

**Read Daily:** Spend 20 minutes reading articles, books, or news to enhance vocabulary and sentence structure.

**Listen Actively:** Engage in English podcasts or audiobooks to grasp pronunciation and intonation.

**Speak Aloud:** Practice speaking English daily to boost confidence and fluency.

**Learn a Word Daily:** Expand your vocabulary by learning and using a new word daily.

**Use a Dictionary:** Look up unfamiliar words to understand their meanings and usage.

**Watch English Movies/Shows:** Improve language skills by watching English content with subtitles.

**Join Language Exchange Groups:** Interact with native speakers for practical language practice.

**Write a Journal:** Keep a daily journal to enhance writing skills and express thoughts in English.

**Use Language Learning Apps:** Utilize apps that focus on vocabulary, grammar, and speaking exercises.

**Take Online Courses:** Enroll in online courses to receive structured language learning guidance.

**Participate in Discussions:** Join online forums or discussion groups to share opinions in English.

**Memorize Common Phrases:** Remember common phrases for everyday conversations.

**Focus on Pronunciation:** Practice pronouncing words correctly, using online resources if needed.

**Record Yourself Speaking:** Analyze recordings to identify areas for improvement in pronunciation and fluency.

**Engage in Storytelling:** Narrate short stories or incidents to enhance verbal communication skills.

**Use Flashcards:** Create flashcards for vocabulary and revise them daily.

**Role-play Conversations:** Act out various scenarios to improve conversational skills.

**Attend English Workshops/Meetups:** Participate in events to network and practice language skills.

**Set Language Learning Goals:** Define achievable daily goals to track progress.

**Think in English:** Challenge yourself to think in English to foster a natural thought process.

**Avoid Mother Tongue:** Minimize conversations in your native language during the 30-day period.

**Correct Grammar Errors:** Pay attention to and correct common grammar mistakes.

**Use English in Daily Tasks:** Label items, create to-do lists, or think aloud in English.

**Engage in Debates:** Discuss topics to improve argumentative and persuasive communication.

**Learn Idiomatic Expressions:** Understand and use idioms to sound more native-like.

**Read Out Loud from Books:** Read passages aloud to improve pronunciation and intonation.

**Seek Feedback:** Request feedback from friends or language exchange partners for improvement.

**Practice Formal Writing:** Draft formal emails or essays to enhance written communication.

**Celebrate Progress:** Acknowledge and celebrate small milestones to stay motivated.

**Stay Consistent:** Consistency is key. Dedicate time daily to language improvement activities.