describe the objects.

**Connect them. Compare them. Tell a small story. Give your opinion.**

See how much more you can say when you give your brain a little more room.

**ONE LAST CHALLENGE**

Tomorrow, choose a completely random object.

**Don't prepare.**

Look at it.

Start speaking.

You may feel stuck after ten seconds.

That's okay.

Stay with it.

Because sometimes your brain needs a **little pressure** to discover:

“I actually have more to say.”

# DAY 20 - STORIES THAT MAKE YOU SPEAK

**Do you remember the Thirsty Crow?**

You probably don't remember every line of the story. But you remember the crow, the pot, the stones, and what happened in the end.

**That's why stories are so useful for speaking practice.**

A story gives your brain a sequence to remember. And when you retell it, you don't have to search for random sentences—you simply explain what happened next.

**Today, you'll** practise exactly that.

## LEARN

### THE STORY METHOD

**READ**

Understand the story.

**REMEMBER**

Keep the main events in your mind.

**RETELL**

Close the page and tell it in your own words.

**REPEAT**

Tell it again with more detail, emotion, and confidence.

Don't memorise the sentences. Remember the story.

## 1. THE THIRSTY CROW

A crow was extremely thirsty and flew around looking for water.

After searching for a long time, he found a pot. There was some water inside, but it was too low for him to reach.

The crow looked around and noticed some small stones.

He picked them up one by one and dropped them into the pot.

Slowly, the water level began to rise.

Soon, the water was high enough for the crow to drink.

The crow solved his problem by thinking of a different way.

**REMEMBER**

Thirsty crow → finds pot → water too low → sees stones → drops stones → water rises → drinks

**CLOSE THE BOOK**

Now tell the story in your own words.

**You can start:**

“One day, a crow was looking for water…”

Don't worry about using the same sentences.

## 2. THE TORTOISE AND THE HARE

The hare was very proud of his speed.

He laughed at the tortoise and challenged him to a race.

The race began, and the hare quickly ran far ahead.

He looked back and saw the tortoise moving slowly.

Feeling confident, the hare decided to take a nap.

The tortoise kept moving.

Slowly.

Step by step.

By the time the hare woke up, the tortoise was close to the finish line.

The hare ran as fast as he could, but it was too late.

The tortoise had won.

**REMEMBER**

Fast hare → challenges tortoise → runs ahead → becomes confident → takes a nap → tortoise keeps moving → wins

**CLOSE THE BOOK**

Retell the story.

**3. THE FINAL HIT**

A man wanted to break a large stone.

He hit it once.

Nothing happened.

He tried again.

Still nothing.

He continued hitting the stone again and again, but there was no visible crack.

People around him started thinking he was wasting his time.

But he kept going.

Finally, on one particular hit, the stone broke.

Everyone noticed that final hit.

But the man knew the truth.

The stone broke because of all the hits that had come before it.

The final hit was only the moment when the result became visible.

**REMEMBER**

Big stone → many attempts → no visible result → people doubt him → keeps going → final hit → stone breaks

**NOW THINK**

**Maybe you've experienced something similar.**

You practise.

You learn.

You try.

**Nothing seems to happen.**

Then one day, suddenly, people **notice the result.**

**The result** may appear **one** day.

But the work behind it started much earlier.

**CLOSE THE BOOK**

Retell the story.

Then finish this sentence:

“I think the story is trying to teach us that…”

**DON'T MEMORISE THE STORY**

When you forget an exact sentence, don't stop.

**Ask yourself:**

What happened first?

**Then**:

What happened next?

**Then:**

How did it end?

That's enough.

**For example,** you don't need to remember:

“The tortoise continued moving steadily towards the finish line.”

You can simply say:

“The tortoise kept walking towards the finish line.”

**Same story.**

Your own English.

**MAKE STORYTELLING FUN**

Tell the same story in different ways.

**Round 1 — Simple**

Tell only the main events.

**Round 2 — Add feelings**

“The hare was so confident that he thought there was no way he could lose.”

**Round 3 — Tell it like you're talking to a friend**

“So basically, this hare was so sure he'd win that he actually stopped to sleep…”

**Round 4 — Change something**

What if the hare never took a nap?

What if the crow couldn't find stones?

What if the man stopped after fifty hits?

Now you have to create your own ending.

That's no longer memorising.

That's speaking.

## PRACTICE

### AKBAR & BIRBAL

Now here's the real challenge.

You haven't practised this story before.

**Read it once.**

Then close the page and retell it.

### AKBAR AND BIRBAL — THE LINE

One day, Emperor Akbar drew a line on the floor.

He looked at his courtiers and gave them a challenge:

“Make this line shorter without touching or erasing it.”

Everyone started thinking.

How could the line become shorter without changing it?

Nobody found a solution.

Then Birbal came forward.

He drew another line next to Akbar's line.

But he made the new line much longer.

Akbar's original line suddenly looked shorter.

Birbal hadn't touched it.

He had simply changed what was around it.

Akbar was impressed by the clever solution.

**REMEMBER**

Akbar draws line → gives challenge → courtiers struggle → Birbal thinks differently → draws longer line → original looks shorter → Akbar impressed

**NOW CLOSE THE BOOK**

Tell the story in your own words.

Don't try to remember the exact sentences.

Tell it as though you're explaining it to a friend.

**Start with:**

“One day, Akbar gave Birbal a strange challenge…”

**Then answer:**

What was Birbal's idea?

Why was it clever?

What do you think the story teaches us?

**YOUR 10-MINUTE STORY PRACTICE**

Pick one short story.

Minute 1–2

Read the story once.

Minute 3

Close it.

Remember 5–7 key points.

Minute 4–6

Retell the story aloud.

Minute 7–8

Tell it again with more emotion and detail.

Minute 9–10

Change the ending or connect the story to your own life.

**You can use stories from:**

books, podcasts, videos, movies, or real life.

One story a day is enough.

**You don't need to study every sentence.**

**Read. Remember. Retell.**

## SPEAK

**Record** yourself while speaking and listen back to your recording.

**Speaking Practice — "The Story of the Stone"**

A: What are you reading?

B: A short story about a man trying to break a stone.

A: Did he manage to do it?

B: Yes, but not immediately. He kept hitting the stone, even though nothing seemed to happen.

A: So when did it finally break?

B: After many attempts. The interesting part is that everyone noticed the final hit, but all the earlier hits had already weakened the stone.

A: That's actually a good lesson.

B: Exactly. Sometimes the result appears suddenly, but the work has been happening quietly for a long time.

**YOUR SPEAKING TASK**

**Read** the story once.

**Close** the transcript.

Now **retell** the story in your own words.

Then tell a similar story from your own life.

**Maybe:**

“I didn't see results at first, but I kept going…”

Speak for 3 minutes.

**Record yourself.**

Then listen once.

**Notice:**

Did I remember the sequence?

Did I keep speaking when I forgot a word?

Did I make the story sound like my own?

**ONE LAST CHALLENGE**

Tonight, find a short story you actually enjoy.

Don't choose it because it is “good English practice.”

**Choose a story you'd genuinely want to tell someone.**

Read it once.

Then close it.

**Walk around your room and tell it aloud.**

Make it funny.

Make it dramatic.

Use your hands.

Change your voice.

Add your own reaction.

**You are not giving a speech.**

You're telling a story.

And that's one of the easiest ways to forget that you're even practising English.

# DAY 21 - KEEP SPEAKING: YOUR ENGLISH AFTER THESE 21 DAYS

**Welcome to Day 21.**

**You've made it this far**—and now you need a plan for what comes next.

**Today, you'll learn** how to keep practising, keep improving, and make English a part of your everyday life.

**You started building a habit of:**

listening → thinking → speaking → practising

And that's the real win.

A language becomes easier when you keep using it.

**THE 1% RULE**

**In Atomic Habits, James Clear talks about the power of getting 1% better every day.**

You don't need to become fluent overnight.

You just need to become a little better than yesterday.

Today you speak for 2 minutes.

Tomorrow, maybe 3.

Today you know 10 useful phrases.

Next week, you may naturally use 20.

Today you hesitate.

**With regular practice,** you may notice that some sentences simply come out.

**Small improvement + consistency = big change over time.**

**YOUR ENGLISH ROUTINE AFTER DAY 21**

You don't need hours.

**Give yourself 10–15 minutes a day.**

**5 minutes — LISTEN**

Listen to something you genuinely enjoy in English.

A short story.

A video.

A podcast.

A conversation.

**5 minutes — SPEAK**

Talk about what you heard.

Or talk about your day.

Or describe what is happening around you.

**5 minutes — WRITE**

Write a few lines about:

“What happened today?”

“What am I thinking about?”

“What did I learn?”

Then say what you wrote aloud.

## KEEP USING THE TOOLS YOU LEARNED

You don't have to practise everything every day.

**Go back to the technique you need.**

Day 15: Expand your thoughts.

Day 16: Think from the situation instead of translating every sentence.

Day 17: Use SER to support your ideas.

Day 18: Prepare before important speaking situations.

Day 19: Challenge yourself gradually.

Day 20: Retell stories and speak continuously.

The goal isn't to remember every page.

The goal is to use what you've learned.

## MAKE ENGLISH PART OF YOUR LIFE

Don't keep English inside this book.

**Use it while:**

getting ready

travelling

shopping

cooking

studying

planning your day

talking to friends

thinking about your plans

**You don't need a special “English time” for every bit of practice.**

Your everyday life can become your classroom.

**WHEN YOU FEEL LIKE YOU'RE NOT IMPROVING**

Some days, you'll practise and still think:

“I'm not getting better.”

## Remember the Final hit.

The result may not be visible after every attempt.

That doesn't mean your effort is useless.

**Keep going.**

One day you'll suddenly notice:

**“Wait… I just said that without translating.”**

That moment may last only a few seconds.

But you'll know how much work went into it.

**YOUR 30-DAY CHALLENGE**

For the next 30 days:

**Speak every day.**

Even if you have only 10 minutes.

**Keep one simple rule:**

**Never** let a day become **zero**.

Some days you'll speak for 15 minutes.

Some days only 5.

**That's okay.**

The habit matters more than a perfect day.

**BEFORE YOU CLOSE THIS BOOK…**

**Think about the person who opened this book on Day 1.**

Maybe you were hesitant.

Maybe you translated everything.

Maybe you knew the words but couldn't get them out.

Maybe you were afraid of making mistakes.

And that's okay.

**Because you still started.**

And now you're here.

You may not be fluent yet.

You may still pause.

You may still make mistakes.

But you're no longer standing at the same place.

**Every sentence you spoke mattered.**

Every awkward attempt mattered.

Every time you tried again mattered.

**And maybe one day, you'll look back at these 21 days and realise:**

You weren't just learning English.

You were learning to trust your own voice.

**So don't stop here.**

Keep speaking when your English isn't perfect.

Keep trying when you feel awkward.

Keep going when the improvement isn't visible yet.

Because the confident speaker you want to become isn't created in one big moment.
**You build that confidence in hundreds of small moments when you choose to speak anyway.**

Take that next step.
Then another.
And another.

**One day.**
**One conversation.**
**One small improvement at a time.**

## BEFORE YOU GO…

There will be days when English feels easy, and there will be days when one simple sentence refuses to come out. Don't measure your progress only by how perfectly you speak. Sometimes progress is simply raising your hand when you once stayed silent, starting a conversation you would have avoided before, or saying what you mean without first translating every word in your head. **Those little moments count. More than you think.**

And if you ever feel that you're not improving fast enough, remember why you started. You didn't begin this journey to impress people with difficult words. You began because you wanted to **express yourself, be understood, and feel confident in your own voice.** So give yourself permission to be a learner. Keep your mistakes close—they are proof that you're trying. Keep your curiosity alive. And most importantly, don't wait until you feel confident to speak. **Speak, and let confidence find you along the way.**

**“Your voice doesn't need to be perfect to be heard. It just needs the courage to speak.”**

*With best wishes for your English journey,*

**Aayushi Shukla**