

PREMIUM SPOKEN ENGLISH COURSE

1000 Daily English Sentences

A practical speaking system for everyday conversations - from morning routines and work to travel, dining, problems, and confident social English.

10 modules · 50 real-life situations · 30-day speaking plan

Good morning!

Could you help me?

That sounds good.

Turn sentence knowledge into speaking ability.

This course is built for learners who know some English but hesitate when real conversations move quickly. The goal is not to memorize 1,000 isolated lines. It is to make useful sentence patterns available fast enough to speak with less translation and less hesitation.

1000

numbered daily-use sentences

50

high-frequency situations

10

focused speaking modules

YOU WILL LEARN TO

Start conversations, handle routine tasks, ask for help, make plans, solve common problems, and keep conversations going.

YOU WILL PRACTICE

Reading aloud, chunking, substitution, shadow-style repetition, recall, and short real-life role-plays.

The target is not perfect English. The target is clear, useful English you can retrieve when you need it.

Who this is for – and how to use it

Ideal learner

This course is designed for beginner to lower-intermediate learners who understand basic English but need a stronger “ready-to-say” sentence bank for daily life.

Your main challenge

You may know vocabulary and grammar separately, yet still pause too long, translate word by word, or repeat the same safe phrases.

DESIRED TRANSFORMATION

Move from “I know this English” to “I can say this English” by practicing complete, reusable chunks.

The 4-pass method

1. **Understand.** Read 20 sentences and make sure the meaning is clear.
2. **Say.** Read each sentence aloud twice: slow and natural.
3. **Change.** Replace one word or detail to make the sentence yours.
4. **Recall.** Cover the page and say five sentences from memory.

RECOMMENDED PACE

20 sentences a day = one situation per day.
Five study days + one review day is a sustainable rhythm.

Use the course as a speaking workbook, reference guide, or classroom sentence bank. Mark sentences you genuinely need in your own life.

Table of contents

01	Conversation Starters	7
02	Home & Daily Routine	14
03	Family, Friends & Social Life	21
04	Work & Study	28
05	Shopping, Money & Services	35
06	Food, Groceries & Dining	42
07	Travel & Transport	49
08	Phone, Messages & Online Life	56
09	Problems, Health & Safety	63
10	Confident Communication	70

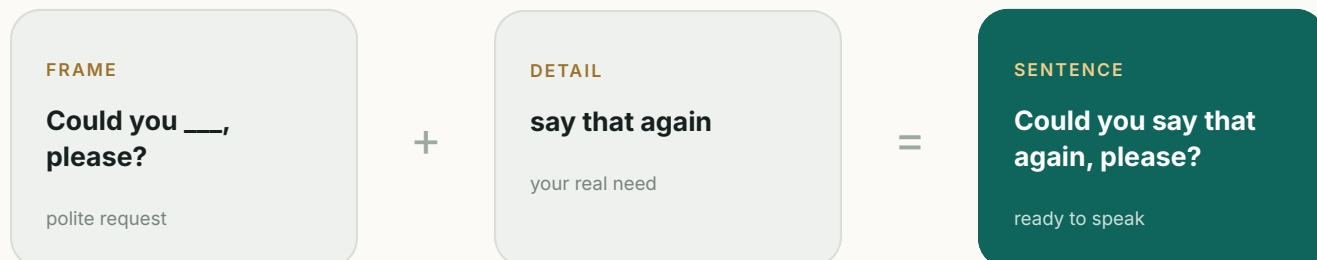
Final implementation plan

77

Page numbers refer to the designed course pages in this PDF. Each module contains one opener, five 20-sentence banks, and one practice lab.

Speak in chunks, not single words

Fluent everyday speech is easier when you store useful groups of words as one unit. Instead of building every sentence from zero, reuse a frame and swap the detail.



1. Contractions

In natural speech, use common forms such as **I'm, it's, don't, can't, I'll, we're.**

2. Stress

Stress the meaning words: **NEED, FILE, TODAY.** Let smaller grammar words stay lighter.

3. Intonation

Yes/no questions often rise slightly. Statements and completed thoughts usually fall.

KEY INSIGHT

Do not chase an accent. Chase clarity: clean word endings, useful stress, and a steady pace.

Your 10-minute speaking routine

2 min

Read today's 20 sentences silently. Circle 5 that matter to your life.

3 min

Say those 5 aloud three times: slow, natural, eyes off the page.

3 min

Personalize each sentence by changing one detail.

2 min

Record a mini role-play using at least three of them.

ORIGINAL

I will be there in about twenty minutes.

CHANGE 1 DETAIL

I will be there in about ten minutes.

MAKE IT REAL

I will be at the station in about ten minutes.

USE IT

Imagine texting a friend who is waiting for you.

☐ Clear

☐ Natural pace

☐ Useful stress

☐ No word-by-word translation

Conversation Starters

Greet, connect, and keep everyday conversations moving.

LEARNING OBJECTIVE

Start conversations naturally, introduce yourself, ask simple follow-up questions, and respond politely.

001-100

sentences in this module

CORE PATTERN

Open + connect + continue

Greetings & Hellos

001 Good morning! How are you today?

002 Hi! It is good to see you.

003 Hello! How have you been?

004 Hey, how is everything going?

005 Good afternoon. How is your day going?

006 Good evening. Nice to see you again.

007 Hi there! What are you up to?

008 Hello! I hope you are doing well.

009 Hey! It has been a while.

010 Hi! How is your week going?

011 Good morning. Did you sleep well?

012 Hello! How are things with you?

013 Hey, what is new?

014 Hi! How is life treating you?

015 Good to see you. How have things been?

016 Hello again! How was your day?

017 Hey there! Are you doing okay?

018 Hi! I was just thinking about you.

019 Morning! Ready for the day?

020 Hello! Thanks for stopping by.

Speak it: Say these aloud first. Then personalize at least five.

Small Talk

021 The weather is really nice today.

022 It looks like it might rain later.

023 This place is busier than usual.

024 The traffic was terrible this morning.

025 I cannot believe how fast this week went.

026 Do you have any plans for the weekend?

027 How was your weekend?

028 Did you do anything interesting yesterday?

029 Have you been busy lately?

030 What have you been working on recently?

031 This coffee smells amazing.

032 The music here is pretty good.

033 It is a beautiful day to be outside.

034 I am glad the weather finally cooled down.

035 The morning went by so quickly.

036 Today feels like a long day.

037 It is quieter here than I expected.

038 Have you been here before?

039 Do you come here often?

040 What do you usually do after work?

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Introductions

041 My name is Alex. Nice to meet you.

042 I do not think we have met before.

043 Let me introduce myself.

044 This is my friend, Sam.

045 Have you met my colleague, Maya?

046 I work in customer support.

047 I am studying English at the moment.

048 I live not far from here.

049 I am originally from a small town.

050 I moved here a few years ago.

051 What do you do for work?

052 Where are you from originally?

053 How do you know everyone here?

054 What brings you here today?

055 How long have you lived here?

056 What are you studying?

057 Which team do you work with?

058 I have heard a lot about you.

059 It is nice to finally meet you in person.

060 Please call me by my first name.

Speak it: Mark the sentences you can imagine using this week.

Checking Understanding

061 Could you say that again, please?

062 Sorry, I did not catch that.

063 Could you speak a little more slowly?

064 What does that word mean?

065 How do you spell that?

066 Did you say fifteen or fifty?

067 Let me make sure I understood you.

068 So you mean we should leave now, right?

069 Can you give me an example?

070 Could you explain that another way?

071 I understand the first part, but not the second.

072 What do you mean by that?

073 Do you mean this one?

074 Is this what you are asking for?

075 Let me repeat that back to you.

076 I am not sure I follow.

077 Could you show me what you mean?

078 Which part should I focus on?

079 Am I saying this correctly?

080 Please correct me if I am wrong.

Speak it: Repeat useful lines until they feel automatic.

Polite Responses

081 Yes, of course.

082 Sure, no problem.

083 That sounds good to me.

084 I would be happy to help.

085 Thank you. I appreciate it.

086 You are welcome.

087 No worries at all.

088 That is very kind of you.

089 I completely understand.

090 That makes sense.

091 I am sorry to hear that.

092 Congratulations! That is great news.

093 That is a good idea.

094 I agree with you.

095 I see what you mean.

096 I am not sure, but I can check.

097 Give me a moment, please.

098 Take your time.

099 It was nice talking with you.

100 Have a great rest of your day.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

3-STEP CONVERSATION LOOP

1) Greet: "Hi, how are you?" 2) Connect: comment on the situation. 3) Continue: ask one open follow-up question.

SPEAK-IT DRILL

Choose five sentences. Say each once slowly, once naturally, then once while looking away from the page.

COMMON MISTAKE

Do not answer every small-talk question with only "yes" or "no." Add one detail, then return a question.

PRO TIP

Use contractions in speech: "I am" becomes "I'm," "do not" becomes "don't," and "it is" becomes "it's."

3 role-play prompts

1. Introduce yourself to a new neighbor.

2. Ask a colleague about their weekend.

3. Politely ask someone to repeat a sentence.

Home & Daily Routine

Describe your day, your home, and the small tasks that fill everyday life.

LEARNING OBJECTIVE

Talk about routines, chores, time, household needs, and evening plans with simple natural sentences.

101-200

sentences in this module

CORE PATTERN

Time anchor + action + detail

Morning Routine

101 I usually wake up around six thirty.

102 I need five more minutes in bed.

103 I am getting up now.

104 I am going to take a quick shower.

105 I need to brush my teeth.

106 I am getting dressed for work.

107 I cannot find my socks.

108 I am making breakfast.

109 I usually have tea in the morning.

110 I am packing my lunch.

111 I need to charge my phone before I leave.

112 I am running a little late.

113 I have to leave in ten minutes.

114 Did you sleep well last night?

115 I slept better than I expected.

116 I forgot to set my alarm.

117 I am trying to wake up earlier.

118 I need a quiet morning today.

119 Let me check the weather before I go.

120 I am ready to leave the house.

Speak it: Say these aloud first. Then personalize at least five.

Around the House

121 Please close the door behind you.

122 Could you open the window?

123 The room feels a little warm.

124 The lights are still on.

125 I left my keys on the table.

126 Your bag is next to the chair.

127 The remote is under the cushion.

128 There is someone at the door.

129 The bathroom is free now.

130 The kitchen is a mess.

131 I need to tidy up the living room.

132 Can you turn the fan on?

133 Please turn the volume down.

134 The internet is not working again.

135 The water is not hot yet.

136 We are almost out of soap.

137 I put the groceries in the kitchen.

138 The bedroom needs fresh air.

139 I am going upstairs for a minute.

140 Make yourself comfortable.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Chores & Cleaning

141 I need to do the laundry today.

142 The clothes are still in the washing machine.

143 I am folding the clean clothes.

144 Could you take out the trash?

145 I will wash the dishes after dinner.

146 The floor needs to be swept.

147 I am going to mop the kitchen.

148 Please wipe the table when you finish.

149 I need to change the bedsheets.

150 The bathroom needs cleaning.

151 I am organizing the closet.

152 We should clean the fridge this weekend.

153 I have already made the bed.

154 I still need to vacuum the room.

155 Can you help me carry this box?

156 I am putting everything back in its place.

157 The shelf is getting dusty.

158 I need to water the plants.

159 Let us split the chores today.

160 I am done cleaning for now.

Speak it: Mark the sentences you can imagine using this week.

Time & Schedule

161 What time is it?

162 It is almost eight o'clock.

163 I have an appointment at ten.

164 I will be free after lunch.

165 Can we meet around three?

166 I need to leave by five thirty.

167 I am busy until this evening.

168 I have a few minutes before I go.

169 We still have plenty of time.

170 We are running out of time.

171 I will be there in about twenty minutes.

172 The meeting starts in half an hour.

173 I am available tomorrow morning.

174 This week is a little hectic.

175 Next Monday works better for me.

176 Can we move it to a later time?

177 I forgot to check my calendar.

178 Let me see what I have planned.

179 I do not want to be late.

180 I like to plan my day the night before.

Speak it: Repeat useful lines until they feel automatic.

Evening Routine

181 I am finally home.

182 It was a long day.

183 I am going to change into something comfortable.

184 What should we have for dinner?

185 I am not very hungry tonight.

186 Let us eat a little earlier today.

187 I need to finish one thing before I relax.

188 I am going for a short walk.

189 I want to watch something light tonight.

190 I am too tired to go out.

191 I am putting my phone on silent.

192 I need to prepare for tomorrow.

193 I am setting my alarm now.

194 Let me check tomorrow's schedule.

195 I am going to read for a while.

196 I think I will go to bed early.

197 Could you turn off the lights?

198 Do not forget to lock the door.

199 I am exhausted. Good night.

200 Sleep well. See you in the morning.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

ROUTINE FORMULA

Use "I usually...", "I need to...", "I'm going to...", and "I've already..." to describe routine, need, intention, and completed action.

SUBSTITUTION DRILL

Say: "I need to ___ before I ___." Fill the blanks with five real actions from your day.

COMMON MISTAKE

Do not overuse "I am doing" for habits. Use simple present for routines: "I usually wake up at seven."

ACTION STEP

Narrate your next 10 minutes in English using at least six sentences from this module.

3 role-play prompts

1. Describe your morning in six sentences.

2. Explain three chores you still need to do.

3. Tell someone your schedule for tomorrow.

Family, Friends & Social Life

Build warmer conversations, make plans, and express support with confidence.

LEARNING OBJECTIVE

Talk about people close to you, invite others, make plans, and respond to feelings in a natural way.

201-300

sentences in this module

CORE PATTERN

Person + relationship + feeling/action

Family Conversations

201 How is everyone at home?

202 My family is doing well.

203 I spoke to my parents yesterday.

204 My brother is coming over later.

205 My sister lives in another city.

206 We usually eat together on Sundays.

207 My parents are visiting next month.

208 I need to call my mother tonight.

209 My father loves watching old movies.

210 My grandparents wake up very early.

211 My cousin just started a new job.

212 We have a big family gathering this weekend.

213 Who do you live with?

214 Do you have any brothers or sisters?

215 Are you close to your family?

216 How often do you visit your relatives?

217 We do not always agree, but we get along.

218 Everyone is busy these days.

219 Please give my regards to your family.

220 Tell everyone I said hello.

Speak it: Say these aloud first. Then personalize at least five.

Friends & Catching Up

221 It is great to see you again.

222 We need to catch up properly.

223 How have you really been?

224 What have you been up to lately?

225 I saw your message but forgot to reply.

226 I was going to call you yesterday.

227 We have not talked in ages.

228 I miss our long conversations.

229 You always make me laugh.

230 Thanks for checking on me.

231 I am glad you told me.

232 You can always talk to me.

233 Let us not wait so long next time.

234 Send me a message when you get home.

235 We should meet more often.

236 I remember you telling me about that.

237 How did everything turn out?

238 I am happy things are going well for you.

239 That sounds like a lot to deal with.

240 I am here if you need anything.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Invitations

241 Would you like to come with us?

242 Do you want to grab coffee sometime?

243 Are you free for lunch today?

244 Would you like to join us for dinner?

245 We are having a small get-together on Friday.

246 You should come if you are free.

247 Would Saturday evening work for you?

248 Do you feel like going out tonight?

249 Want to watch a movie this weekend?

250 Can I invite a friend too?

251 Thanks for inviting me.

252 I would love to come.

253 That sounds fun.

254 I might be able to make it.

255 I am sorry, I already have plans.

256 I cannot make it this time.

257 Could we do it another day?

258 Let me check and get back to you.

259 What time should I come?

260 Should I bring anything?

Speak it: Mark the sentences you can imagine using this week.

Making Plans

261 What do you want to do this weekend?

262 Let us decide on a time first.

263 Where should we meet?

264 How about the place near the station?

265 I can meet you after six.

266 Let us keep the plan simple.

267 I will book the tickets tonight.

268 Can you send me the location?

269 I will let you know when I leave.

270 Text me when you arrive.

271 We can decide the rest later.

272 Let us have a backup plan.

273 If it rains, we can stay indoors.

274 I am flexible about the time.

275 That day works for me.

276 I may be a few minutes late.

277 We should leave early to avoid traffic.

278 Let us meet at the entrance.

279 I am looking forward to it.

280 See you then.

Speak it: Repeat useful lines until they feel automatic.

Feelings & Support

281 I am feeling a little stressed today.

282 I have been in a good mood all day.

283 I am worried about tomorrow.

284 I feel much better now.

285 I am disappointed, but I will be okay.

286 I am excited about the trip.

287 I am nervous about the interview.

288 I feel proud of what I did.

289 That really made my day.

290 I needed to hear that.

291 Take care of yourself.

292 Do not be too hard on yourself.

293 I understand why you feel that way.

294 It is okay to take some time.

295 You did the best you could.

296 I hope things get easier soon.

297 Would you like to talk about it?

298 What can I do to help?

299 I am glad you are feeling better.

300 Thanks for being there for me.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

INVITATION LADDER

Move from casual to specific: "Want to meet?"
→ "Are you free Saturday?" → "How about 6 p.m. at the cafe near the station?"

SUPPORT PATTERN

Acknowledge first ("That sounds difficult"), then offer ("What can I do to help?").

COMMON MISTAKE

Avoid giving advice immediately when someone shares a feeling. First show that you understood.

TRY THIS

Send one real message today using an invitation, follow-up question, or supportive sentence from this module.

3 role-play prompts

1. Invite a friend to do something this weekend.

2. Respond to a friend who is stressed.

3. Change a plan without sounding rude.

Work & Study

Handle tasks, meetings, questions, and feedback in clear professional English.

LEARNING OBJECTIVE

Communicate at work or in class, clarify tasks, discuss deadlines, participate in meetings, and ask for feedback.

301-400

sentences in this module

CORE PATTERN

Context + task + next step

Office Basics

301 I just got to the office.

302 I am working from home today.

303 Could you send me the file?

304 I will check it and get back to you.

305 I am still working on it.

306 I have finished the first part.

307 I need a little more information.

308 Who is responsible for this task?

309 I will take care of it.

310 Can we talk for five minutes?

311 I am going to take a short break.

312 I will be back at my desk soon.

313 Please copy me on the email.

314 I have added the details below.

315 Let me know if anything is missing.

316 I am waiting for an update.

317 We are on the same team.

318 I can help with that.

319 I need to focus for the next hour.

320 I am done for the day.

Speak it: Say these aloud first. Then personalize at least five.

Meetings

321 Are we ready to start?

322 Thanks everyone for joining.

323 Let us begin with a quick update.

324 Can everyone hear me clearly?

325 I think you are on mute.

326 Could you share your screen?

327 Let us stay on the main topic.

328 I have one question about that.

329 Can you explain the next step?

330 I agree with that approach.

331 I have a different suggestion.

332 Could we come back to that later?

333 Let us make a decision before we finish.

334 Who will handle this part?

335 What is the deadline for this?

336 Let me summarize what we decided.

337 I will send the notes after the meeting.

338 Is there anything else to discuss?

339 Thanks for your time.

340 Let us meet again next week.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Tasks & Deadlines

341 What should I work on first?

342 This is my top priority today.

343 I need to finish this by noon.

344 The deadline is Friday afternoon.

345 I am ahead of schedule.

346 I am a little behind schedule.

347 I may need an extra day.

348 Can we extend the deadline?

349 I am waiting for someone to review it.

350 This task is taking longer than expected.

351 I have broken it into smaller steps.

352 The first draft is ready.

353 I still need to make a few changes.

354 I will send the final version today.

355 Can you confirm you received it?

356 I have marked the urgent items.

357 Let us finish the easy part first.

358 I need to double-check the numbers.

359 I have completed everything on the list.

360 What should I do next?

Speak it: Mark the sentences you can imagine using this week.

Class & Learning

361 What page are we on?

362 I forgot to bring my notebook.

363 Could you explain this part again?

364 I have a question about the homework.

365 When is the assignment due?

366 I am not sure how to answer this.

367 Can I see another example?

368 I need more practice with this topic.

369 I understand the idea now.

370 I am taking notes as you speak.

371 Could you write that on the board?

372 How do you pronounce this word?

373 What is the difference between these two words?

374 Can I try one more time?

375 I made the same mistake again.

376 I need to review yesterday's lesson.

377 I studied for about an hour last night.

378 I am preparing for a test.

379 I think I am improving.

380 I want to speak more confidently.

Speak it: Repeat useful lines until they feel automatic.

Questions & Feedback

381 Could you take a look at this?

382 What do you think of this version?

383 Is there anything I should change?

384 Which part needs more work?

385 Could you be more specific?

386 That feedback is helpful.

387 I will make those changes.

388 Thanks for pointing that out.

389 I had not thought about it that way.

390 I understand the concern.

391 Can you show me a better way to do it?

392 What did I do well?

393 What should I focus on next?

394 Can we review this together?

395 I would like a second opinion.

396 I think I need more context.

397 Let me ask one more question.

398 I will clarify that with the team.

399 Please tell me if I misunderstood.

400 Thanks for helping me improve.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

PROFESSIONAL CLARITY

Lead with the situation, then the action: "The first draft is ready. I'll send it by 3 p.m."

MEETING DRILL

Practice entering a discussion politely: "I have one question," "I agree," "I have a different suggestion."

COMMON MISTAKE

Avoid vague promises such as "I'll do it soon."
Use a concrete time when possible.

ACTION STEP

Rewrite three real work/study messages using a clear next step and a deadline.

3 role-play prompts

1. Give a 30-second work update.

2. Ask for clarification in a meeting.

3. Request feedback on a piece of work.

Shopping, Money & Services

Ask for what you need, compare options, pay confidently, and solve service problems.

LEARNING OBJECTIVE

Navigate stores, sizes, prices, payments, customer service, and common appointments without getting stuck.

401-500

sentences in this module

CORE PATTERN

Need + option + confirmation

In Stores

401 Excuse me, where can I find this?

402 I am just looking, thank you.

403 Do you have this in another color?

404 Is there a smaller size?

405 Is there a larger size?

406 Can I try this on?

407 Where are the fitting rooms?

408 How much does this cost?

409 Is this on sale?

410 Do you have any discounts today?

411 I am looking for something simple.

412 I need a gift for a friend.

413 Can you recommend something popular?

414 What is the difference between these two?

415 Do you have a cheaper option?

416 I will think about it.

417 I will take this one.

418 Can I leave this here for a moment?

419 What time do you close?

420 Thanks, I found what I needed.

Speak it: Say these aloud first. Then personalize at least five.

Clothes & Sizes

421 This shirt is a little too tight.

422 These trousers are too long.

423 This jacket fits me well.

424 The sleeves are a bit short.

425 Do you have this in medium?

426 I usually wear a size large.

427 Can I exchange this for another size?

428 Does this come in black?

429 I like the color, but not the fit.

430 This feels comfortable.

431 The material is softer than I expected.

432 I am looking for something more formal.

433 I need something for everyday wear.

434 Which one looks better on me?

435 I think this size works.

436 Can you check if another store has it?

437 Is this machine washable?

438 Will this shrink in the wash?

439 I want something easy to match.

440 I am going to try one more size.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Money & Payment

441 Can I pay by card?

442 Do you accept cash?

443 Can I use contactless payment?

444 I would like to pay separately.

445 Could we split the bill?

446 Do you have change for this?

447 I think I was charged twice.

448 Could you check the total again?

449 Can I get a receipt, please?

450 Is tax included in the price?

451 Are there any extra fees?

452 How much is the delivery charge?

453 I am trying to stay within my budget.

454 That is more expensive than I expected.

455 This option gives better value.

456 I need to check my balance first.

457 Can I pay in two parts?

458 When will the refund arrive?

459 The payment did not go through.

460 Let me try another card.

Speak it: Mark the sentences you can imagine using this week.

Customer Service

461 I need help with an order.

462 My package has not arrived yet.

463 The item arrived damaged.

464 I received the wrong product.

465 I would like to return this.

466 Can I exchange it instead?

467 What is your return policy?

468 I still have the receipt.

469 The product stopped working.

470 Could someone take a look at this?

471 I have already contacted support once.

472 Can you check the status for me?

473 What information do you need from me?

474 Could you send me a confirmation email?

475 How long will this take?

476 Is there another option available?

477 I would like to speak to a manager.

478 Thank you for resolving the issue.

479 That solution works for me.

480 I appreciate your help.

Speak it: Repeat useful lines until they feel automatic.

Appointments & Services

481 I would like to make an appointment.

482 Do you have any openings today?

483 What is the earliest time available?

484 Could I come in tomorrow morning?

485 I need to change my appointment.

486 Can we move it to next week?

487 I am here for my appointment.

488 I have a booking under my name.

489 How long is the wait?

490 I may be ten minutes late.

491 Could you confirm the address?

492 What do I need to bring?

493 How much does the service cost?

494 How long does the service take?

495 Is there anything I should do beforehand?

496 I need to cancel my appointment.

497 Can I book the same time next month?

498 Please send me a reminder.

499 Everything looks good now.

500 Thank you. See you next time.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

SERVICE SCRIPT

Use: "I need help with _____. The problem is _____. Could you _____?" This keeps complaints factual and solution-focused.

PRICE COMPARISON

Practice: "This one is cheaper, but that one gives better value because..."

COMMON MISTAKE

Do not say only "Give me this." In service situations, "I'd like..." or "Could I have..." sounds more natural and polite.

CHECKLIST

Before ending a service conversation, confirm price, timing, next step, and receipt/confirmation.

3 role-play prompts

1. Return a damaged item.

2. Ask for a different clothing size.

3. Book and then reschedule an appointment.

Food, Groceries & Dining

Talk about food naturally - from your kitchen to cafes, restaurants, and grocery stores.

LEARNING OBJECTIVE

Prepare food, order meals, state preferences, shop for groceries, and handle dining requests politely.

501-600

sentences in this module

CORE PATTERN

Preference + request + detail

In the Kitchen

501 What are you cooking?

502 I am making something quick.

503 Could you chop the onions?

504 Please wash the vegetables first.

505 The water is boiling.

506 The pan is getting too hot.

507 Turn the heat down a little.

508 I need another spoon.

509 Can you pass me the salt?

510 This needs a little more time.

511 I think it is ready now.

512 Be careful, the plate is hot.

513 I made enough for everyone.

514 There are leftovers in the fridge.

515 I will save some for later.

516 We are out of cooking oil.

517 I need to clean the counter.

518 The food smells really good.

519 Let us eat before it gets cold.

520 I will do the dishes afterward.

Speak it: Say these aloud first. Then personalize at least five.

At a Restaurant

521 A table for two, please.

522 Do we need a reservation?

523 Could we sit by the window?

524 Can I see the menu, please?

525 What do you recommend?

526 What is today's special?

527 I need a few more minutes to decide.

528 I am ready to order.

529 I will have the grilled chicken.

530 Could I get this without onions?

531 Can you make it less spicy?

532 Could we have some water, please?

533 Can I get another plate?

534 Everything tastes great.

535 I think this is not what I ordered.

536 Could you warm this up, please?

537 We are finished, thank you.

538 Could we get the bill, please?

539 Is service included?

540 Thank you. We enjoyed the meal.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Cafe & Quick Orders

541 Could I get a small coffee, please?

542 I would like a tea with milk.

543 Can I have this to go?

544 I will have it here, thanks.

545 Could you make it without sugar?

546 Can I get an extra shot?

547 Do you have any dairy-free milk?

548 Which sandwich is the most popular?

549 I will take one of those.

550 Could you heat this up for me?

551 Can I add a bottle of water?

552 That is everything, thanks.

553 What name should I give for the order?

554 How long will it take?

555 Is my order ready yet?

556 I think this drink is mine.

557 Could I have a straw, please?

558 Can I get some napkins?

559 The coffee is stronger than I expected.

560 I will order the same thing next time.

Speak it: Mark the sentences you can imagine using this week.

Grocery Shopping

561 We need to buy some milk.

562 Do we have any eggs at home?

563 I am making a shopping list.

564 Where is the bread section?

565 These bananas are not ripe yet.

566 I need a kilo of tomatoes.

567 Which brand do you usually buy?

568 Let us compare the prices.

569 This pack is better value.

570 Check the expiry date first.

571 I want something fresh.

572 Do we need anything from the freezer section?

573 I forgot to get rice.

574 We already have enough pasta.

575 I am trying not to buy too much.

576 This basket is getting heavy.

577 Let us use a cart instead.

578 I think we have everything.

579 Do you need a bag?

580 I brought my own shopping bag.

Speak it: Repeat useful lines until they feel automatic.

Food Preferences

581 I am really hungry.

582 I am not hungry yet.

583 I am in the mood for something light.

584 I feel like eating something spicy.

585 I prefer tea to coffee.

586 I do not eat meat.

587 I am allergic to peanuts.

588 I cannot handle very spicy food.

589 I like my coffee strong.

590 I usually skip dessert.

591 This is a little too salty for me.

592 This tastes better than it looks.

593 I have never tried this before.

594 What does it taste like?

595 Would you like to try some?

596 I will just have a small portion.

597 I am full, thank you.

598 Save me a piece for later.

599 That was exactly what I needed.

600 I could eat this every day.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

ORDERING FORMULA

"I'll have ____." + modification: "Could I get it without ____?" + confirmation: "That's everything, thanks."

PREFERENCE DRILL

Make five sentences with "I prefer...", "I don't eat...", "I'm in the mood for...", and "I'd rather have..."

COMMON MISTAKE

"I want..." can sound abrupt in restaurants. "I'd like..." and "I'll have..." are smoother default choices.

TRY THIS

Describe your next meal aloud: what it is, how it tastes, what you prefer, and what you would change.

3 role-play prompts

1. Order a meal with one modification.

2. Describe your food preferences.

3. Ask for the bill and clarify a charge.

Travel & Transport

Move through cities, stations, airports, hotels, and unfamiliar places with less stress.

LEARNING OBJECTIVE

Ask for directions, use transport, handle airport and hotel interactions, and communicate travel changes.

601-700

sentences in this module

CORE PATTERN

Destination + route + confirmation

Directions

601 Excuse me, how do I get to the station?

602 Is it far from here?

603 Can I walk there?

604 Which way should I go?

605 Go straight for two blocks.

606 Turn left at the traffic light.

607 Take the second right.

608 It is next to the bank.

609 It is across from the park.

610 It is on the corner.

611 You cannot miss it.

612 Am I going the right way?

613 I think I took a wrong turn.

614 Could you show me on the map?

615 How long does it take to get there?

616 Is there a shortcut?

617 Which entrance should I use?

618 I am looking for this address.

619 Thanks, that was really helpful.

620 I think I can find it from here.

Speak it: Say these aloud first. Then personalize at least five.

Public Transport

621 Which bus goes downtown?

622 Where is the nearest bus stop?

623 Does this train stop at Central Station?

624 Which platform do I need?

625 What time is the next train?

626 How often do the buses run?

627 Do I need to change trains?

628 Where should I get off?

629 Please tell me when we reach my stop.

630 Is this seat taken?

631 Can I sit here?

632 This train is very crowded.

633 The bus is running late.

634 The next one should be here soon.

635 How much is a single ticket?

636 Can I use this card on the metro?

637 Where can I top up my travel card?

638 I think we missed our stop.

639 Let us get off at the next station.

640 We should leave before rush hour.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Taxi & Rideshare

641 Could you take me to this address?

642 Please drop me off at the main entrance.

643 How long will the ride take?

644 Is there a lot of traffic right now?

645 Could you take the faster route?

646 Please stop here.

647 You can drop me off at the corner.

648 I am waiting outside.

649 I cannot find the car.

650 What color is your vehicle?

651 I am wearing a blue jacket.

652 Could you wait for two minutes?

653 I need to pick someone up on the way.

654 Can we make a quick stop here?

655 The destination has changed.

656 I think we passed the turn.

657 Could you check the address again?

658 How much do I owe you?

659 I will pay through the app.

660 Thanks for the ride.

Speak it: Mark the sentences you can imagine using this week.

At the Airport

661 Where is the check-in counter?

662 I would like to check in for my flight.

663 Here is my passport.

664 Can I have an aisle seat?

665 Can I have a window seat?

666 Do I need to check this bag?

667 Is my bag overweight?

668 Where is the security check?

669 Which gate does the flight leave from?

670 Has the gate changed?

671 What time does boarding start?

672 Is the flight on time?

673 The flight has been delayed.

674 How long is the delay?

675 Where can I charge my phone?

676 Is there free Wi-Fi here?

677 I cannot find my boarding pass.

678 My luggage did not arrive.

679 Where is the baggage service desk?

680 When is the next available flight?

Speak it: Repeat useful lines until they feel automatic.

Hotel & Trip

681 I have a reservation for two nights.

682 The booking is under my name.

683 What time is check-in?

684 Is breakfast included?

685 Could I have a room on a higher floor?

686 Does the room have Wi-Fi?

687 Could I get an extra towel?

688 The air conditioner is not working.

689 Could someone check the room, please?

690 What time is check-out?

691 Can I leave my luggage here?

692 Could you call a taxi for me?

693 Is there a good restaurant nearby?

694 What is the best way to get downtown?

695 Can you recommend something to see today?

696 Is this area safe to walk around at night?

697 I would like to extend my stay by one night.

698 Could I get a late check-out?

699 I am checking out now.

700 Thank you for your help during my stay.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

DIRECTION CHAIN

Practice with landmarks: "Go straight → turn left → it's next to..." Keep each instruction short.

TRAVEL CONFIRMATION

Repeat critical details: gate, platform, destination, time, price. "Just to confirm, platform six?"

COMMON MISTAKE

Do not rely only on "Where?" Add the place and your goal: "Where is platform four?"

ACTION STEP

Role-play one airport or station journey from arrival to departure using 10 sentences from this module.

3 role-play prompts

1. Ask for directions to a station.

2. Check a gate or platform change.

3. Report a hotel-room problem.

Phone, Messages & Online Life

Sound clear on calls, send natural messages, and solve everyday digital problems.

LEARNING OBJECTIVE

Handle phone calls, texts, email, video calls, and common technology issues with practical phrases.

701-800

sentences in this module

CORE PATTERN

Reason + status + response

Phone Calls

701 Hello, may I speak to Jordan?

702 This is Jordan speaking.

703 Who is calling, please?

704 I am calling about my appointment.

705 Is this a good time to talk?

706 I only need a minute.

707 Can I call you back later?

708 I am in a noisy place right now.

709 The line is breaking up.

710 I can barely hear you.

711 Could you speak a little louder?

712 I think the call dropped.

713 Let me call you again.

714 Can you hold for a moment?

715 Thanks for waiting.

716 I will put you on speaker.

717 I need to end the call soon.

718 I will send you the details by message.

719 Thanks for calling.

720 Talk to you later.

Speak it: Say these aloud first. Then personalize at least five.

Texts & Messages

721 Did you get my message?

722 Sorry for the late reply.

723 I just saw your text.

724 I am on my way.

725 I will be there soon.

726 I am running about ten minutes late.

727 Can you send me the address?

728 Please send me a photo.

729 I will share the link with you.

730 Let me know when you are free.

731 Can we talk later?

732 I cannot type right now.

733 I will reply properly when I get home.

734 Thanks for letting me know.

735 No problem, take your time.

736 I completely forgot to reply.

737 I have sent it again.

738 Check your messages when you can.

739 Keep me updated.

740 Good night. Talk tomorrow.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Email & Online

741 I have sent you an email.

742 Please check your inbox.

743 The attachment is included.

744 I forgot to attach the file.

745 I have forwarded the message to you.

746 Could you confirm you received it?

747 I will reply by the end of the day.

748 Please see the details below.

749 I have added the link here.

750 The form is available online.

751 I need to create an account first.

752 I forgot my password.

753 I am resetting it now.

754 The confirmation email has not arrived.

755 Could you resend the link?

756 I have completed the form.

757 The page is asking me to sign in again.

758 I saved a copy for my records.

759 I will update the document tonight.

760 Everything has been submitted successfully.

Speak it: Mark the sentences you can imagine using this week.

Tech Problems

761 My phone battery is almost dead.

762 I need to charge my laptop.

763 The Wi-Fi keeps disconnecting.

764 The internet is very slow today.

765 The app is not opening.

766 The screen is frozen.

767 Try restarting the device.

768 I already turned it off and on again.

769 I cannot connect to the network.

770 The password is not working.

771 I need to update the software.

772 The download is taking forever.

773 The file is too large to send.

774 I cannot open this document.

775 What format is the file in?

776 The sound is not working.

777 My camera is not turning on.

778 I think the storage is full.

779 I deleted some old files.

780 It seems to be working now.

Speak it: Repeat useful lines until they feel automatic.

Social & Video Calls

781 Can you see me clearly?

782 Your video is frozen.

783 There is a delay in the audio.

784 Could you turn your camera on?

785 I am going to turn my camera off for a moment.

786 Can you send the meeting link again?

787 I am joining from my phone.

788 Give me a second to connect my headphones.

789 I think someone is speaking on mute.

790 There is a lot of background noise.

791 Could everyone mute when not speaking?

792 I will share my screen now.

793 Can you see the page I am showing?

794 The connection is better now.

795 I saw your post yesterday.

796 That photo came out really well.

797 I will send you the video privately.

798 Please tag me in the picture.

799 I do not post very often.

800 Let us continue this conversation offline.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

CALL REPAIR

When sound fails, name the problem + action:
"The line is breaking up. Let me call you again."

MESSAGE CLARITY

For practical texts, include status + time + next action: "I'm on my way. I'll be there in 15 minutes."

COMMON MISTAKE

Avoid writing long, unclear messages when one direct sentence and a clear question will work.

TRY THIS

Record yourself making a 30-second mock phone call. Listen once for clarity, then repeat more naturally.

3 role-play prompts

1. Handle a call with bad audio.

2. Send a late-arrival message.

3. Explain a Wi-Fi or app problem.

Problems, Health & Safety

Explain what is wrong, ask for help, and handle difficult moments calmly and clearly.

LEARNING OBJECTIVE

Describe common problems and symptoms, ask for medical or practical help, and manage misunderstandings or urgent situations.

801-900

sentences in this module

CORE PATTERN

Problem + key detail + needed help

Everyday Problems

801 Something is not working properly.

802 I cannot find my keys anywhere.

803 I think I left my wallet at home.

804 My bag is missing.

805 I locked myself out.

806 The door will not open.

807 The power just went out.

808 There is no water right now.

809 The sink is leaking.

810 The light bulb has burned out.

811 My car will not start.

812 I have a flat tire.

813 I missed the bus.

814 I lost track of time.

815 I made a mistake on the form.

816 I entered the wrong address.

817 I need to fix this as soon as possible.

818 Do you know who I should call?

819 Can you help me figure this out?

820 It is okay now. I found a solution.

Speak it: Say these aloud first. Then personalize at least five.

Health Symptoms

821 I do not feel very well today.

822 I have a headache.

823 My throat hurts.

824 I have been coughing since
yesterday.

825 I think I have a fever.

826 My stomach feels upset.

827 I feel a little dizzy.

828 My back is sore.

829 I am feeling very tired.

830 I did not sleep well last night.

831 The pain started this morning.

832 It hurts when I move.

833 The pain is getting worse.

834 I feel better than I did yesterday.

835 I need to rest for a while.

836 I should drink more water.

837 I am going to take the day off.

838 I do not think I can work today.

839 If it gets worse, I will see a doctor.

840 I hope I feel better tomorrow.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Doctor & Pharmacy

841 I would like to see a doctor.

842 Do I need an appointment?

843 How long will I have to wait?

844 I have had these symptoms for two days.

845 The pain is mostly on this side.

846 I am not taking any medication right now.

847 I have an allergy to this medicine.

848 How often should I take this?

849 Should I take it with food?

850 Are there any common side effects?

851 How long should I use this medicine?

852 What should I do if I miss a dose?

853 Do I need a prescription for this?

854 Is there a generic version?

855 Could you write the instructions down?

856 When should I come back?

857 What should I avoid while I recover?

858 Is it okay for me to drive?

859 Thank you for explaining everything.

860 I will follow the instructions carefully.

Speak it: Mark the sentences you can imagine using this week.

Safety & Emergencies

861 I need help right away.

862 Please call emergency services.

863 There has been an accident.

864 Someone is hurt.

865 Is everyone okay?

866 Please stay calm.

867 Do not move until help arrives.

868 We need to leave the building.

869 Where is the emergency exit?

870 I can smell smoke.

871 There is a fire alarm going off.

872 I lost my child in the crowd.

873 My phone has been stolen.

874 I need to report a missing bag.

875 I do not feel safe here.

876 Can you stay with me for a moment?

877 Where is the nearest police station?

878 Could you contact my family?

879 Help is on the way.

880 Thank you for staying with me.

Speak it: Repeat useful lines until they feel automatic.

Misunderstandings & Conflict

881 I think there has been a misunderstanding.

882 That is not what I meant.

883 Let me explain what happened.

884 I may have misunderstood you.

885 I should have been clearer.

886 I am sorry for the confusion.

887 I did not mean to upset you.

888 Can we talk about this calmly?

889 I understand why you are frustrated.

890 Please let me finish what I am saying.

891 I want to understand your point of view.

892 We seem to remember it differently.

893 Let us focus on the problem, not the person.

894 What would be a fair solution?

895 How can we fix this?

896 I am willing to meet you halfway.

897 I need a little time to think.

898 Let us continue this conversation later.

899 Thank you for hearing me out.

900 I am glad we cleared that up.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

PROBLEM SCRIPT

State facts in order: what happened → when/ where → what you need. Keep urgent communication short.

HEALTH CLARITY

Use precise time and location words: "since yesterday," "for two days," "on my left side."

COMMON MISTAKE

In conflict, avoid absolute words like "always" and "never." Describe the specific situation instead.

SAFETY NOTE

For real emergencies, prioritize local emergency instructions and professional help over language practice.

3 role-play prompts

1. Explain a simple problem and ask for help.

2. Describe a symptom with time detail.

3. Repair a misunderstanding calmly.

Confident Communication

Move beyond survival English: express opinions, negotiate, tell stories, and talk about the future.

LEARNING OBJECTIVE

Use flexible sentence patterns to express ideas, make requests, decide, tell short stories, and extend conversations.

901-1000

sentences in this module

CORE PATTERN

Idea + reason + follow-up

Opinions & Preferences

901 I think that is a good idea.

902 In my opinion, the simpler option is better.

903 I am not completely convinced.

904 I agree with most of what you said.

905 I see it a little differently.

906 That depends on the situation.

907 I would rather wait and see.

908 I prefer the first option.

909 I like both, but for different reasons.

910 The main advantage is the price.

911 The biggest problem is the timing.

912 From my experience, this works well.

913 I have not made up my mind yet.

914 I can see both sides.

915 That is an interesting point.

916 I had not considered that before.

917 I am open to changing my mind.

918 What makes you say that?

919 How do you feel about it?

920 What would you choose?

Speak it: Say these aloud first. Then personalize at least five.

Requests & Offers

921 Could you help me with this?

922 Would you mind opening the window?

923 Can you give me a hand?

924 Could I borrow your pen for a minute?

925 Would it be possible to change the time?

926 Can I ask you a quick favor?

927 Please let me know when you are ready.

928 Could you send that to me today?

929 Would you like some help?

930 Do you want me to carry that?

931 I can take care of this part.

932 Let me know if you need anything.

933 I can come a little earlier if that helps.

934 Shall I call them for you?

935 I would be happy to explain it again.

936 Thanks, but I can manage.

937 Yes, that would be really helpful.

938 I appreciate the offer.

939 Could we do it another way?

940 That would make things much easier.

Speak it: Aim for a smooth phrase, not perfect word-by-word pronunciation.

Decisions & Negotiation

941 Let us look at the options first.

942 What matters most to you?

943 We need to decide by tomorrow.

944 I think this is the safest choice.

945 The cheaper option may take longer.

946 I am willing to be flexible.

947 Could we meet in the middle?

948 That price is a little high for me.

949 Is there any room to adjust it?

950 What if we change the schedule instead?

951 I can agree to that condition.

952 I would need something in return.

953 Let us compare the pros and cons.

954 I do not want to rush the decision.

955 Can we sleep on it and decide tomorrow?

956 I think we have enough information now.

957 This seems like the best compromise.

958 Are we all comfortable with this plan?

959 Let us go with this option.

960 Great, then we have a deal.

Speak it: Mark the sentences you can imagine using this week.

Storytelling & Past Events

961 You will not believe what happened yesterday.

962 I was on my way home when it started raining.

963 At first, everything seemed normal.

964 Then I realized I had the wrong bag.

965 I called my friend immediately.

966 Luckily, they were still nearby.

967 We met at the same place again.

968 In the end, everything worked out.

969 It was stressful at the time.

970 Now I can laugh about it.

971 Something similar happened to me once.

972 A few years ago, I lived near the beach.

973 I used to walk there every evening.

974 One day, I met an old school friend there.

975 We had not seen each other for years.

976 We talked for almost two hours.

977 That was one of my favorite memories.

978 I learned a lot from that experience.

979 Since then, I always double-check everything.

980 That is the whole story.

Speak it: Repeat useful lines until they feel automatic.

Future Plans & Conversation Extenders

981 I am planning to start next week.

982 I hope to travel more this year.

983 I would like to learn something new.

984 I am thinking about changing my routine.

985 I might take a short trip next month.

986 I have not decided where to go yet.

987 My goal is to speak English every day.

988 I am going to practice for ten minutes daily.

989 I want to become more confident in conversations.

990 I will focus on one topic at a time.

991 What are you planning to do next?

992 What are you looking forward to?

993 What would you like to improve?

994 If you had more free time, what would you do?

995 What happened after that?

996 How did you feel about it?

997 What do you mean exactly?

998 Can you tell me more about that?

999 And what happened next?

1000 That reminds me of something.

Speak it: Finish by recalling five sentences without looking.

Turn the sentences into your English

CONVERSATION EXTENDER

Use one of five follow-ups whenever a conversation stalls: "Why?", "How?", "What happened next?", "How did you feel?", "Can you tell me more?"

OPINION LADDER

Start with your view, add one reason, then invite the other person: "I prefer X because _____. What would you choose?"

COMMON MISTAKE

Confidence does not mean speaking fast. Aim for clear chunks, short pauses, and complete thoughts.

ACTION STEP

Record a 60-second story about yesterday and a 60-second plan for tomorrow. Use at least five sentences from this module.

3 role-play prompts

1. Give an opinion and one reason.

2. Negotiate a simple plan.

3. Tell a short past story with a clear ending.

The 30-day speaking roadmap

You do not need to “finish” all 1,000 sentences before speaking. Build retrieval in layers: study, review, reuse.

Days 1-10

MODULES 1-2

20 new sentences per study day. Prioritize greetings, routines, time, and home language.

Days 11-20

MODULES 3-6

Rotate social, work, shopping, and food. Add one 60-second role-play every day.

Days 21-30

MODULES 7-10

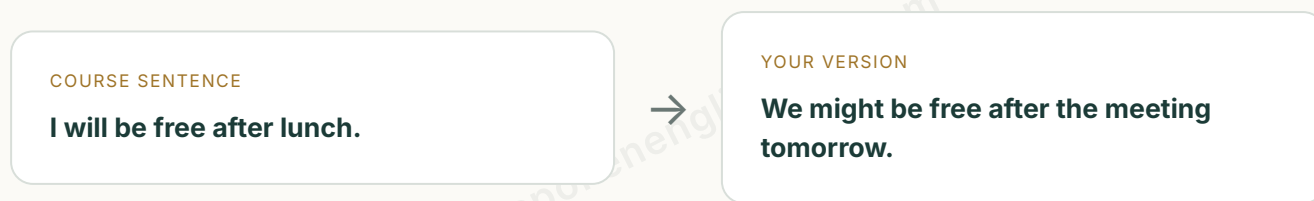
Travel, digital, problem-solving, and confident communication. Review weak sets instead of chasing speed.

REVIEW RULE

Every sixth study session, skip new material. Revisit your marked sentences and try to recall 20 without looking.

The sentence upgrade framework

Take any course sentence and make it more useful by changing four dimensions. This is how 1,000 sentences become thousands of combinations.



PRO TIP

Change only one or two elements at first. Too many changes at once increase hesitation.

When speaking still feels difficult

IF THIS HAPPENS...	DO THIS NEXT
I know the sentence but freeze.	Practice recall with the page covered. Use the first 2-3 words as a cue.
I speak too slowly.	Repeat the full sentence as a chunk; do not speed up individual words.
I forget words mid-sentence.	Use a simpler word or restart with a shorter structure.
I understand but cannot respond.	Memorize 10 response starters: "That makes sense," "I see," "Really?" "What happened next?"
I worry about grammar.	Prioritize a complete clear message first. Correct one recurring error at a time.
I keep translating.	Attach the sentence to a situation or image, not to a word-for-word translation.

BEST PRACTICE

Keep a personal "Top 50" list: the sentences you actually use in your own home, work, social, and travel life.

Can you do these 10 things in English?

☐ I can greet someone and ask a natural follow-up question.

☐ I can describe my routine and schedule without translating every word.

☐ I can make, accept, change, and decline simple plans politely.

☐ I can clarify tasks, deadlines, and feedback at work or in class.

☐ I can shop, pay, return an item, and book a service.

☐ I can order food and state preferences or dietary needs clearly.

☐ I can ask directions and handle common travel interactions.

☐ I can manage calls, messages, video calls, and common tech problems.

☐ I can explain a problem, symptom, or misunderstanding and ask for help.

☐ I can give an opinion, make a request, tell a short story, and talk about future plans.

Next action: Choose the two unchecked skills that matter most in your real life. Revisit those modules first.

COURSE COMPLETE

1,000 sentences are useful.
1,000 spoken repetitions are better.

Your next stage is simple: keep the sentences you need, personalize them, and use them in real conversations. Fluency grows when useful English becomes easy to retrieve.

REVIEW

PERSONALIZE

SPEAK

REPEAT