



A 3-Step Solution to Speak with Clarity, Fluency, and Freedom

# Get the Confidence to Say What You Want in English

PART 1

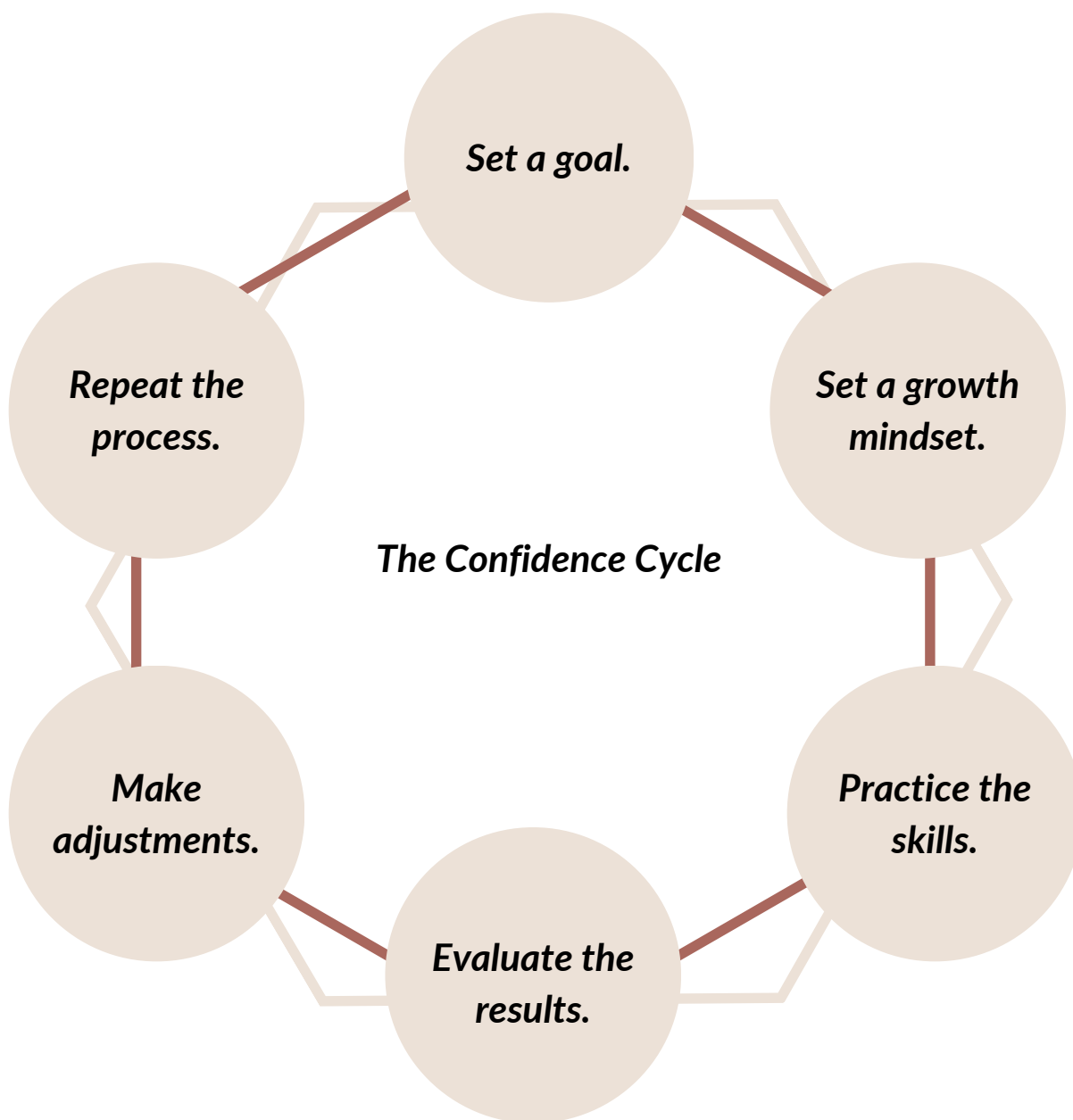
SPEAK CONFIDENT ENGLISH



# The Confidence Cycle

The path to confidence - in any skill - is the same.

It follows a process that gives you a clear direction, helps you stay motivated, provides actionable steps, measures results, and leads to progress.



## Get the Confidence to Say What You Want in English

# Part 1 — Practice Activity

In Part 1 of my How to Say What You Want in English training, I recommend that you practice recording yourself.

Follow the steps below to practice.



## Step 1: Prepare

For your recording, you will answer the question: What did I do yesterday?

Consider these questions and write down a few keywords:

- What did I do?
- What did I see or talk to?
- Where did I go?
- What was a highlight?

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## Step 2: Record

First, set a timer for 1 minute.

Then, get a smart phone with a voice recording app or a recording app online.

When you're ready, record yourself answering the question. If you make a mistake, don't worry. Just pause, then keep going. Complete the full minute.

## Part 1 – Practice Activity Continued



### Step 3: Listen & Evaluate

Now it's time to listen to your recording.

It can be uncomfortable to hear your own voice and that's okay.

It's also likely there will be mistakes. Again, that's okay. In fact, that's why you're here.

This practice will help you start to make significant improvements to your accuracy as well as your fluency and confidence.

As you listen, consider these 3 questions and take notes:

- 1) What did I do well?
- 2) What would I like to improve?
- 3) What can I do differently next time?



### Repeat to Make Changes

Once you have your notes, try recording again and make changes based on your evaluation.

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