

FREE GUIDE • ENGLISH STORY PODCAST

THE SHADOWING WORKBOOK

30 Days of Speaking Practice

One script per day • A2 to B1 • Read, Repeat, Shadow, Record Daily • Life • Work • Emotions • Stories •
Speeches

WEEK 1

Day 1 • Like 2

Week 2 • Set 3y

Social W & E • 4ons

Advanced

EnglishStoryPodcastESP

Learn English through stories, real conversations, and simple daily practice.

What Is Shadowing?

Shadowing is one of the most effective techniques for building spoken English fluency. It means reading or listening to English and repeating it out loud — matching the speaker's rhythm, stress, and intonation as closely as possible.

Professional language learners, translators, and actors use shadowing to train their mouths to move naturally in a new language. It is not about memorizing. It is about building the physical habit of speaking English fluently.

This workbook gives you **30 daily scripts** — one for each day — organized across four themed weeks. Each script takes about **3–5 minutes to read aloud**. The daily practice routine takes **10–15 minutes total**.

Your Daily 4-Step Routine

■ Step 1: Listen / Read

Read the script silently first. Understand the meaning before you speak.

■ Step 2: Repeat

Read each line out loud slowly. Focus on every individual word.

■ Step 3: Shadow

Read the full script at a natural, conversational speed.

■ Step 4: Record

Record yourself once. Play it back. Notice one thing to improve.

***"Your voice in English is not a translation of who you are. It IS who you are.
Train it every day."***

30-Day Progress Tracker

Week 1: Daily Life

Week 1: Daily Life

1

■ 2

■ 3

■ 4

■ 5

■ 6

■ 7

Week 2: Work & Study

Week 2: Work & Study

8	9	0	1	2	3	4	
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Week 3: Social & Emotions

Week 3: Social & Emotions							
15	6	7	8	9	0	1	

Week 4: Advanced

Week 4: Advanced								
22	3	4	5	6	7	8	9	0

WEEK ONE

Daily Life Basics

Days 1–7 • Level A2

This week you will practice everyday conversations: mornings, coffee shops, greetings, shopping, and plans. The language is simple and natural. Focus on speaking clearly and building your daily speaking habit.

Good Morning Routine

Describing your morning in English

DAY

WEEK 1

Today's Focus: Speak slowly and clearly. Every word matters today.

Today's Practice Steps

- Step 1: Listen

Record
- Step 2: Repeat

ad
- Step 3: Shadow

Record
- Step 4: Record

ad

Today's Script — Read this out loud

Good morning. My name is Alex. It is 7 o'clock.

I wake up early every day. First, I drink a glass of water.

Then I take a shower. I get dressed and make my breakfast.

I usually have coffee and toast in the morning.

I like mornings. They are quiet and peaceful.

At 8 o'clock, I leave my apartment and go to work.

The walk takes about fifteen minutes.

I use that time to practice my English.

I listen to an English podcast while I walk.

Every day, I try to learn one new word.

Today's word is: peaceful. It means calm and quiet.

I hope your morning is peaceful too. Have a great day.

peaceful room I am quiet usually I'm doing you do every day most of the time

Reflect: What does your morning routine look like?

At the Coffee Shop

Ordering and making small talk

Le2_{vel}: A2

DAY

Week 1

WEEK 1

Today's Focus: Pay attention to polite phrases and how to start a conversation.

Today's Practice Steps

- Step 1: Listen

R

■

 e
- Step 2: Repeat

ad
- Step 3: Shadow

R

■

 e
- Step 4: Record

ad

Today's Script — Read this out loud

- Customer

"Good morning. Can I have a medium coffee, please?"

co
- Barista

"Of course. Would you like milk or sugar?"
- Customer

"Just a little milk, please. Thank you."
- Barista

"That will be three dollars fifty."
- Customer

"Here you go. Do you have Wi-Fi here?"
- Barista

"Yes, the password is on the receipt."
- Customer

"Perfect. Is it busy here every morning?"
- Barista

"Usually, yes. But it quiets down after nine."
- Customer

"Good to know. I might come back tomorrow."
- Barista

"We'd love that. Enjoy your coffee!"
- Customer

"Thank you. Have a wonderful day."

receipt Wpaip-eFri showing you paid mwiredleiussm internet middle size

Reflect: What do you usually order at a coffee shop or café?

Talking About Your Week

Simple past tense in conversation

Le3_{vel}: A2

DAY

Week 1

WEEK 1

Today's Focus: Notice how we use 'I went', 'I had', 'I saw' — past tense verbs.

Today's Practice Steps

- Step 1: Listen

R

■

e
- ad
- Step 2: Repeat

R

■

e
- ad
- Step 3: Shadow

ad
-
- Step 4: Record

R

■

e
- ad

Today's Script — Read this out loud

- Person A

"So, how was your week?"

co
- Person B

"It was good, thank you. Pretty busy, but good."
- Person A

"What did you do?"
- Person B

"On Monday I worked late. On Tuesday I went to the gym."
- Person A

"Oh nice! Do you go often?"
- Person B

"I try to go three times a week. It helps me feel better."
- Person A

"That is great. I should do that too."
- Person B

"You should! It does not have to be long. Even thirty minutes helps."
- Person A

"What about the weekend? Did you do anything fun?"
- Person B

"Yes! I went to the farmers market on Saturday. It was lovely."
- Person A

"That sounds nice. I love those."
- Person B

"Me too. I bought some fresh vegetables and a jar of honey."

farmers market

loovtdeoloyr market with fresh food gveyrmy nice and pleasant

a place to exerci

Reflect: What did you do last week? Try to describe it in English.

Introducing Yourself

Professional and personal introduction

Level: A2

DAY

Week 1

WEEK 1

Today's Focus: Practice this script many times. You will use this in real life.

Today's Practice Steps

- Step 1: Listen
- Step 2: Repeat
- Step 3: Shadow
- Step 4: Record

Today's Script — Read this out loud

Hello, my name is Maya. It is nice to meet you.

I am originally from Mexico City. I moved here two years ago.

I work as a customer service representative at a technology company.

I have been learning English for three years.

I understand most of what people say to me.

Speaking is still a little difficult, but I am improving every day.

Outside of work, I enjoy cooking, hiking, and reading.

I am also learning to play guitar. I am not very good yet.

But I believe that practice makes progress.

I am happy to be here. I look forward to meeting all of you.

originally

customer service representative

a person who speaks or works for
improving

getting better over

Reflect: How would you introduce yourself in English? Practice your own version.

At the Grocery Store

Shopping vocabulary and phrases

Le5_{vel: A2}

DAY

Week 1

WEEK 1

Today's Focus: Focus on question intonation — your voice goes up at the end of a question.

Today's Practice Steps

- Step 1: Listen

R

■

 e
- Step 2: Repeat

ad
- Step 3: Shadow

R

■

 e
- Step 4: Record

ad

Today's Script — Read this out loud

- Customer

"Excuse me, where can I find the pasta?"

co
- Staff

"Aisle seven, on the left side."
- Customer

"Thank you. Do you also have whole wheat pasta?"
- Staff

"Yes, it is right next to the regular pasta."
- Customer

"Perfect. One more question — where is the olive oil?"
- Staff

"Aisle four. The cooking oils are in the middle of the aisle."
- Customer

"Great. And do you have a loyalty card I can sign up for?"
- Staff

"Yes! You can sign up at the customer service desk near the entrance."
- Customer

"Wonderful. I will do that on my way out. Thank you so much."
- Staff

"Of course! Let me know if you need anything else."

aisle

long passage in a store between
Isohyealvletsy card

a card that gives you points or
wdishcooluen twsheat

made with the fu

Reflect: What do you usually buy at the grocery store? Practice describing your shopping list.

Making Weekend Plans

Future tense and invitations

Level: A2

DAY

Week 1

WEEK 1

Today's Focus: Notice 'I am going to' and 'Would you like to' — future plans and invitations.

Today's Practice Steps

- Step 1: Listen

Record
- Step 2: Repeat

Record
- Step 3: Shadow

Record
- Step 4: Record

Record

Today's Script — Read this out loud

- Friend A

"Do you have any plans this weekend?"

continue
- Friend B

"Not really. I was thinking of just relaxing at home."
- Friend A

"Would you like to come to the park on Saturday?"
- Friend B

"That sounds nice! What time?"
- Friend A

"Around eleven in the morning. We could bring lunch."
- Friend B

"I love that idea. Should I bring anything?"
- Friend A

"Just yourself! I am going to make sandwiches."
- Friend B

"Perfect. I will bring some fruit and drinks."
- Friend A

"Amazing. It is going to be a beautiful day, I think."
- Friend B

"I hope so. I really need some fresh air."
- Friend A

"Me too. It will be good to get outside."
- Friend B

"Agreed. See you Saturday then!"

relaxing

advice used to say you think the same

fresh air

clean outdoor air
buildings

Reflect: What are your plans for this weekend? Describe them in English.

Talking About Your Hometown

Describing places with feeling

Le7
vel: A2

DAY

Week 1

WEEK 1

Today's Focus: Try to speak with emotion. Make the listener feel what you feel about home.

Today's Practice Steps

- Step 1: Listen

R

■

e
- Step 2: Repeat

ad
- Step 3: Shadow

R

■

e
- Step 4: Record

ad

Today's Script — Read this out loud

I am from a small city in the south of Brazil. Its name is Florianópolis.

It is a beautiful island surrounded by the ocean.

The weather is warm most of the year.

People there are very friendly and relaxed.

I miss the food most of all. Especially the seafood.

My grandmother used to make a fish stew that I still dream about.

The beaches are long and clean. In the summer, they are very crowded.

But in autumn, they are quiet and peaceful.

I go back to visit once a year. Every time I leave, it gets harder.

But I carry my hometown with me wherever I go.

The language, the music, the food, the memories.

Home is not just a place. It is a feeling.

surrounded

surround something on all sides

a warm dish cooked slowly with

stew a dish and vegetables full of many people

Reflect: Describe your hometown in English. What do you miss most about it?

WEEK TWO

Work & Study Life

Days 8–14 • Level A2–B1

This week you will practice work and study language: emails, meetings, asking for help, explaining things, and setting goals. Focus on professional tone and confident communication.

A Work Email Read Aloud

Professional tone and vocabulary

Level 8
vel: A2-B1

DAY

Week 2

WEEK 2

Today's Focus: Read this like you are saying it in a meeting — clear, calm, and professional.

Today's Practice Steps

- Step 1: Listen

Read the script and listen to the audio.
- Step 2: Repeat

Repeat the audio after the narrator.
- Step 3: Shadow

Shadow the audio, matching the narrator's tone and pace.
- Step 4: Record

Record yourself reading the script and compare it to the original audio.

Today's Script — Read this out loud

Subject: Update on the Johnson Project

Dear Ms. Reyes,

I hope this email finds you well.

I am writing to give you a quick update on the Johnson project.

We completed the first phase last Friday, on schedule.

The team worked very hard and the results are looking good.

We are now moving into the second phase, which will take approximately three weeks.

I will send you a full report by the end of this week.

Please let me know if you have any questions or concerns.

I am available for a call on Thursday afternoon if that works for you.

Thank you for your continued support.

Best regards, Daniel.

phase

an important part of the project called the second phase

worries or questions about something

Reflect: Have you ever written a professional email in English? What was difficult about it?

Asking for Help at Work

Being polite and confident at the same time

Level: A2-B1

DAY

Week 2

WEEK 2

Today's Focus: Notice how we ask for help politely without sounding weak or unsure.

Today's Practice Steps

- Step 1: Listen

Record
- Step 2: Repeat

Record
- Step 3: Shadow

Record
- Step 4: Record

Record

Today's Script — Read this out loud

- New Employee

"Excuse me, do you have a moment?"

Colleague

"Of course. What do you need?"
- New Employee

"I am a bit confused about the filing system. Could you show me how it works?"

Colleague

"Sure. So everything is organized by client name and then by date."
- New Employee

"I see. And where do I save the completed reports?"

Colleague

"In the shared folder. Here, let me show you on the screen."
- New Employee

"That makes sense. And if I am not sure which folder to use?"

Colleague

"Just ask me or check the guide document on the intranet."
- New Employee

"Perfect. I appreciate you taking the time to explain."

Colleague

"No problem at all. That is what I am here for."
- New Employee

"Thank you. I want to make sure I do things correctly from the start."

Colleague

"That is exactly the right attitude. You will be fine."

filing system

an organized way of storing
information

a private internet system used
by a company

the way you think
about something

Reflect: Have you ever had to ask for help at work or school in English? How did you handle it?

A Study Group Discussion

Academic language and expressing opinions
1 Level 0, B1

DAY

Week 2

WEEK 2

Today's Focus: Practice expressing your own opinion clearly: 'I think', 'In my opinion', 'I believe'.

Today's Practice Steps

- Step 1: Listen

Record
- Step 2: Repeat

Record
- Step 3: Shadow

Record
- Step 4: Record

Record

Today's Script — Read this out loud

- Student A

"So, what did everyone think of the chapter we read?"

continue
- Student B

"I thought it was interesting. A bit dense, but interesting."
- Student C

"I agree. I had to read some parts twice to really understand them."
- Student A

"Same here. I think the author makes a strong argument about climate change."
- Student B

"I do too. But I think he focuses too much on economics and not enough on people."
- Student C

"That is a fair point. In my opinion, the human stories are the most powerful part."
- Student A

"Absolutely. When he talks about the farmers in Kenya, that was really moving."
- Student B

"Right. Numbers are important, but stories make you feel something."
- Student C

"So what are we going to write about for the paper?"
- Student A

"I was thinking about focusing on the local policy section. What do you think?"
- Student B

"I like that idea. It connects the big ideas to something we can actually discuss."

dense

having a lot of complex information in a small space

argument

a set of reasons used to support a point of view

policy

a set of rules or guidelines for government or organization

Reflect: What topic do you find yourself most interested in discussing in English?

Talking About Goals

Expressing ambitions and future plans
1Level 1, B1

DAY

Week 2

WEEK 2

Today's Focus: Use 'I want to', 'I am planning to', 'My goal is to' — future aspiration language.

Today's Practice Steps

- Step 1: Listen

R

e
- Step 2: Repeat

ad

R

e
- Step 3: Shadow

ad
- Step 4: Record

R

e

ad

Today's Script — Read this out loud

In the next five years, I have several goals I want to achieve.

My first goal is to become fully fluent in English.

I want to be able to have any conversation without hesitation.

My second goal is to get a promotion at work.

I am currently a coordinator, and I am planning to become a manager.

To do this, I am improving my leadership and communication skills.

My third goal is to travel to at least five new countries.

I want to experience different cultures and see how other people live.

And finally, my personal goal is to spend more time with my family.

Life is busy, and I want to make sure the important things come first.

Goals give us direction. But it is the daily small actions that actually get us there.

ambition

a strong desire to achieve
hsoemseitatiniogn important

a pause before speaking or
cacotoirgd, iunsautiolyn

organizing things
eraknly well togeth

Reflect: What is your most important goal right now? Say it out loud in English.

Handling a Difficult Conversation

Staying calm and clear under pressure
1 Level 2, B1

DAY

Week 2

WEEK 2

Today's Focus: Notice how Person B stays calm, uses clear language, and does not get defensive.

Today's Practice Steps

- Step 1: Listen

Record
- Step 2: Repeat

Record
- Step 3: Shadow

Record
- Step 4: Record

Record

Today's Script — Read this out loud

- Manager

"I wanted to talk to you about last week's report. It was late."

Continue
- Employee

"You are right, and I apologize for that."
- Manager

"Can you tell me what happened?"
- Employee

"I had a technical issue with the software on Thursday. It took longer than expected to resolve."
- Manager

"I understand, but I need to know about these things in advance."
- Employee

"Absolutely. I should have communicated earlier. I will make sure to do that next time."
- Manager

"What will you do differently going forward?"
- Employee

"I will send a quick update the moment I see a potential delay. Even just one sentence by email."
- Manager

"That is all I need. I appreciate your honesty."
- Employee

"Thank you for addressing it directly. I prefer knowing when something needs to improve."
- Manager

"Good attitude. Let's move forward."

resolve

it on faixd ovra snoclvee a problem

pbeoftoeren tsioamlething happens possible but not

Reflect: Have you ever had a difficult conversation at work? How did you handle it?

Explaining a Process

Step-by-step instructions in English

1 Level 3: B1

DAY

Week 2

WEEK 2

Today's Focus: Practice transition words: First, Then, After that, Next, Finally.

Today's Practice Steps

- Step 1: Listen

Record audio
- Step 2: Repeat

Repeat audio
- Step 3: Shadow

Shadow audio
- Step 4: Record

Record audio

Today's Script — Read this out loud

Today I am going to explain how to make a simple tomato sauce from scratch.

First, gather your ingredients: tomatoes, garlic, olive oil, salt, and basil.

Begin by heating two tablespoons of olive oil in a pan over medium heat.

Then, add two cloves of crushed garlic. Cook for about one minute.

After that, add the tomatoes. You can use fresh or canned.

Stir everything together and let it simmer for twenty minutes.

Next, add salt and fresh basil leaves. Stir again.

Taste the sauce. If it is too acidic, add a pinch of sugar.

Finally, remove from heat and let it rest for five minutes before serving.

This sauce can be used for pasta, pizza, or as a base for many other dishes.

It takes about thirty minutes and costs very little.

Simple, delicious, and perfect for any meal.

from scratch

made completely from the ingredients, not from a packaged mix
to cook gently at a low temperature

having a sharp, strong

Reflect: Can you explain how to make your favorite dish in English? Try it now.

Week2 Review — Free Talk

Speakingfreely without a script

14

Level: A2–B1

Week 2

WEEK 2

DAY

Today'sFocus:ThisisYOUR day. Use the prompts below and speak freely. No perfect sentences needed.

Today's Practice Steps

- Step 1: Listen

R

e
- Step 2: Repeat

ad

R

e
- Step 3: Shadow

ad

R

e
- Step 4: Record

ad

R

e

Today's Script — Read this out loud

Today there is no fixed script. Instead, use these prompts to speak freely.

Prompt 1: Describe what you did at work or school this week.

Try to speak for at least one minute on this topic.

Use: 'This week I...' / 'On Monday I...' / 'I had to...'

Prompt 2: Talk about something you learned recently.

It can be in English, at work, in life — anything.

Use: 'I recently learned that...' / 'I discovered...' / 'I found out...'

Prompt 3: Describe a person you admire.

Why do you admire them? What have they taught you?

Use: 'I admire... because...' / 'They taught me...'

Remember: Do not stop when you make a mistake. Keep going.

Real fluency is built in these free-talking moments.

admire

to respect and look up to
psormomeopnte

a question or topic that helps you
fsrtaeret ltyalking

without rules or n

Reflect: Which of the three prompts was easiest? Which was hardest? Why?

WEEK THREE

Social & Emotional English

Days 15–21 • Level B1

This week you will practice emotional and social English: giving compliments, talking about feelings, telling stories, and disagreeing politely. Focus on warmth, honesty, and natural expression.

Giving a Compliment

Being warm and genuine in English
1 Level 5, B1

DAY

Week 3

WEEK 3

Today's Focus: Focus on warmth and sincerity. Compliments should feel natural, not formal.

Today's Practice Steps

- Step 1: Listen

R

1 min
- Step 2: Repeat

R

1 min
- Step 3: Shadow

R

1 min
- Step 4: Record

R

1 min

Today's Script — Read this out loud

- Person A

"I have to say, your presentation was really impressive."

1 min
- Person B

"Oh, thank you so much. That is very kind of you."

1 min
- Person A

"I mean it. The way you explained the data was so clear."

1 min
- Person B

"I was a bit nervous, honestly. Did it show?"

1 min
- Person A

"Not at all! You seemed very confident."

1 min
- Person B

"I practiced a lot. I think that made the difference."

1 min
- Person A

"It really paid off. And your slides were beautiful too."

1 min
- Person B

"Thank you. I spent a long time on the design."

1 min
- Person A

"Well, it showed. You should be proud of yourself."

1 min
- Person B

"I appreciate you saying that. It really means a lot."

1 min
- Person A

"You deserve it. Keep up the great work."

1 min

impressive

something that makes people
impress

the effort gave good results

to have earned success
through your effort

Reflect: Give someone a compliment in English today. What did you say?

Talking About Feelings

Emotional vocabulary and honest expression
1 Level 6, B1

DAY

Week 3

WEEK 3

Today's Focus: This is personal. Try to connect these words and phrases to your own real feelings.

Today's Practice Steps

- Step 1: Listen

R

e
- Step 2: Repeat

ad

R

e
- Step 3: Shadow

ad

R

e
- Step 4: Record

ad

R

e

Today's Script — Read this out loud

Sometimes it is hard to explain how you feel in a second language. co

The words do not always come easily. And that can be frustrating.

But learning to express your emotions in English is an important skill.

There are many ways to say how you feel.

You can say: I feel overwhelmed. I feel anxious. I feel hopeful.

You can say: I am a little down today. Or: I am in a really good mood.

You can also describe why: I feel stressed because I have a lot to do.

Or: I feel proud because I completed something difficult.

Being honest about your feelings — even in a second language — takes courage.

And the more you practice, the more natural it feels.

How do you feel right now? Try to describe it in one sentence.

overwhelmed

feeling like there is too much to
ahannxdiolous

feeling worried and nervous
cabocouria wghet might happen

the strength to d
even when it fee

Reflect: How are you feeling today? Describe it in English in two or three sentences.

APhone Call with a Friend

Casual conversation and natural English
1 Level 7: B1

DAY

Week 3

WEEK 3

Today's Focus: Listen to the informal language: 'Yeah', 'Totally', 'Oh no!'. Practice these.

Today's Practice Steps

- Step 1: Listen

R

■

ad
- Step 2: Repeat

R

■

ad
- Step 3: Shadow

R

■

ad
- Step 4: Record

R

■

ad

Today's Script — Read this out loud

- Friend A

"Hey! How are you doing?"

co
- Friend B

"Good, good! A little tired but good. How about you?"
- Friend A

"Same, honestly. Work has been crazy this week."
- Friend B

"Oh no, what happened?"
- Friend A

"Just a big deadline. But it is done now, thankfully."
- Friend B

"That is such a relief. Are you doing anything this weekend?"
- Friend A

"Yeah, I think I am just going to rest. Maybe watch some movies."
- Friend B

"Totally fair. Hey, I wanted to ask — did you ever try that restaurant I told you about?"
- Friend A

"Oh! Yes! I went last Sunday. It was amazing."
- Friend B

"Right? I knew you would love it."
- Friend A

"The pasta was incredible. I am going back for sure."
- Friend B

"Ha! Same. Okay, I will let you go. Talk soon?"
- Friend A

"Yes! Take care. Speak soon."

deadline**the relief** the last date to finish something

a feeling of comfort after worry

incredibleextremely good,
unbelievable**Reflect:** What do you talk about with your friends? Try to have that conversation in English.

Disagreeing Politely

Sharing a different opinion without conflict

DAY

1 Level: B1

Week 3

WEEK 3

Today's Focus: Practice phrases like: 'I see your point, but...' / 'I respectfully disagree...'

Today's Practice Steps

- Step 1: Listen

Record
- Step 2: Repeat

Record
- Step 3: Shadow

Record
- Step 4: Record

Record

Today's Script — Read this out loud

- Person A

"I think people should work from the office every day."

Continue
- Person B

"I see your point, but I respectfully disagree."
- Person A

"Really? Why?"
- Person B

"I think remote work can actually increase productivity for many people."
- Person A

"Maybe for some. But what about team communication?"
- Person B

"That is a fair concern. But with the right tools, remote teams can communicate very well."
- Person A

"I suppose. I just find it easier to work when everyone is in the same place."
- Person B

"I understand that. I think it depends on the person and the job."
- Person A

"That is true. Maybe a hybrid model would work best."
- Person B

"I think so too. A mix of both gives people flexibility."
- Person A

"I can agree with that. Thanks for sharing your perspective."
- Person B

"Of course. These are the kinds of conversations I enjoy."

productivity

how much useful work you do in a particular period of time

a mix of two different things or people or ideas

a particular way of doing something

Reflect: What is one opinion you have that others might disagree with? How would you explain it in English? _____

Telling a Story From Your Life

Narrative language and sequencing
1 Level 9, B1

DAY

Week 3

WEEK 3

Today's Focus: Notice story language: 'So there I was...', 'Out of nowhere...', 'And then...'

Today's Practice Steps

- Step 1: Listen

R

■

ad
- Step 2: Repeat

R

■

ad
- Step 3: Shadow

R

■

ad
- Step 4: Record

R

■

ad

Today's Script — Read this out loud

I want to tell you about a moment I will never forget.

It was my first week in this country. I did not speak much English yet.

I was on the bus, trying to get to the supermarket.

I thought I knew which stop to get off at. I was wrong.

I got off too early and found myself completely lost.

My phone battery was at three percent. The map was not working.

So there I was — in an unfamiliar neighborhood, not knowing where to go.

And then, a woman noticed I looked confused.

She asked: 'Are you okay? Do you need help?'

And in my most careful English, I said: 'I am lost. Can you help me find the bus stop?'

She walked me three blocks to the right stop and waited with me until the bus came.

She did not know me. She had nothing to gain. She was just kind.

That day, I learned that a few words of English — spoken bravely — can change everything.

unfamiliar**known or recognized**

with courage, despite being

scared

a story or account

Reflect: Tell a story from your own life in English. It can be funny, scary, or meaningful. Just tell it. _____

Talking About Health and Habits

Describing your lifestyle in English
2 Level 0, B1

DAY

Week 3

WEEK 3

Today's Focus: Use frequency words naturally: always, usually, sometimes, rarely, never.

Today's Practice Steps

- Step 1: Listen

R

■

ad
- Step 2: Repeat

R

■

ad
- Step 3: Shadow

R

■

ad
- Step 4: Record

R

■

ad

Today's Script — Read this out loud

I try to take care of my health. It is important to me.

I usually wake up at six thirty and drink a glass of water immediately.

I always eat breakfast. I never skip it. I know some people do, but it does not work for me.

I try to walk at least thirty minutes every day. Sometimes I run.

I rarely eat fast food. Maybe once a month, if that.

I cook most of my meals at home. It is cheaper and healthier.

I also try to sleep at least seven hours. Sleep is more important than people think.

One habit I am still working on is drinking enough water. I always forget.

And I try to spend time away from screens before bed.

Health is not about being perfect. It is about making good choices most of the time.

What healthy habits do you have? And what habit do you want to build next?

habit

something you do regularly, often
without thinking

to not do something you normally
do immediately

right away, without

Reflect: What is your healthiest habit? What is one habit you want to improve?

Week3 Review — Emotional Fluency

Speaking with feeling and confidence
2Level1: B1

DAY

Week 3

WEEK 3

Today's Focus: Today, speak with emotion. Put your heart into every sentence.

Today's Practice Steps

- Step 1: Listen

R

■

e
- Step 2: Repeat

ad

■

R

■

e
- Step 3: Shadow

ad

■

R

■

e
- Step 4: Record

ad

■

R

■

e

Today's Script — Read this out loud

Welcome to your Week 3 review. Today is about emotional fluency. co

Fluency is not just about grammar or vocabulary.

It is about speaking in a way that others can feel and connect with.

Let's practice three short emotional monologues. Read each one with full feeling.

Monologue 1 — Gratitude: I am grateful for the people in my life.

I do not say it enough, but I feel it every day.

Monologue 2 — Determination: I have come a long way and I still have far to go.

But I am not giving up. Not today. Not ever.

Monologue 3 — Hope: I believe that things will get better.

I have seen hard times before, and I have always found a way through.

Now read all three again — but this time, louder and with more confidence.

Your voice matters. Your story matters. Say it like you mean it.

gratitude

determination the decision to keep going no
to determine something thankful

monologue

a speech given b

Reflect: Which of the three monologues felt most true to you? Why?

WEEK FOUR

Advanced Expression

Days 22–30 • Level B1–B2

This week you will practice advanced expression: recommendations, speeches, cultural sharing, and reflection. Focus on speaking with depth, confidence, and your own personal voice.

Making a Recommendation

Persuading and advising in English

2Level 2: B1

DAY

Week 4

WEEK 4

Today's Focus: Practice phrases: 'I strongly recommend', 'You should definitely', 'I think you would love'.

Today's Practice Steps

- Step 1: Listen

R

■

ad
- Step 2: Repeat

R

■

ad
- Step 3: Shadow

R

■

ad
- Step 4: Record

R

■

ad

Today's Script — Read this out loud

I want to recommend a book that changed the way I think.

It is called Atomic Habits by James Clear.

If you want to build better habits or break bad ones, I strongly recommend it.

The main idea is simple: small changes, done consistently, lead to big results.

The author explains the science of habits in a way that is easy to understand.

He also gives very practical advice. Not vague ideas — real steps you can take.

I read it in one week. I could not put it down.

Since reading it, I have built three new habits and dropped one I did not like.

I think you would really benefit from this book, especially if you feel stuck.

It reminded me that you do not rise to the level of your goals.

You fall to the level of your systems. And systems can always be improved.

Definitely check it out. I do not think you will regret it.

consistently

doing something regularly over
practical

useful in real situations, not just
theory

not clear or spec

Reflect: What is one book, film, or podcast you would recommend to someone? Describe it in English. _____

Describing a Challenge You Overcame

Growth language and resilience
2 Level 3, B1

DAY

Week 4

WEEK 4

Today's Focus: Use before/after structure: 'Before... / Now...'. Show transformation through your words.

Today's Practice Steps

- Step 1: Listen

Record
- Step 2: Repeat

Record
- Step 3: Shadow

Record
- Step 4: Record

Record

Today's Script — Read this out loud

I want to talk about a challenge that shaped who I am today.

Three years ago, I moved to a new country alone. I knew no one.

My English was basic. My confidence was low. And I was very homesick.

The first few months were the hardest of my life.

I made mistakes every day. At work. At the shop. On the phone.

And every mistake felt like proof that I did not belong here.

But I kept going. I took an English class. I practiced every day.

Slowly, things shifted. The mistakes became smaller. The confidence grew.

I found a routine. I made friends. I started to feel at home.

Looking back now, I am grateful for those hard first months.

They taught me that discomfort is not failure. It is growth in progress.

Before, I thought fluency meant no mistakes. Now I know it means not giving up.

homesick

missing the place or people you
regret will improve with

the ability to recover from
difficult my fort

a feeling of mild

Reflect: What is a challenge you have overcome? Describe it in English. How did it change you? _____

Talking About Current Events

News language and expressing opinions
2Level 4, B1

DAY

Week 4

WEEK 4

Today's Focus: Practice balanced opinion language: 'On one hand... on the other hand...'

Today's Practice Steps

- Step 1: Listen

R

■

e
- Step 2: Repeat

ad

■

R

■

e
- Step 3: Shadow

ad

■

R

■

e
- Step 4: Record

ad

■

R

■

e

Today's Script — Read this out loud

- Person A

"Did you see the news about the new city transport plan?"

co
- Person B

"Yes, I heard about it. What do you think?"
- Person A

"Honestly, I have mixed feelings. On one hand, more buses would help a lot of people."
- Person B

"I agree. A lot of people here rely on public transport."
- Person A

"On the other hand, I am not sure the funding is realistic."
- Person B

"That is a fair point. Where is the money coming from?"
- Person A

"Apparently a combination of taxes and private investment."
- Person B

"Hmm. That always makes me a little cautious."
- Person A

"Same. I think the idea is good, but the details matter a lot."
- Person B

"Exactly. Good intentions do not always lead to good outcomes."
- Person A

"Still, I think something needs to change. The current system is not working."
- Person B

"Absolutely. I just hope they get the details right this time."

mixed feelings

having both positive and negative
feelings about something

money provided for a specific
purpose

the results or consequences
of an action

Reflect: What is one topic in the news right now that interests you? Express your opinion about it in English. _____

AMotivational Speech

Inspiring language and powerful delivery
2Leve5: B1

DAY

Week 4

WEEK 4

Today's Focus: Read this like you mean every word. Slow down on the important lines. Speak loudly.

Today's Practice Steps

- Step 1: Listen

R ead
- Step 2: Repeat

R ead
- Step 3: Shadow

ad
- Step 4: Record

R ead

Today's Script — Read this out loud

I want to speak directly to every person who is learning English right now. co

To the person who practices in the car on the way to work.

To the person who feels embarrassed when they make a mistake.

To the person who stays up late studying vocabulary.

To the person who has been told — or who has told themselves — that they are too old, too busy, or not smart enough.

I am here to tell you: you are wrong about that.

Language is not a talent. It is a practice.

Fluency is not a gift you are born with. It is a result of showing up.

Every sentence you speak in English is a sentence you chose to speak.

Every mistake you make is a step you took.

You are not behind. You are building.

And what you are building is something that cannot be taken away from you.

Keep going. The world is waiting to hear your voice.

directlystraight to someone, without
going through othersthe ability to speak a language
easily and naturallya natural ability to
speak well

Reflect: What would you say to someone who is just beginning to learn English? Say it out loud. _____

Sharing who you are with confidence

2Leve6_l: B1

WEEK 4

Today's Practice Steps

- ## Today's Script — Read this out loud

And I am proud to share it with the world.

the beliefs and p
side how you liv
the ability of giving freely to others

Reflect: What is one thing about your culture that you are proud of? Describe it in English.

A Job Interview — Advanced

Confident, specific, and compelling answers
2 Levels: B1

DAY

Week 4

WEEK 4

Today's Focus: Practice being specific. Use real examples. Avoid vague answers.

Today's Practice Steps

- Step 1: Listen

R

■

e
- Step 2: Repeat

ad
- Step 3: Shadow

R

■

e
- Step 4: Record

ad

Today's Script — Read this out loud

- Interviewer

"Tell me about a time you had to solve a problem quickly."

co
- Candidate

"Certainly. Last year, our main supplier cancelled an order two days before a big event."
- Interviewer

"That sounds stressful. What did you do?"
- Candidate

"I stayed calm and immediately called three alternative suppliers."
- Interviewer

"And were you successful?"
- Candidate

"Yes. I found a supplier who could deliver within twenty-four hours."
- Interviewer

"How did the event go?"
- Candidate

"It went very well. The client never knew there had been a problem."
- Interviewer

"What did you learn from that experience?"
- Candidate

"I learned that staying calm is the most important thing in a crisis."
- Candidate

"Panic wastes time. Clear thinking saves it."

Interviewer "That is a great answer. I can see why your team values you."

supplier

a company or person that

provides goods or services carries this option or choice

a serious, urgent

needs fast action

Reflect: Describe a time you solved a problem. Use specific details. Practice until it sounds natural. _____

Talking About Your English Journey

Reflection, pride, and honesty
2 Levels: B1

DAY

Week 4

WEEK 4

Today's Focus: Be honest and personal. This is your story. Speak it with pride.

Today's Practice Steps

- Step 1: Listen

Record audio
- Step 2: Repeat

Record audio
- Step 3: Shadow

Record audio
- Step 4: Record

Record audio

Today's Script — Read this out loud

My English journey has not been a straight line. It has been more like a winding road.

I started learning English in school, but I did not take it seriously.

I thought I would never need it in real life. I was wrong.

When I moved abroad, I realized that English was not just a school subject.

It was my only tool for navigating a completely new world.

In the beginning, I was afraid to speak. I thought my accent was too strong.

I thought people would not understand me. Or worse — that they would judge me.

But something shifted when I decided to stop waiting until I was ready.

I started speaking before I felt ready. And that changed everything.

Every conversation was a small victory. Every mistake was a lesson.

Today, I am not fluent. But I am proud of how far I have come.

And I am not finished yet. The journey continues.

winding road

a path with many turns; used to describe a journey with ups and downs

finding your way through a difficult or unfamiliar situation
a success or achievement

Reflect: What has your English learning journey looked like? Describe it in your own words.

A Farewell Speech

Saying goodbye with warmth and gratitude
2 Levels: B1

DAY

Week 4

WEEK 4

Today's Focus: Use this as an opportunity to speak slowly, clearly, and with real warmth.

Today's Practice Steps

- Step 1: Listen

Read aloud
- Step 2: Repeat

Read aloud
- Step 3: Shadow

Read aloud
- Step 4: Record

Record yourself

Today's Script — Read this out loud

It is hard to believe that today is my last day here.

When I first joined this team, I was nervous and unsure.

I did not know if my English was good enough. I did not know if I would fit in.

But from the very first day, everyone made me feel welcome.

I want to thank each of you for your patience, your kindness, and your support.

You helped me grow — not just professionally, but personally.

I leave here with skills I did not have before, and friendships I will carry forever.

To my manager: thank you for believing in me when I did not fully believe in myself.

To my colleagues: thank you for the laughs, the hard work, and the shared lunches.

I do not say goodbye easily. But I carry this place with me wherever I go.

Thank you. From the bottom of my heart.

farewell

a kind goodbye, often used at the end of a relationship or in ways related to your work and personal life. It is an important way to express gratitude and leave with complete sincerity.

from the bottom of my heart

Reflect: Think of someone you are grateful for. What would you say to them in English?

DAY

Day30 — Your Voice

Celebrating30 days of speaking practice

30

Level: All Levels

Week 4

WEEK 4

Today's Focus: This is your day. Read this with everything you have. You have earned it.

Today's Practice Steps

- Step 1: Listen

R

e
- Step 2: Repeat

ad
- Step 3: Shadow

R

e
- Step 4: Record

ad

Today's Script — Read this out loud

Thirty days ago, you opened this workbook and began.

You did not know exactly how it would go. You just started.

And that is the most important thing anyone can do.

Over these thirty days, you have read scripts out loud.

You have repeated sentences until they felt natural.

You have shadowed conversations, recorded yourself, and reflected honestly.

You have practiced daily life, work, emotions, stories, and speeches.

You have built a habit. And that habit is yours now.

Your English is not the same as it was on Day 1. You know that.

Your mouth moves more easily. Your confidence is a little stronger.

Your voice — your English voice — is becoming real.

Do not stop here. Start again from Day 1. Go deeper. Go further.

Because fluency is not a finish line. It is a practice you return to every day.

You are not behind. You never were.

You are building. And what you are building is beautiful.

Keep going.

habit

something you do regularly
reflect on thinking about it

to think carefully about your
experiences

the ability to speak
with ease

Reflect: What is the biggest change you notice in yourself after 30 days? Say it out loud in English. _____

30 Days. 30 Scripts. Your Voice.

You have completed one of the most powerful speaking practice programs available for ESL learners. Your mouth is trained. Your confidence is stronger. Your English voice is becoming your real voice.

Now start again from Day 1. Go deeper. You will surprise yourself.

"Fluency is not a destination. It is a practice you return to every day."

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Keep going. You are not behind. You are building.