

ADULT MASTER EDITION

30-Day English Challenge

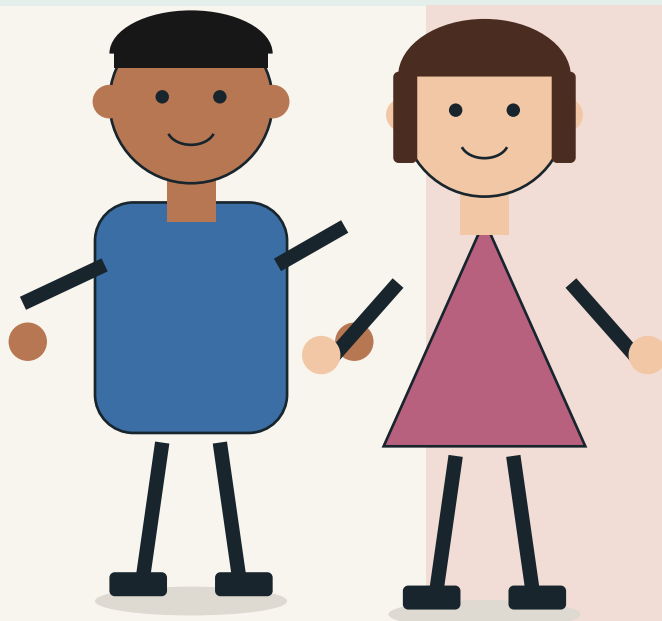
A complete illustrated speaking course for adults - everyday life, work, travel, confidence, pronunciation, and real conversation.

MAYA

Let us build your English step by step.

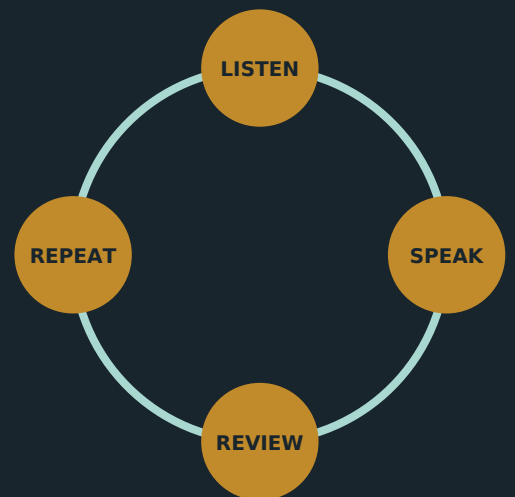
DANIEL

Hi! Nice to meet you.



88-PAGE VISUAL COURSE | 30 DAYS | 20-30 MINUTES A DAY

**You do not become fluent
by knowing more English.
You become fluent
by USING the English
you already know.**



This course is built around repeated use, not passive reading.

From hesitant English to practical everyday communication

A realistic 30-day system for adults who know some English but need a clearer way to speak it.

NOW

I understand some English, but I hesitate, translate in my head, or lose words.

30-DAY PROCESS

Learn one small system each day.
See it in a real scene.
Say it. Use it.

AFTER DAY 30

Handle many common conversations with short, clear, useful English.

YOU WILL PRACTICE:

- Speaking without translating every sentence
- Listening for key meaning
- Useful grammar in real contexts
- Adult work and travel situations
- Polite problem-solving
- Past, future, opinions, and stories

REAL-LIFE SCENE



Every day follows the same 5-step rhythm

The layout changes, but the learning sequence stays predictable so you always know what to do next.

1

LEARN

Read the core phrases and one simple language pattern.

2

SEE

Study the illustrated adult dialogue. Notice how short the turns are.

3

SAY

Repeat the phrases out loud. Copy rhythm and pauses.

4

PRACTICE

Build your own sentences, role-play, and answer the mini-check.

5

USE

Complete one real-life speaking task before you finish the day.

BEST DAILY ROUTINE: 20-30 MINUTES

5 min learn + 5 min repeat + 10 min speaking practice + 5 min challenge. If you are busy, do only the speaking section - then return later.

STARTING CHECK

Your Day-0 self-assessment

Do this before Day 1. Repeat the same test on Day 30 to notice what changed.

A

Introduce yourself for 30 seconds.

B

Describe your normal day in 5 sentences.

C

Ask 5 questions you might ask a new person.

D

Explain one simple problem and ask for help.

E

Tell a short story about yesterday.

RATE YOURSELF

I can start speaking.

1 2 3 4 5

I can continue for 30 sec.

1 2 3 4 5

I can ask questions.

1 2 3 4 5

I can recover when stuck.

1 2 3 4 5

I can speak clearly.

1 2 3 4 5

DO NOT TRY TO BE PERFECT.

This is only a starting point. Keep your recording or notes so you can compare them with your Day-30 performance.

Six phases. One clear journey.

The course grows from basic conversation to independent adult communication.

PHASE 1

START SPEAKING

Build the basic conversation engine: greet, introduce yourself, ask questions, use numbers, and create a daily routine.

PHASE 2

EVERYDAY ENGLISH

Use English in common daily situations: routines, preferences, food, shopping, and simple questions.

PHASE 3

PEOPLE & PLACES

Describe people and places, talk about family and hobbies, and give clear directions.

PHASE 4

WORK & DAILY LIFE

Use practical English for jobs, meetings, polite requests, problems, phone calls, and messages.

PHASE 5

TRAVEL & PROBLEM SOLVING

Handle airports, hotels, health needs, appointments, delays, lost items, and service problems.

PHASE 6

FLUENCY & NEXT LEVEL

Connect ideas across time: past, future, opinions, comparisons, stories, and a complete final conversation.

Pronunciation that improves understanding

You do not need a special accent. You need clear stress, useful pauses, and easy-to-hear key words.

1. STRESS

Make the important word stronger.

I NEED the **FILE** today.

2. PAUSE

Pause between ideas, not every word.

After work / **I study English.**

3. LINK

Common words connect naturally.

go_to_work / **would_you** / **can_I**

4. CLARIFY

Repeat names, numbers, and times slowly.

Gate THIRTEEN. / **3:15.**

THE RULE:

Clear communication beats perfect pronunciation. If a listener can understand you without effort, your pronunciation is doing its job.

The 5-part conversation engine

Use this simple structure whenever you do not know what to say next.

1

OPEN

Hi. Good morning.

2

ASK

How is your day going?

3

ANSWER + DETAIL

Good. I have a busy morning.

4

REACT / FOLLOW UP

Really? What are you working on?

5

CLOSE / NEXT STEP

Nice talking to you. See you later.

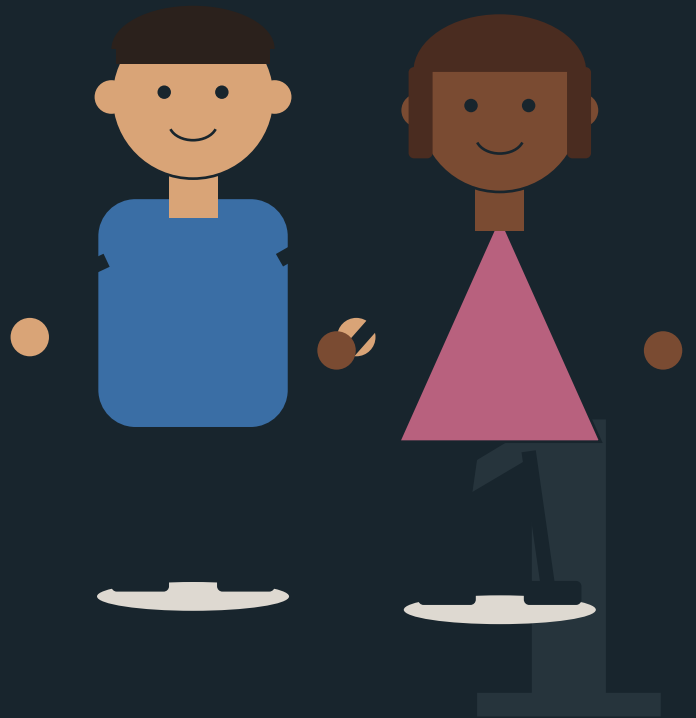
REAL-LIFE SCENE



PHASE 1

START SPEAKING

Build the basic conversation engine: greet, introduce yourself, ask questions, use numbers, and create a daily routine.



GREET

INTRODUCE

ASK

Greetings With Confidence

Open a conversation naturally and respond without freezing.

CORE PHRASES

- 1 Hello / Hi
- 2 Good morning / afternoon / evening
- 3 How are you?
- 4 I am good, thanks. And you?

ILLUSTRATED DIALOGUE



DANIEL: Good morning. How are you?

MAYA: I am good, thanks. And you?

DANIEL: Pretty good, thank you.

LANGUAGE PATTERN

Use a greeting + one follow-up question. A short, friendly opening is enough.

SOUND CLEAR

Stress the important words: GOOD MORNING. HOW are YOU?

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Hello / Hi / Good morning / afternoon / evening

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Greet 3 imaginary people: a coworker, a neighbor, and a shop assistant. Change your greeting each time.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

Introduce Yourself Clearly

Give a short introduction people can understand and remember.

CORE PHRASES

- 1 My name is ...
- 2 I am from ...
- 3 I live in ...
- 4 I work as ... / I study ...
- 5 Nice to meet you.

ILLUSTRATED DIALOGUE



EMMA: Hi, I am Emma. I am from Canada.

KARIM: Nice to meet you. I am Karim. I live in Dubai.

EMMA: Nice to meet you too.

LANGUAGE PATTERN

Build your introduction in this order:
name -> place -> work/study -> one
extra detail.

SOUND CLEAR

Do not rush your name or city. Pause
slightly after each piece of information.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: My name is ... / I am from ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Record a 30-second introduction. Listen once. Repeat it more slowly and clearly.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

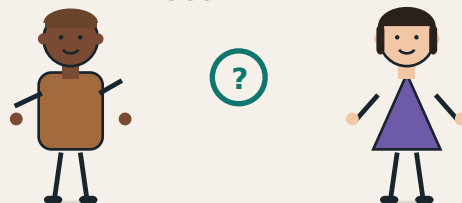
Ask Personal Questions Politely

Ask common questions without sounding abrupt.

CORE PHRASES

- 1 What is your name?
- 2 Where are you from?
- 3 Where do you live?
- 4 What do you do?
- 5 How about you?

ILLUSTRATED DIALOGUE



LEO: Where are you from?

SARA: I am from Egypt. How about you?

LEO: I am from Spain. I work in tourism.

LANGUAGE PATTERN

Most simple questions use a question word + helper + subject: Where + do + you + live?

SOUND CLEAR

Let your voice rise slightly when you are asking a friendly question.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: What is your name? / Where are you from?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Ask and answer 5 questions. After every answer, add one follow-up: Really? Nice. How about you?

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

Numbers, Dates, and Time

Say phone numbers, dates, prices, and appointment times clearly.

CORE PHRASES

- 1 My number is ...
- 2 It is at 3:15.
- 3 Today is Monday, July 12.
- 4 How much is it?
- 5 It is 35 dollars.

ILLUSTRATED DIALOGUE



RECEPTIONIST: What time is your appointment?

DAVID: It is at 3:15 on Friday, July 12.

RECEPTIONIST: Perfect. See you then.

LANGUAGE PATTERN

For clarity, group long numbers. Say dates slowly and use at for clock times.

SOUND CLEAR

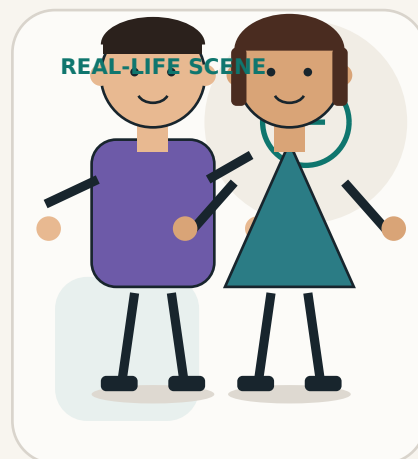
Say 13 and 30 carefully; 14 and 40; 15 and 50. Stress the ending in thirTEEN.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: My number is ... / It is at 3:15.

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Say your phone number, birth date, today's date, and three prices out loud.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

Create Your 20-Minute English Routine

Build a practice habit you can repeat even on busy days.

CORE PHRASES

- 1 5 min: listen
- 2 5 min: repeat
- 3 5 min: speak
- 4 5 min: review

ILLUSTRATED DIALOGUE



MAYA: I only have twenty minutes today.

DANIEL: That is enough. Listen, repeat, speak, and review.

MAYA: I can do that every day.

LANGUAGE PATTERN

Consistency beats intensity. A small daily loop gives your brain repeated retrieval practice.

SOUND CLEAR

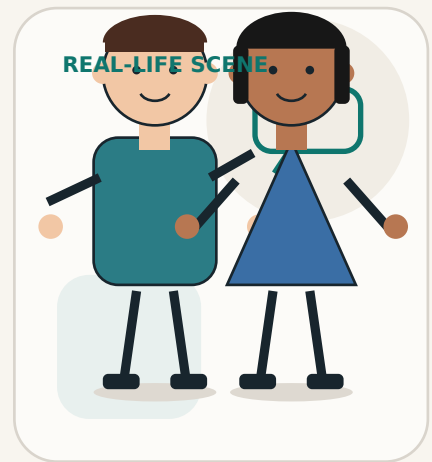
When repeating audio, copy rhythm and pauses - not only individual words.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: 5 min: listen / 5 min: repeat

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Choose one fixed daily time. Write it down. Complete the four-part routine today.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

PHASE CHECKPOINT

Days 1-5: prove what you can do

This page is a performance check, not a memory test. Speak first. Look back only if you need help.

1

Give a 30-second self-introduction.

2

Ask 5 personal questions.

3

Say one phone number, one date, and one appointment time.

4

Explain your daily English routine.

SELF-SCORE

Circle one: 1 = very difficult, 2 = difficult, 3 = manageable, 4 = comfortable, 5 = easy. Any score under 3 becomes a review target next week.

1

2

3

4

5

PHASE 2

EVERYDAY ENGLISH

Use English in common daily situations:
routines, preferences, food, shopping, and
simple questions.



ROUTINE

FOOD

SHOPPING

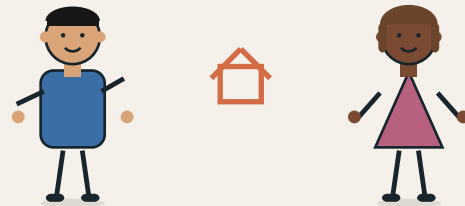
Talk About Your Daily Routine

Describe your normal day using simple present English.

CORE PHRASES

- 1 I usually wake up at ...
- 2 I go to work at ...
- 3 I have lunch at ...
- 4 In the evening, I ...
- 5 I sometimes ...

ILLUSTRATED DIALOGUE



MAYA: I usually wake up at 6:30.

DANIEL: What do you do after work?

MAYA: I study English and then I make dinner.

LANGUAGE PATTERN

Use simple present for habits: I work, she works, we study. Add usually/sometimes for frequency.

SOUND CLEAR

Link common phrases smoothly:
wake_up, go_to_work, in_the_evening.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: I usually wake up at ... / I go to work at ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Speak for 45 seconds about your morning, afternoon, and evening.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

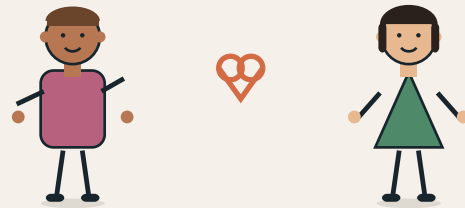
Likes, Dislikes, and Preferences

Explain what you enjoy and what you prefer.

CORE PHRASES

- 1 I like ...
- 2 I love ...
- 3 I do not like ...
- 4 I prefer ...
- 5 My favorite ... is ...

ILLUSTRATED DIALOGUE



OMAR: I like coffee, but I do not like tea.

NINA: I prefer tea because it is lighter.

OMAR: What kind of tea do you like?

LANGUAGE PATTERN

Use like/love/prefer + noun or -ing form: I like music. I like cooking.

SOUND CLEAR

Use contrast clearly: I **LIKE** coffee, but I **DO NOT LIKE** tea.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: I like ... / I love ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Give 5 preferences: food, music, transport, exercise, and weekend activity. Add one reason for each.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

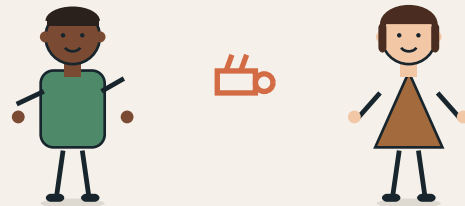
Order Food and Drinks

Order politely and respond to basic restaurant questions.

CORE PHRASES

- 1 I would like ...
- 2 Can I have ...?
- 3 What do you recommend?
- 4 Could I get the bill, please?
- 5 That is all, thank you.

ILLUSTRATED DIALOGUE



SERVER: What would you like?

ANNA: I would like the grilled chicken and a coffee, please.

SERVER: Anything else?

ANNA: That is all, thank you.

LANGUAGE PATTERN

Would like is polite and useful. Use some for uncountable food/drinks: some water, some rice.

SOUND CLEAR

Reduce naturally: I would like -> I'd like.
Keep please clear at the end.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: I would like ... / Can I have ...?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Role-play breakfast, lunch, and dinner orders. Ask one question about the menu each time.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

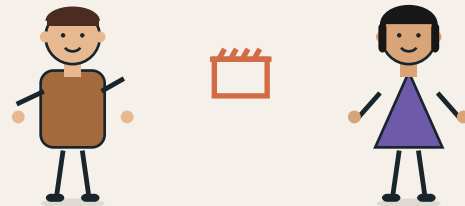
Shop and Ask About Prices

Ask about price, size, color, fit, and payment.

CORE PHRASES

- 1 **How much is this?**
- 2 **Do you have this in medium?**
- 3 **Do you have it in blue?**
- 4 **Can I try it on?**
- 5 **Can I pay by card?**

ILLUSTRATED DIALOGUE



CUSTOMER: How much is this shirt?

CLERK: It is 35 dollars.

CUSTOMER: Do you have it in blue?

CLERK: Yes, one moment.

LANGUAGE PATTERN

Use this for one item and these for more than one. Use in + size/color.

SOUND CLEAR

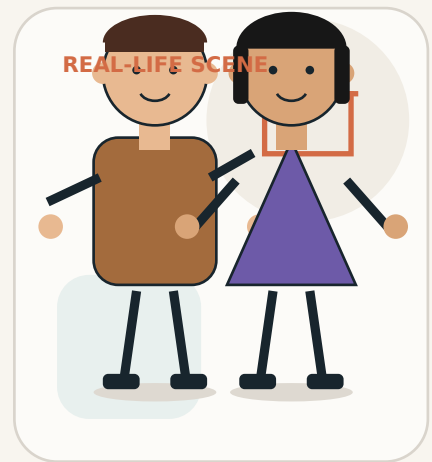
Make the price easy to hear: THIR-ty FIVE dollars, not one fast sound.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: How much is this? / Do you have this in medium?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Pretend to buy a shirt, shoes, and a gift. Ask 3 questions for each item.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

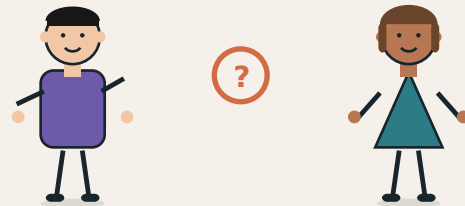
Build Better Questions

Use the six most useful question words in real conversations.

CORE PHRASES

- 1 What ...?
- 2 Where ...?
- 3 When ...?
- 4 Who ...?
- 5 Why ...?
- 6 How ...?

ILLUSTRATED DIALOGUE



JULIA: Where do you live?

PETER: I live in Madrid.

JULIA: How do you get to work?

PETER: By bus.

LANGUAGE PATTERN

For present simple questions, use do/does: Where do you live? What does she do?

SOUND CLEAR

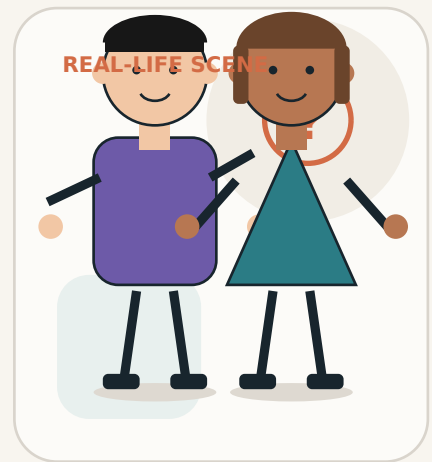
Question words are usually stressed:
WHERE do you **LIVE**?

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: What ...? / Where ...?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Create one useful question with each question word. Answer all six in full short sentences.

MINI CHECK - BEFORE YOU FINISH

☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

PHASE CHECKPOINT

Days 6-10: prove what you can do

This page is a performance check, not a memory test. Speak first. Look back only if you need help.

1

Describe your normal day for 45 seconds.

2

Order a full meal and ask for the bill.

3

Buy an item: ask price, size, color, and payment.

4

Ask and answer six question-word questions.

SELF-SCORE

Circle one: 1 = very difficult, 2 = difficult, 3 = manageable, 4 = comfortable, 5 = easy. Any score under 3 becomes a review target next week.

1

2

3

4

5

PHASE 3

PEOPLE & PLACES

Describe people and places, talk about family and hobbies, and give clear directions.



PEOPLE

PLACES

DIRECTIONS

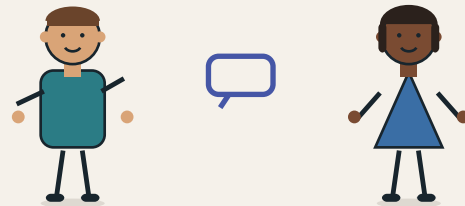
Describe People Respectfully

Describe appearance, personality, and work style without sounding rude.

CORE PHRASES

- 1 **He is friendly.**
- 2 **She is organized.**
- 3 **They are helpful.**
- 4 **He has short hair.**
- 5 **She is wearing ...**

ILLUSTRATED DIALOGUE



LINA: My manager is friendly and very organized.

TOM: My sister is quiet, but she is very funny.

LINA: She sounds nice.

LANGUAGE PATTERN

Use be + adjective for personality. Use have/has for physical features. Use wearing for clothes now.

SOUND CLEAR

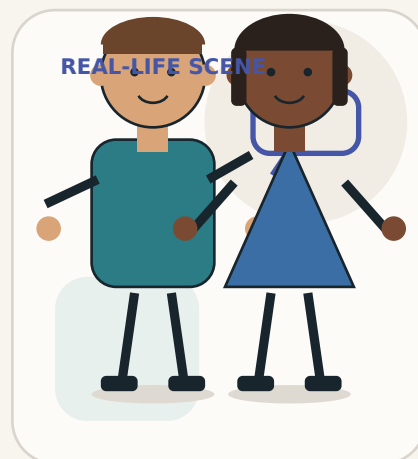
Put extra stress on the adjective: She is very OR-ga-nized.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: He is friendly. / She is organized.

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Describe two people: one person you work with and one friend or relative. Use 4 details each.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

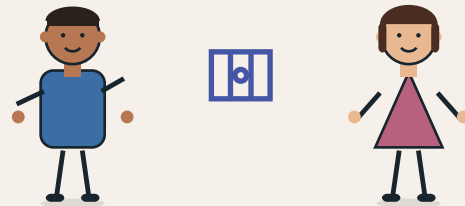
Describe Places Clearly

Explain what a place is like and what is nearby.

CORE PHRASES

- 1 **There is ...**
- 2 **There are ...**
- 3 **It is quiet / busy / crowded.**
- 4 **It is near ...**
- 5 **It is next to ...**

ILLUSTRATED DIALOGUE



SOFIA: There is a park near my apartment.

HUGO: Is the area busy?

SOFIA: Not really. It is quiet and convenient.

LANGUAGE PATTERN

Use there is for one thing and there are for more than one.

SOUND CLEAR

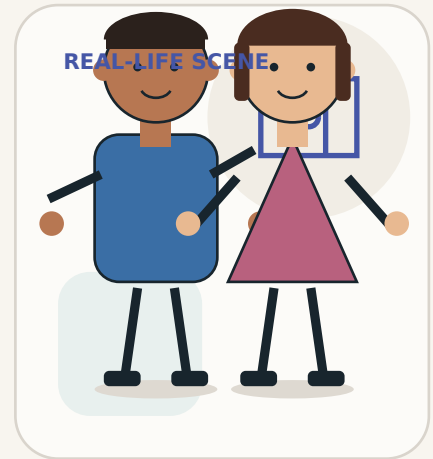
Pause after the place: Near my apartment, / there is a small park.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: There is ... / There are ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Describe your home, street, and city. Use there is/are and 5 place adjectives.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

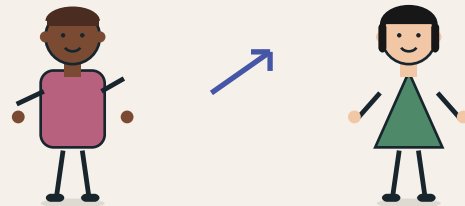
Give Simple Directions

Guide someone using short, numbered direction steps.

CORE PHRASES

- 1 Go straight.
- 2 Turn left.
- 3 Turn right.
- 4 It is on your left.
- 5 It is next to ...
- 6 It is across from ...

ILLUSTRATED DIALOGUE



MAN: Excuse me, where is the bank?

WOMAN: Go straight. Turn left at the light. It is next to the pharmacy.

MAN: Thank you very much.

LANGUAGE PATTERN

Give one instruction at a time. Use at for landmarks: turn left at the light.

SOUND CLEAR

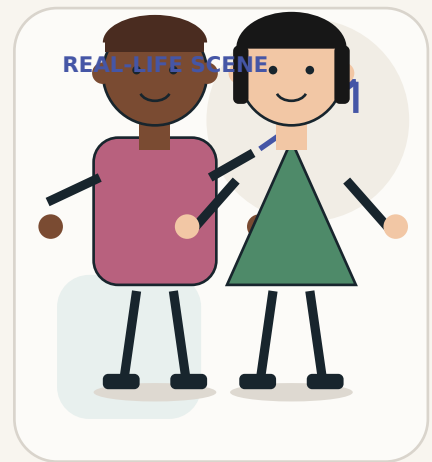
Stress action words: GO straight. TURN left. NEXT to the pharmacy.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Go straight. / Turn left.

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Draw a tiny map from your home to one place. Explain the route in 4 numbered steps.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

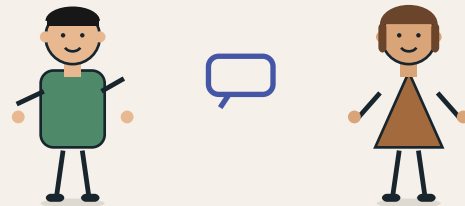
Talk About Family and Relationships

Introduce important people in your life using simple details.

CORE PHRASES

- 1 This is my ...
- 2 He works as ...
- 3 She lives in ...
- 4 We have ...
- 5 We usually ... together.

ILLUSTRATED DIALOGUE



RITA: My brother is 28. He works as an engineer.

SAM: Does he live near you?

RITA: Yes. We often have dinner together.

LANGUAGE PATTERN

Use possessives clearly: my, your, his, her, our, their.

SOUND CLEAR

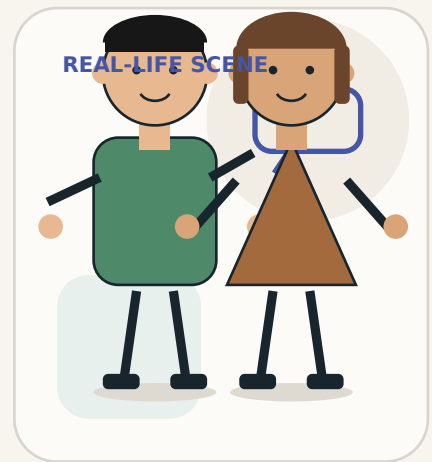
Do not swallow family words: BRO-ther, SIS-ter, PART-ner.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: This is my ... / He works as ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Introduce 3 people in your life. Give relationship, work, location, and one personality detail.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

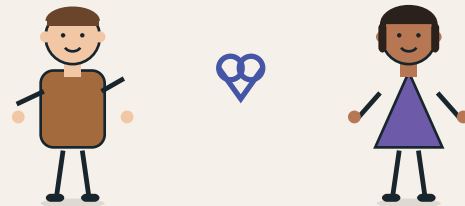
Talk About Hobbies and Free Time

Keep a social conversation going with interests and follow-up questions.

CORE PHRASES

- 1 In my free time, I ...
- 2 On weekends, I ...
- 3 I enjoy ...
- 4 I am interested in ...
- 5 What do you do for fun?

ILLUSTRATED DIALOGUE



YUKI: In my free time, I read and cook.

MARIO: What do you like to cook?

YUKI: Mostly Japanese food. How about you?

LANGUAGE PATTERN

Use enjoy + -ing: I enjoy reading. Use interested in + noun/-ing.

SOUND CLEAR

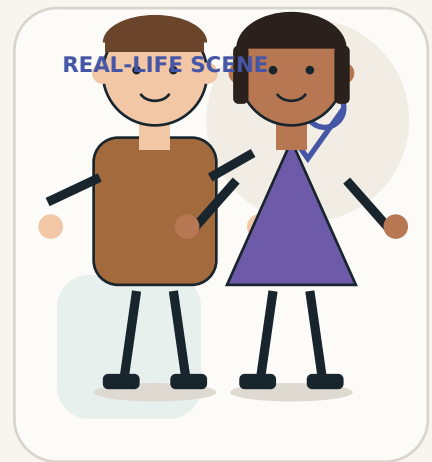
Use friendly follow-up stress: What do YOU do for FUN?

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: In my free time, I ... / On weekends, I ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Speak for 1 minute about 3 hobbies. Ask 3 follow-up questions you could ask another person.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

PHASE CHECKPOINT

Days 11-15: prove what you can do

This page is a performance check, not a memory test. Speak first. Look back only if you need help.

1

Describe two people respectfully.

2

Describe your neighborhood using there is/are.

3

Give directions to a nearby place.

4

Talk about family and hobbies for 1 minute.

SELF-SCORE

Circle one: 1 = very difficult, 2 = difficult, 3 = manageable, 4 = comfortable, 5 = easy. Any score under 3 becomes a review target next week.

1

2

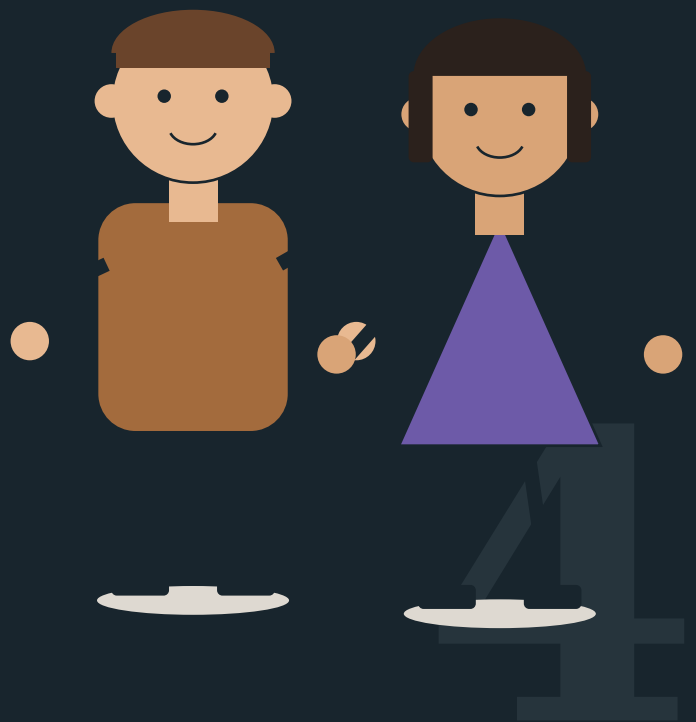
3

4

5

WORK & DAILY LIFE

Use practical English for jobs, meetings, polite requests, problems, phone calls, and messages.



WORK

MEETINGS

CALLS

Talk About Your Job or Studies

Explain your role, responsibilities, and schedule in simple professional English.

CORE PHRASES

- 1 I work as ...
- 2 I work for ...
- 3 I am responsible for ...
- 4 I usually ...
- 5 I am working on ...

ILLUSTRATED DIALOGUE



NOAH: I work as a sales assistant.

ELLA: What are you responsible for?

NOAH: I help customers and answer emails.

LANGUAGE PATTERN

Use simple present for regular duties and present continuous for a current project.

SOUND CLEAR

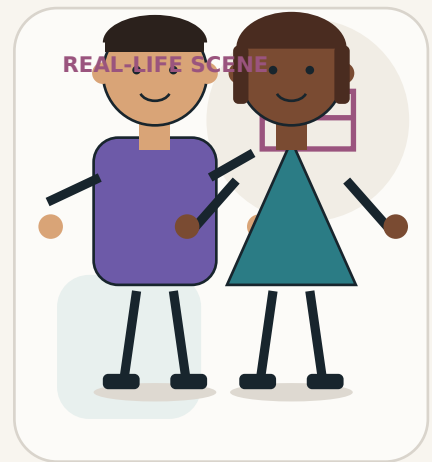
Stress the task, not every word: I **HELP** CUSTOMERS and **ANSWER** EMAILS.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: I work as ... / I work for ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Give a 45-second professional introduction: role, company/field, 3 tasks, current project.

MINI CHECK - BEFORE YOU FINISH

☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

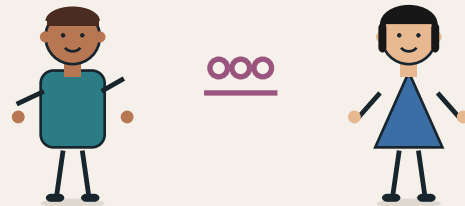
Join a Simple Meeting

Enter, contribute to, and close a basic meeting conversation.

CORE PHRASES

- 1 **Shall we start?**
- 2 **I think ...**
- 3 **In my opinion ...**
- 4 **I agree.**
- 5 **Could you explain that?**
- 6 **Let us do that.**

ILLUSTRATED DIALOGUE



MANAGER: Shall we start?

LENA: Yes. I think we should begin with the budget.

ALI: I agree. That is the priority.

LANGUAGE PATTERN

Use should for a suggestion: We should start now. We should call the client.

SOUND CLEAR

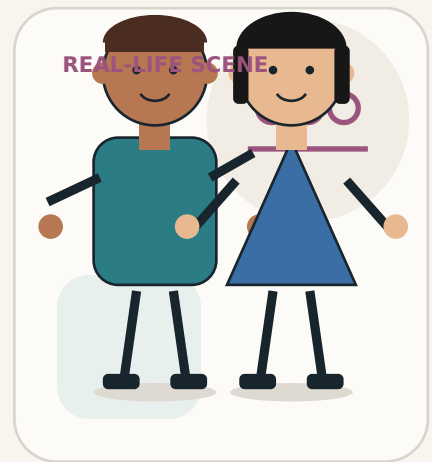
Professional speech can be slower.
Pause before your main point.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Shall we start? / I think ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Role-play a 3-minute meeting: opening, one opinion, one agreement/disagreement, one decision.

MINI CHECK - BEFORE YOU FINISH

☐ I said the phrases out loud.

☐ I made my own examples.

☐ I completed the challenge.

Make Polite Requests

Ask for help without sounding demanding.

CORE PHRASES

- 1 **Could you ...?**
- 2 **Would you mind ...?**
- 3 **Can you help me with ...?**
- 4 **When you have time ...**
- 5 **Thank you - I appreciate it.**

ILLUSTRATED DIALOGUE



JAMES: Could you send me the file, please?

MIA: Of course. I can do that this afternoon.

JAMES: Thank you. I appreciate it.

LANGUAGE PATTERN

Could you is polite and direct. Would you mind + -ing is softer and more formal.

SOUND CLEAR

Use a calm tone. The politeness comes from both words and voice.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Could you ...? / Would you mind ...?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Create 5 requests: coworker, manager, customer service, neighbor, and hotel staff.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

Explain Problems and Ask for Help

State the issue, give one useful detail, and ask for a solution.

CORE PHRASES

- 1 I have a problem with ...
- 2 It is not working.
- 3 I cannot access ...
- 4 Could you help me?
- 5 What should I do?

ILLUSTRATED DIALOGUE



CUSTOMER: The machine is not working.

STAFF: I am sorry about that. Let me check it.

CUSTOMER: Thank you. I need it for a meeting at two.

LANGUAGE PATTERN

A strong problem statement has 3 parts: problem -> important detail -> request.

SOUND CLEAR

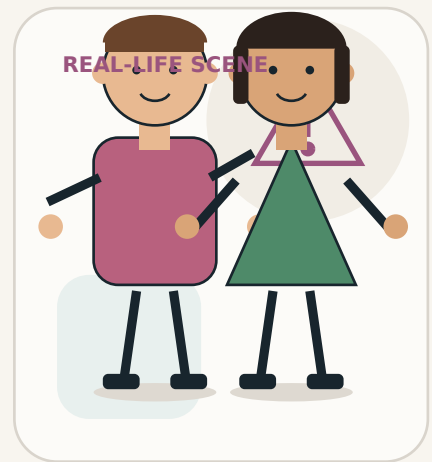
Keep your first sentence short and clear. Add detail after the listener understands the problem.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: I have a problem with ... / It is not working.

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Explain 3 problems: a broken device, a wrong bill, and an account/login issue.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

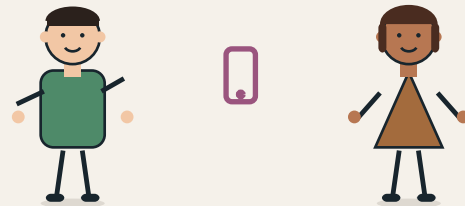
Phone Calls and Voice Messages

Start a phone call, ask for someone, and leave a clear message.

CORE PHRASES

- 1 Hello, this is ...
- 2 May I speak to ...?
- 3 I am calling about ...
- 4 Could you ask them to call me back?
- 5 My number is ...

ILLUSTRATED DIALOGUE



CALLER: Hello, this is Daniel. May I speak to Ms. Clark?

RECEPTIONIST: She is in a meeting. Can I take a message?

CALLER: Yes. Please ask her to call me back.

LANGUAGE PATTERN

On the phone, identify yourself early and keep your reason for calling in one sentence.

SOUND CLEAR

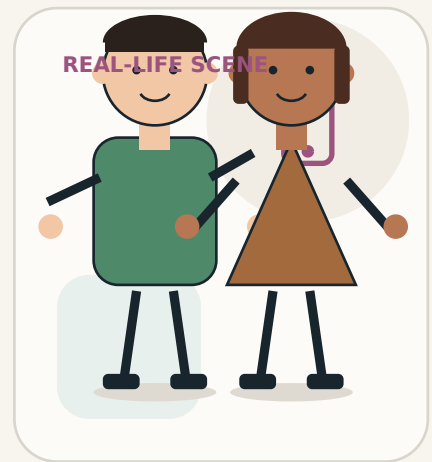
Numbers need extra clarity on the phone. Say them in groups and repeat if needed.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Hello, this is ... / May I speak to ...?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Record a 25-second voicemail: name, reason, request, phone number, thanks.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

PHASE CHECKPOINT

Days 16-20: prove what you can do

This page is a performance check, not a memory test. Speak first. Look back only if you need help.

1

Give a professional introduction.

2

Share one opinion in a meeting.

3

Make three polite requests.

4

Leave a clear 20-second phone message.

SELF-SCORE

Circle one: 1 = very difficult, 2 = difficult, 3 = manageable, 4 = comfortable, 5 = easy. Any score under 3 becomes a review target next week.

1

2

3

4

5

TRAVEL & PROBLEM SOLVING

Handle airports, hotels, health needs, appointments, delays, lost items, and service problems.



TRAVEL

HOTELS

PROBLEMS

Airport and Train Station English

Find your gate/platform, confirm times, and understand basic travel instructions.

CORE PHRASES

- 1 Which gate is it?
- 2 Where is platform 4?
- 3 What time does it leave?
- 4 Is it delayed?
- 5 Here is my passport / ticket.

ILLUSTRATED DIALOGUE



TRAVELER: Which gate is the flight to Rome?

AGENT: Gate 12. Boarding starts at 8:20.

TRAVELER: Thank you. Is it on time?

LANGUAGE PATTERN

Use which for a choice (which gate?) and where for location (where is gate 12?).

SOUND CLEAR

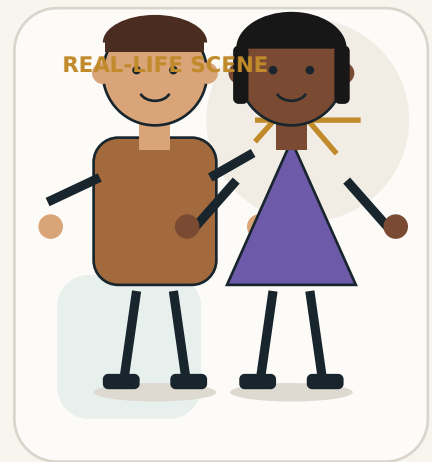
Travel announcements are fast. Listen for destination, number, and time first.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Which gate is it? / Where is platform 4?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Role-play: check in, ask for the gate, ask about a delay, and confirm boarding time.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

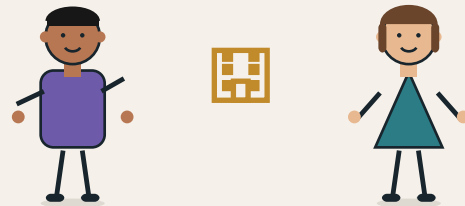
Check In to a Hotel

Check in, ask about services, and report a room problem politely.

CORE PHRASES

- 1 I have a reservation under ...
- 2 Can I see your ID?
- 3 What time is check-out?
- 4 Is breakfast included?
- 5 The Wi-Fi is not working.

ILLUSTRATED DIALOGUE



GUEST: Hi, I have a reservation under Patel.

STAFF: Of course. Can I see your ID?

GUEST: Sure. Is breakfast included?

LANGUAGE PATTERN

Under + surname is common for reservations. Use included for services in the room price.

SOUND CLEAR

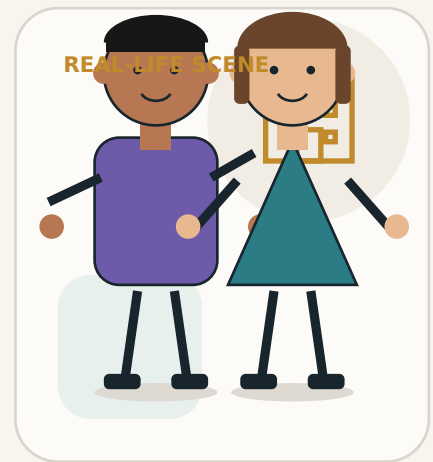
Say your surname slowly. If needed, spell it letter by letter.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: I have a reservation under ... / Can I see your ID?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Role-play check-in plus one problem: noise, Wi-Fi, air conditioning, or room key.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

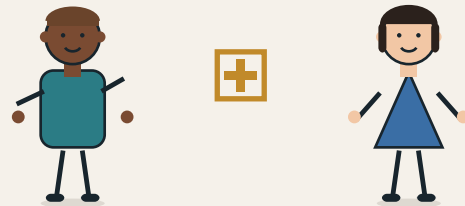
Doctor and Pharmacy English

Describe basic symptoms and understand simple instructions.

CORE PHRASES

- 1 I have a headache / fever / cough.
- 2 It hurts here.
- 3 I have had it for two days.
- 4 Do I need a prescription?
- 5 How often should I take it?

ILLUSTRATED DIALOGUE



PATIENT: I have a headache and a cough.

PHARMACIST: How long have you had it?

PATIENT: For two days.

LANGUAGE PATTERN

Use have + symptom. Use for + period of time: for two days, for a week.

SOUND CLEAR

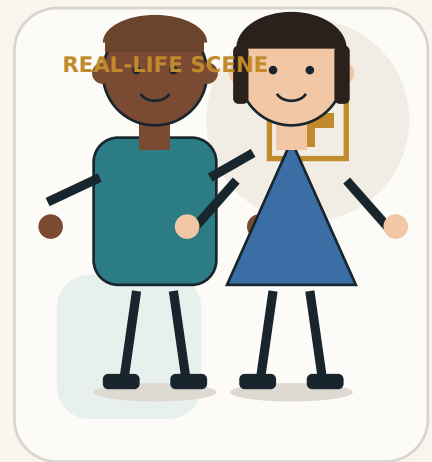
Be specific about time and location of pain. Speak slowly; health conversations need accuracy.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: I have a headache / fever / cough. / It hurts here.

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Practice 3 symptom explanations. Include what, where, how long, and one question.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

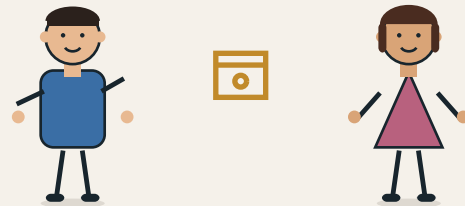
Make Plans and Appointments

Suggest a time, confirm it, and reschedule politely.

CORE PHRASES

- 1 Are you free on ...?
- 2 Does 3 p.m. work for you?
- 3 That works for me.
- 4 See you then.
- 5 Can we move it to ...?

ILLUSTRATED DIALOGUE



RAHUL: Are you free on Thursday?

LUCY: Yes. Does 3 p.m. work for you?

RAHUL: Perfect. See you then.

LANGUAGE PATTERN

Use on + day/date and at + time. Use move it to for rescheduling.

SOUND CLEAR

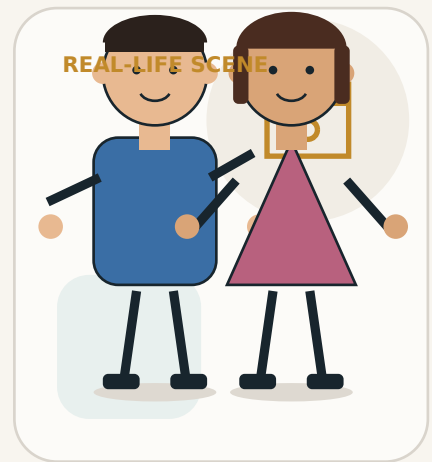
Confirm the final day and time clearly at the end of the conversation.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Are you free on ...? / Does 3 p.m. work for you?

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Make one work appointment and one social plan. Then change one of the times politely.

MINI CHECK - BEFORE YOU FINISH

☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

Solve Everyday Problems

Use a calm three-step system when something goes wrong.

CORE PHRASES

- 1 Excuse me, there is a problem.
- 2 This is the wrong order.
- 3 I cannot find my bag.
- 4 There is a delay.
- 5 Could you help me?

ILLUSTRATED DIALOGUE



CUSTOMER: Excuse me, this is the wrong order.

SERVER: I am sorry. I will change it right away.

CUSTOMER: Thank you. I ordered the vegetarian meal.

LANGUAGE PATTERN

Use: 1) problem, 2) evidence/detail, 3) request. Avoid long emotional explanations.

SOUND CLEAR

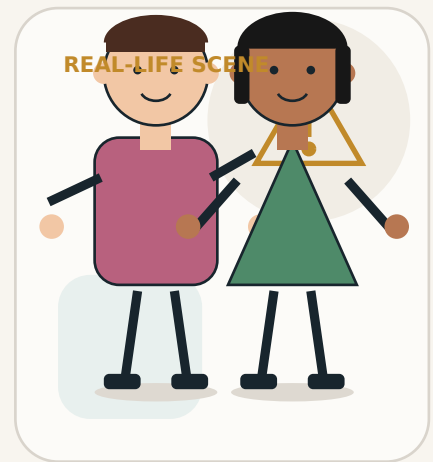
Sound firm but calm. Stress the key noun: WRONG ORDER, LOST BAG, DELAY.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Excuse me, there is a problem. / This is the wrong order.

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Choose 4 problems and solve each with the 3-step system.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

PHASE CHECKPOINT

Days 21-25: prove what you can do

This page is a performance check, not a memory test. Speak first. Look back only if you need help.

1

Ask for travel information.

2

Check in to a hotel.

3

Explain a simple health need.

4

Solve one service problem with the 3-step system.

SELF-SCORE

Circle one: 1 = very difficult, 2 = difficult, 3 = manageable, 4 = comfortable, 5 = easy. Any score under 3 becomes a review target next week.

1

2

3

4

5

PHASE 6

FLUENCY & NEXT LEVEL

Connect ideas across time: past, future, opinions, comparisons, stories, and a complete final conversation.



PAST

FUTURE

STORIES

Talk About the Past

Describe yesterday and past experiences with simple past verbs.

CORE PHRASES

- 1 Yesterday, I ...
- 2 Last weekend, I ...
- 3 I went ...
- 4 I saw ...
- 5 I had ...
- 6 I worked ...

ILLUSTRATED DIALOGUE



ELENA: Last weekend, I visited my parents.
MARK: What did you do there?
ELENA: We cooked dinner and watched a movie.

LANGUAGE PATTERN

Use past forms for finished actions.
 Common irregulars: go->went,
 see->saw, have->had.

SOUND CLEAR

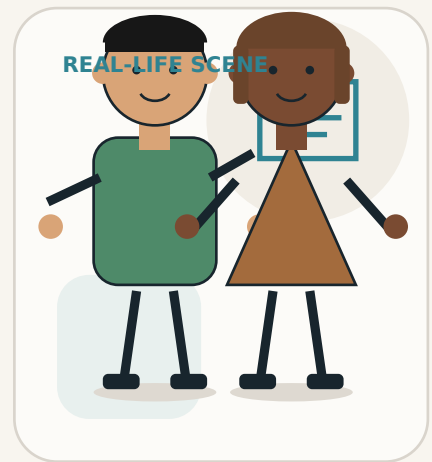
Past endings can be soft. Focus on
 being understandable rather than
 exaggerating -ed.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Yesterday, I ... / Last weekend, I ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Tell a 60-second story about yesterday using at least 5 past verbs.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

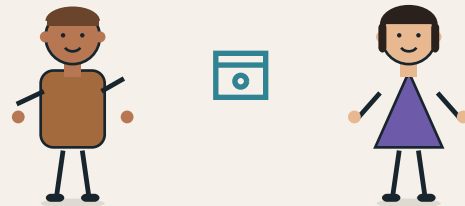
Talk About Future Plans

Explain plans, intentions, and upcoming events.

CORE PHRASES

- 1 I am going to ...
- 2 I plan to ...
- 3 I will ...
- 4 Next week ...
- 5 In the future ...

ILLUSTRATED DIALOGUE



BEN: Next month, I am going to take an English exam.

LARA: How are you going to prepare?

BEN: I will study every evening.

LANGUAGE PATTERN

Going to = plan/intention. Will = instant decision, promise, or neutral future statement.

SOUND CLEAR

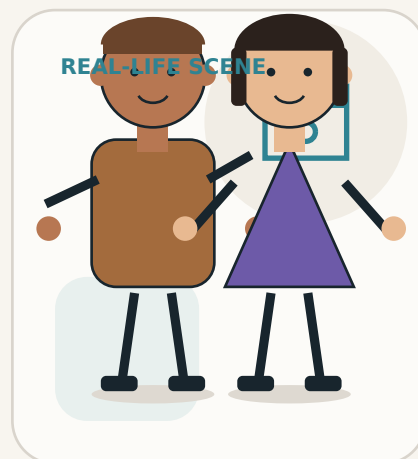
Connect future phrases smoothly:
going_to, plan_to, next_week.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: I am going to ... / I plan to ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Give 5 future plans: work, learning, health, family, and travel.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

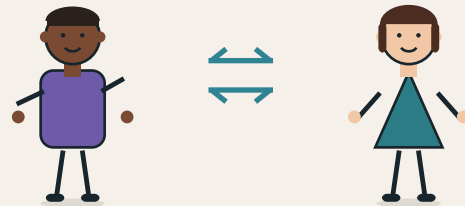
Give Opinions and Compare Choices

State your view, compare options, and disagree politely.

CORE PHRASES

- 1 I think ...
- 2 In my opinion ...
- 3 I agree.
- 4 I see your point, but ...
- 5 X is better than Y.
- 6 X is more ... than Y.

ILLUSTRATED DIALOGUE



ANA: I think the train is better than the bus because it is faster.

ROY: I agree, but the bus is cheaper.

ANA: That is true.

LANGUAGE PATTERN

Use -er for many short adjectives (faster, cheaper) and more for longer ones (more comfortable).

SOUND CLEAR

Polite disagreement starts softer: I see your point, but ...

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

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ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Compare two phones, two transport options, and two ways to learn English. Give reasons.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

Tell a Short Story

Speak for 60-90 seconds with a clear beginning, middle, and end.

CORE PHRASES

- 1 **First ...**
- 2 **Then ...**
- 3 **After that ...**
- 4 **Suddenly ...**
- 5 **Finally ...**
- 6 **The best/worst part was ...**

ILLUSTRATED DIALOGUE



SPEAKER: First, I missed the bus. Then I took a taxi.

FRIEND: Oh no. What happened next?

SPEAKER: Finally, I arrived - and the meeting went well.

LANGUAGE PATTERN

Use sequencing words to show order. Keep one event per sentence when the story is complicated.

SOUND CLEAR

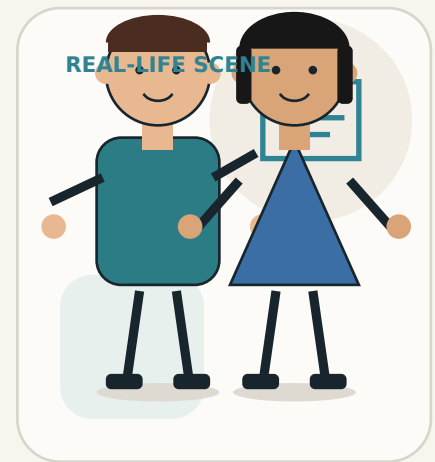
Pause at each stage. This makes your story easier to follow and gives you thinking time.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: First ... / Then ...

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Tell one real story: a trip, a difficult day, a funny mistake, or a successful moment.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

Your Day-30 Real Conversation

Combine greetings, questions, details, opinions, plans, and follow-ups in one conversation.

CORE PHRASES

- 1 **Start naturally.**
- 2 **Ask and answer questions.**
- 3 **Add details.**
- 4 **React to the other person.**
- 5 **Make a plan or close politely.**

ILLUSTRATED DIALOGUE



MARIA: Hi, I am Maria. Nice to meet you.
JAVIER: Nice to meet you too. Where are you from?
MARIA: I am from Brazil. I work in marketing. How about you?
JAVIER: I am from Spain, and I work in sales.
MARIA: Great. Are you free for coffee tomorrow?
JAVIER: Yes, that sounds good.

LANGUAGE PATTERN

Fluency means connecting useful small pieces. You do not need complicated sentences to have a real conversation.

SOUND CLEAR

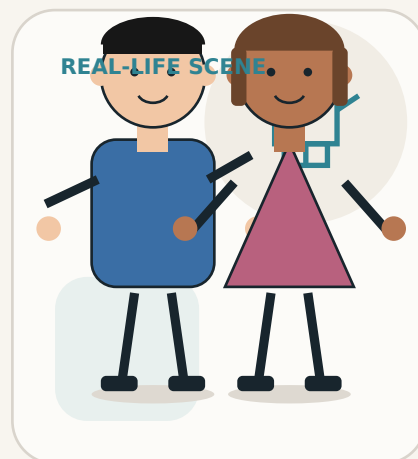
Use pauses instead of filler sounds. Give yourself time to think.

60-SECOND LESSON

Do not memorize the whole dialogue. Notice the reusable pieces. Say the core phrases first, then change one detail so the English becomes yours.

Practice it, step by step.

Work through the steps in order. Step 3 is where passive English becomes active English.



1

WARM UP

Repeat these 3 times: Start naturally. / Ask and answer questions.

2

BUILD

Change one detail in each model phrase. Make at least 5 new sentences.

3

ROLE-PLAY

Play both speakers once. Then repeat the conversation without reading.

4

REAL-LIFE CHALLENGE

Have or record a 3-minute conversation. Use at least 10 phrases from the course.

MINI CHECK - BEFORE YOU FINISH☐

I said the phrases out loud.

☐

I made my own examples.

☐

I completed the challenge.

PHASE CHECKPOINT

Days 26-30: prove what you can do

This page is a performance check, not a memory test. Speak first. Look back only if you need help.

1

Tell a short past story.

2

Explain three future plans.

3

Compare two choices and give an opinion.

4

Have a 3-minute final conversation.

SELF-SCORE

Circle one: 1 = very difficult, 2 = difficult, 3 = manageable, 4 = comfortable, 5 = easy. Any score under 3 becomes a review target next week.

1

2

3

4

5

The 3 time zones of English

Choose the time first. Then build a short sentence.

PRESENT

HABITS / FACTS / NOW

- I work in sales.
- She lives here.
- I am studying now.

PAST

FINISHED BEFORE NOW

- I worked yesterday.
- She went home.
- We had dinner.

FUTURE

PLANS / AFTER NOW

- I am going to call.
- We will meet tomorrow.
- I plan to travel.

FAST DECISION RULE

Ask: Am I talking about now, before now, or after now? Choose that time zone. Then use the simplest verb form you know. Clear meaning first; accuracy improves with repetition.

The question builder

Good conversations are powered by good questions.

WHAT

things / information

What do you do?

WHERE

place

Where do you live?

WHEN

time

When does it start?

WHO

person

Who is your manager?

WHY

reason

Why are you learning English?

HOW

method / condition

How do you get to work?

FOLLOW-UP FORMULA

Answer + one detail + ask back. Example: I live in Delhi. I moved there two years ago. How about you?

Workplace English quick reference

Use these phrases as a reusable professional speaking card.

Start a meeting

Shall we start? / Can we begin with the first item? / What is the priority today?

Share a view

I think ... / In my opinion ... / From my perspective ...

Clarify

Could you explain that? / Do you mean ...? / Can you give an example?

Request

Could you send me ...? / Can you help me with ...? / When you have time ...

Close

That sounds good. / Let us do that. / I will follow up by email.

Travel and everyday emergency English

Short, useful phrases for situations where clarity matters.

Transport

Which gate/platform is it? / What time does it leave? / Is it delayed?

Hotel

I have a reservation under ... / What time is check-out? / Is breakfast included?

Directions

Go straight. / Turn left. / It is next to ... / Is it far from here?

Problems

I cannot find my bag. / This is the wrong order. / Could you help me?

Health

I have a headache. / I have had it for two days. / How often should I take it?

Conversation rescue phrases

Use these when your vocabulary runs out - do not leave the conversation.

Ask for repetition

Could you say that again, please? / Sorry, I did not catch that.

Ask for slower speech

Could you speak more slowly? / A little slower, please.

Buy thinking time

Let me think for a moment. / How can I say this ...?

Check meaning

What does that mean? / Do you mean ...? / So, you are saying ...?

Be honest

I am still learning English. / I understand a little. / Could you help me with this word?

Core phrase bank

A compact bank of patterns you can reuse in hundreds of conversations.

Introduce

My name is ... / I am from ... / I live in ... / I work as ...

Ask

What ...? / Where ...? / When ...? / Why ...? / How ...?

React

Really? / That sounds good. / I see. / That is interesting.

Request

Could you ...? / Can I ...? / Would you mind ...?

Continue

How about you? / What happened next? / Why do you think that?

Your next 7 days

The 30-day challenge is the start. Use this week to turn the course into a lasting speaking system.

DAY 1

Repeat Days 1-5

Record a stronger 1-minute self-introduction.

DAY 2

Repeat Days 6-10

Use food, shopping, and question phrases in mini role-plays.

DAY 3

Repeat Days 11-15

Describe people, places, and hobbies for 2 minutes.

DAY 4

Repeat Days 16-20

Practice meetings, requests, problems, and one voice message.

DAY 5

Repeat Days 21-25

Run a full travel day: station -> hotel -> problem.

DAY 6

Repeat Days 26-30

Tell a story, give plans, compare choices, and speak for 3 minutes.

DAY 7

Real-world test

Have one real conversation or a 5-minute recorded simulation.

Repeat your Day-0 self-assessment

Do the same five tasks again. Compare speed, comfort, vocabulary, and how often you need to stop.

1

Introduce yourself for 60 seconds.

2

Describe your normal day for 60 seconds.

3

Ask and answer 8 questions.

4

Explain a problem and solve it politely.

5

Tell a 90-second past story and add one future plan.

COMPARE

Starting speed

DAY 0 DAY 30



Sentence length

DAY 0 DAY 30



Question confidence

DAY 0 DAY 30



Recovery when stuck

DAY 0 DAY 30



Pronunciation clarity

DAY 0 DAY 30



FINAL TAKEAWAY

Your next goal is not to collect more rules. Keep using the same core patterns in more situations, with more vocabulary, and for longer conversations. Fluency grows by expanding a system you can already use.