



A Proven Method to Speak with Clarity, Fluency, and Freedom

# Get the Confidence to Say What You Want in English

PART 2

SPEAK CONFIDENT ENGLISH



# Part 2 — Develop a Habit for Progress

In Part 2 of my How to Say What You Want in English training, I encourage you to develop a practice habit. Or perhaps do a 30-day English-speaking challenge.

To make it easy for you to do so, I've provided a step-by-step plan to help. You'll find 4 weekly practice guides to get you started.

## Annemarie's Recommendations for Success

### RECOMMENDATION 1: SET REALISTIC GOALS FOR YOUR PRACTICE OR CHALLENGE

It can be tempting to say, "I'm going to practice every day for 30 minutes." However, I encourage you to start smaller.

For example, consider this goal, "I'm going to record myself 3 times during Week 1." If you have a busy schedule, this is a more realistic goal that will lead to long-term success.

### RECOMMENDATION 2: SET A GROWTH MINDSET

A growth mindset believes that change is possible. It believes that through practice and continued effort, progress will happen.

Every time you practice, every time you listen to your recording, start by setting a growth mindset. Here are some examples:

#### FIXED MINDSET:

- ✗ This is hard. I give up.
- ✗ This is too hard.
- ✗ I can't do this.
- ✗ I won't/can't get better.



#### GROWTH MINDSET:

- ✓ I will keep trying.
- ✓ I can train my brain and get better.
- ✓ I can't do this, yet, but I'm learning.
- ✓ I will get better every time I practice.



## Step 1: Prepare

Determine a specific question you will practice answering and a time limit for your response. Consider the key elements, including grammar, tense focus, and essential vocabulary.

Take notes as needed.



## Step 2: Record

When you're ready, set your timer and record. Aim to avoid stopping if possible, even if you make a mistake. Instead, simply pause, breathe, and then continue until you hear the timer.

As you continue in your practice, aim to review your notes less and less.



## Step 3: Listen & Evaluate

When you're ready, listen and evaluate. As you listen, consider 3 key questions to lead you to progress: 1) What did you do well? 2) What would you like to improve? 3) What would you do differently next time?

Then repeat the process and implement the changes.

## Confidence-Building Habit Tracker

# Week 1 Practice

Follow these steps for your first week of practice.

It's important to practice with the same question multiple times so you develop automaticity – the ability to use language automatically – and have time to make adjustments to lead to progress.

### WEEK 1: SPEAK FOR 60 SECONDS

M T W T F S S

**PROMPT:** What did you do yesterday?

☐ ☐ ☐ ☐ ☐ ☐ ☐

**NOTES:** \_\_\_\_\_

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As you listen to your recording, identify what went well. For example, are you happy with some of the vocabulary you used? Do you notice your verb tenses are accurate? Is it clear and easy to understand? Were you able to speak for the full amount of time? Add new details? Speak more spontaneously?

Now consider what you'd like to improve. Do you notice specific mistakes you'd like to avoid? Is there another word or grammar choice you could have made? As you reflect, new ideas will come to you. Write them down.

What would you like to change or do differently next time? What improvements could you make?  
After you write down your notes, use these to help you next time.

## Confidence-Building Habit Tracker

# Week 2 Practice

Follow these steps for your first week of practice.

It's important to practice with the same question multiple times so you develop automaticity – the ability to use language automatically – and have time to make adjustments to lead to progress.

### WEEK 2: SPEAK FOR 90 SECONDS

M T W T F S S

**PROMPT:** Describe your typical day.

☐ ☐ ☐ ☐ ☐ ☐ ☐

**NOTES:**

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As you listen to your recording, identify what went well. For example, are you happy with some of the vocabulary you used? Do you notice your verb tenses are accurate? Is it clear and easy to understand? Were you able to speak for the full amount of time? Add new details? Speak more spontaneously?

Now consider what you'd like to improve. Do you notice specific mistakes you'd like to avoid? Is there another word or grammar choice you could have made? As you reflect, new ideas will come to you. Write them down.

What would you like to change or do differently next time? What improvements could you make?  
After you write down your notes, use these to help you next time.

## Confidence-Building Habit Tracker

# Week 3 Practice

Follow these steps for your first week of practice.

It's important to practice with the same question multiple times so you develop automaticity – the ability to use language automatically – and have time to make adjustments to lead to progress.

### WEEK 3: SPEAK FOR 2 MINUTES

M T W T F S S

**PROMPT:** What are your goals for this year?

☐ ☐ ☐ ☐ ☐ ☐ ☐

**NOTES:**

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As you listen to your recording, identify what went well. For example, are you happy with some of the vocabulary you used? Do you notice your verb tenses are accurate? Is it clear and easy to understand? Were you able to speak for the full amount of time? Add new details? Speak more spontaneously?

Now consider what you'd like to improve. Do you notice specific mistakes you'd like to avoid? Is there another word or grammar choice you could have made? As you reflect, new ideas will come to you. Write them down.

What would you like to change or do differently next time? What improvements could you make?  
After you write down your notes, use these to help you next time.

## Confidence-Building Habit Tracker

# Week 4 Practice

Follow these steps for your first week of practice.

It's important to practice with the same question multiple times so you develop automaticity – the ability to use language automatically – and have time to make adjustments to lead to progress.

### WEEK 5: SPEAK FOR 2.5 MINUTES

M T W T F S S

**PROMPT:** What would you do with 1 extra hour in the day?

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**NOTES:**

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As you listen to your recording, identify what went well. For example, are you happy with some of the vocabulary you used? Do you notice your verb tenses are accurate? Is it clear and easy to understand? Were you able to speak for the full amount of time? Add new details? Speak more spontaneously?

Now consider what you'd like to improve. Do you notice specific mistakes you'd like to avoid? Is there another word or grammar choice you could have made? As you reflect, new ideas will come to you. Write them down.

What would you like to change or do differently next time? What improvements could you make?  
After you write down your notes, use these to help you next time.

# Reflection

During or after your 4-week confidence-building challenge, note down the changes you experience. Have you started to feel more comfortable with your voice? Do you notice it's easier to speak for longer periods of time? Do new words come to your mind more quickly?

This is your opportunity to document the progress you've made.





# Thank you.

You now have a simple 3-step approach you can use anytime, anywhere to say what you want in English with confidence, developing clarity, fluency, and freedom along the way.

What you want to accomplish in English is possible. And it's bigger than confidence. Expressing yourself in another language means connecting with others, developing relationships, feeling comfortable, succeeding in job interviews, expressing your ideas/opinions, and so much more.

When you consistently apply this process, your progress — your ability to reach your ultimate goals in English — is unlimited.

Thank you for allowing me to be part of the process with you.

*AnneMarie*