

COURSE WORKBOOK

# Speak Without Freezing

The 3-Hour Fluency Reset

Stop overthinking. Start speaking.

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**Creator:** Coach Dave

**Target Level:** B1+ English Speakers

**Format:** Complete Interactive & Printable Workbook

# Welcome to Your Fluency Reset

Access the English you already know

You probably know more English than you can use when speaking.

You may understand conversations, read well, and know a lot of grammar. But when it is your turn to speak, you hesitate, translate, overthink, or lose your words.

**This course will help you access the English you already know.**

You will learn a simple speaking system. More importantly, you will use it.

Complete every speaking task. Record yourself when asked. Do not wait until you feel ready. **Your progress will come from speaking.**

## Your Goal for This Course

Write down what you specifically want to achieve by completing this 3-hour reset:

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## How to Use This Workbook

Follow this 5-step process for every session to ensure maximum progress:

- 1 Watch one session.** Focus on the visual slides and core concept.
- 2 Complete the workbook exercise.** Use the templates and clear writing spaces provided.
- 3 Pause the video when asked.** Do not skip the practice breaks.
- 4 Speak aloud.** Always perform the exercises out loud, never silently in your head.
- 5 Save every progress recording.** Keep audio clips organized to track growth.

### **IMPORTANT** The 4 Progress Recordings

You will make four critical audio recordings during this course:

- **Starting Recording:** Session 1
- **Progress Recording 1:** Session 4
- **Progress Recording 2:** Session 8
- **Final Recording:** Session 12

☐ I agree to complete every recording once without writing a script.

## Your Course Journey

Track your completion across all 12 sessions in 3 core modules:

### Module 1: Remove the Blocks

- ☐ **Session 1:** Your Fluency Starting Point
- ☐ **Session 2:** Why You Freeze
- ☐ **Session 3:** Think in Simple English
- ☐ **Session 4:** Stop Chasing Perfection

### Module 2: Build Clear Answers

- ☐ **Session 5:** Pause Without Panicking
- ☐ **Session 6:** Start Speaking in Three Seconds
- ☐ **Session 7:** Structure Your Answer
- ☐ **Session 8:** Connect and Extend Your Ideas

### Module 3: Speak Under Pressure

- ☐ **Session 9:** Keep Going When Words Disappear
- ☐ **Session 10:** Handle Unexpected Questions
- ☐ **Session 11:** The Real Conversation Challenge
- ☐ **Session 12:** Your Final Fluency Test

# The RESET System

Your core framework for natural fluency

**R**

## **Relax and pause**

Take a breath. Give yourself time.

**E**

## **Express one simple idea**

Start with your clearest point.

**S**

## **Structure your answer**

Put your ideas in an order people can follow.

**E**

## **Explain and expand**

Add a reason, example, other view, or result.

**T**

## **Talk through problems**

Explain missing words and keep going.

**You do not need to use every step in every answer. Use the part that helps you move forward.**

## **Reflection**

Which RESET step do you think you need most right now?

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## Session 1: Your Fluency Starting Point

### Page 1: What is Fluency?

**Fluency is your ability to access and use the English you already know.**

It is not about speaking fast, knowing every word, or being perfect.

### Exercise: Complete These Sentences

**1. I feel most confident speaking English when:**

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**2. Speaking becomes difficult when:**

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**3. The situation where I most want to improve is:**

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## Session 1: Your Fluency Starting Point (Cont.)

### Page 2: Your Speaking Blocks

Score each block from 1 to 10 based on how much it affects your speaking:

(1 = This rarely affects me | 10 = This strongly affects me)

#### 1. Translating - *I build the sentence in my first language.*

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

#### 2. Overthinking - *I try to plan everything before speaking.*

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

#### 3. Perfectionism - *I fear making a mistake.*

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

#### 4. Lack of practice - *I study English more than I speak it.*

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

**My biggest speaking block is:**

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## Session 1: Your Fluency Starting Point (Cont.)

### Page 3: Starting Assessment & First Recording

Score your current ability for each skill from 1 (Very difficult) to 10 (Easy and natural):

| Skill                        | Score (1-10) |
|------------------------------|--------------|
| Starting an answer           |              |
| Speaking without translating |              |
| Finding words                |              |
| Organising my ideas          |              |
| Speaking under pressure      |              |

#### **RECORDING** Starting Recording Task

**Question:** *"Introduce yourself, explain what you do, and describe why you want to speak English more confidently."*

- Speak for 60 to 90 seconds.
- Do not write a script.
- Record only once. Do not stop or restart.
- Save the audio recording on your device.

**Date:** \_\_\_\_\_

**Recording saved as:** \_\_\_\_\_

**How did it feel?**

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## Session 2: Why You Freeze

### Page 1: Your Mental Workload

While speaking, your mind tries to manage 7 things at once:

- ☐ Think of an idea
- ☐ Translate it
- ☐ Choose vocabulary
- ☐ Check grammar
- ☐ Control pronunciation
- ☐ Watch the listener
- ☐ Plan the next sentence

**Exercise:** Tick everything in the list above that you often try to control simultaneously.

#### Reflection

What do you usually think about most while speaking?

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#### The Freezing Cycle

**You want a perfect answer → You try to plan everything → You take too long → You feel more pressure → You freeze.**

## Session 2: Why You Freeze (Cont.)

### Page 2: One Idea at a Time

#### The 4-Step Method

1. Choose one point.
2. Say it simply.
3. Add one detail.
4. Finish the thought.

#### Guided Example

**Question:** “What do you enjoy doing at weekends?”

**Main point:** I enjoy going for long walks.

**Reason:** It helps me relax.

**Example:** Last weekend, I walked along the beach with my family.

#### Practice Questions (Speak for 30s per question)

##### 1. Where do you live?

Main point: \_\_\_\_\_

Reason: \_\_\_\_\_

Example: \_\_\_\_\_

##### 2. What do you enjoy about your work?

Main point: \_\_\_\_\_

Reason: \_\_\_\_\_

Example: \_\_\_\_\_

##### 3. What would you like to improve this year?

Main point: \_\_\_\_\_

Reason: \_\_\_\_\_

Example: \_\_\_\_\_

## Session 3: Think in Simple English

### Page 1: Meaning First

#### Ask Yourself 3 Questions Before Speaking:

1. What is my main message?
2. What is the simplest way to say it?
3. What detail would help the listener?

**Complex version:** “I was unable to attend due to an unexpected professional obligation.”

**Simple version:** “**I couldn’t come because something urgent happened at work.**”

#### Exercise: Rewrite These Messages Using Simple English

1. You cannot attend a meeting:

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2. You need more time:

---

---

3. You do not understand the question:

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4. You want someone to repeat something:

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5. You disagree with an idea:

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## Session 3: Think in Simple English (Cont.)

### Page 2: Two-Minute Challenge

#### Task: Describe Your Morning for 2 Minutes

##### Rules:

- Use words that come naturally.
- Do not translate complete sentences.
- Make difficult ideas simpler.
- Keep speaking.

#### Planning Boxes

**First:**

**Then:**

**After that:**

**Finally:**

#### Reflection

Which idea was difficult to express? How did you make it simpler?

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## Session 4: Stop Chasing Perfection

### Page 1: Which Mistakes Matter?

#### Correct it now:

The listener may understand the wrong meaning.

#### Review it later:

The meaning is still clear.

**Ask yourself: “Did my mistake change the message?”**

**Meaning changes:** “I sent it tomorrow.” → *Correct now: “I’ll send it tomorrow.”*

**Meaning stays clear:** “She work from home.” → *Finish the idea. Review grammar later.*

### Exercise: Correct Now or Review Later?

1. “Yesterday I go to the bank to meet manager.”

☐ Correct now

☐ Review later

2. “We will cancelled the project next week.” (Meaning unclear: past vs future)

☐ Correct now

☐ Review later

3. “He have three childrens.”

☐ Correct now

☐ Review later

4. “I am agree with your proposal.”

☐ Correct now

☐ Review later

5. “I meet him five years ago, so I know him for long time.”

☐ Correct now

☐ Review later

## Session 4: Stop Chasing Perfection (Cont.)

### Page 2: Progress Recording 1 & Module Checklist

#### **RECORDING** Progress Recording 1

**Question:** *“What is one important lesson you have learned from your work or life?”*

- Speak for 1 minute.
- Record only once. Do not stop or restart.
- Finish first. Review later.

**Date:** \_\_\_\_\_

**Number of complete stops:** \_\_\_\_\_ | **Number of restarts:** \_\_\_\_\_

**One thing I did well:**

\_\_\_\_\_

**One thing I will practise:**

\_\_\_\_\_

#### **Module 1 Checkpoint**

Confirm your progress before moving to Module 2:

- ☐ I can recognise why I freeze.
- ☐ I can speak one idea at a time.
- ☐ I can focus on meaning first.
- ☐ I can finish an answer without chasing perfection.

## Session 5: Pause Without Panicking

### Page 1: Useful Pauses

Fluent speakers pause to: **Think** | **Breathe** | **Choose a word** | **Separate ideas** | **Add emphasis**

#### The Method: Relax, Pause, Speak

1. Breathe before you begin.
2. Choose one clear idea.
3. Say it slowly.

### Exercise: Mark Useful Pauses (Using /)

**Example:** "I think trust is very important / because people work better / when they feel supported. / For example, / a good leader listens before making a decision."

### Mark the pauses in this answer:

"In my opinion remote work has many benefits because it saves time on commuting and allows people to manage their energy better for instance I can focus much deeper when I am working from my home office."

## Session 5: Pause Without Panicking (Cont.)

### Page 2: Create Thinking Time

Use these 5 core phrases to create thinking time without silence:

- ☐ “That’s a good question.”
- ☐ “Let me think about that.”
- ☐ “The first thing that comes to mind is...”
- ☐ “There are two parts to this.”
- ☐ “The main point is...”

**Exercise:** Select the 3 phrases above that feel most natural for you to practise.

### Speaking Challenge

**Question:** *“What makes someone good at their job?”*

- Speak for 90 seconds.
- Use 1 thinking-time phrase.
- Use 3 clear pauses.
- Give 1 reason and 1 example.

### Reflection

**Which pause felt natural?**

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**Which pause felt uncomfortable?**

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## Session 6: Start Speaking in Three Seconds

### Page 1: The Three-Second Start

#### The 3-Step Process

1. Listen to the question.
2. Take one breath.
3. Begin with your main point.

*Three seconds is a training rule. Do not rush.*

#### 5 Clear Openings

Complete each opening below with one clear point:

1. "I think..."

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2. "For me..."

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3. "In my experience..."

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4. "The main reason is..."

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5. "It depends, but..."

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## Session 6: Start Speaking in Three Seconds (Cont.)

### Page 2: Five-Question Challenge

Begin each answer within 3 seconds. Speak for 30 seconds. Do not plan the full answer.

#### 1. What makes a good friend?

☐ I began within 3 seconds.

#### 2. What is your favourite way to relax?

☐ I began within 3 seconds.

#### 3. What skill would you like to learn?

☐ I began within 3 seconds.

#### 4. Is working from home a good idea?

☐ I began within 3 seconds.

#### 5. What makes someone successful?

☐ I began within 3 seconds.

### Final Task (Speak for 1 Minute)

**Question:** "What is one change you would like to make in your life?"

Main point: \_\_\_\_\_

Reason: \_\_\_\_\_

Example: \_\_\_\_\_

## Session 7: Structure Your Answer

### Page 1: The PREP Method

**P** **Point** - Give your main answer.

**R** **Reason** - Explain why.

**E** **Example** - Make your point real.

**P** **Point again** - Finish with your main message.

#### Short Answer:

Point + Reason

#### Longer Answer:

Point + Reason + Example + Point again

## Session 7: Structure Your Answer (Cont.)

### Page 2: Build a PREP Answer

#### Guided Example

**Question:** “Should companies allow remote work?”

**Point:** “I think companies should allow some remote work.”

**Reason:** “It gives employees more control over their time.”

**Example:** “For example, employees may save two hours of travel each day.”

**Point again:** “That is why a mixed system can work well.”

#### Exercise: Build a PREP Answer

**Question:** “What makes someone a good leader?”

**Point:**

**Reason:**

**Example:**

**Point again:**

## Session 7: Structure Your Answer (Cont.)

### Page 3: Your PREP Practice

Record two 90-second answers using PREP:

#### Question 1: “What makes someone a good leader?”

Point: \_\_\_\_\_

Reason: \_\_\_\_\_

Example: \_\_\_\_\_

Point again: \_\_\_\_\_

#### Question 2: “Is technology making our lives better?”

Point: \_\_\_\_\_

Reason: \_\_\_\_\_

Example: \_\_\_\_\_

Point again: \_\_\_\_\_

#### Reflection

Which part of PREP helped you most?

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## Session 8: Connect and Extend Your Ideas

### Page 1: Five Useful Connectors

1. **“The main reason is...”** → Use it to give a reason.
2. **“For example...”** → Use it to make your idea real.
3. **“At the same time...”** → Use it to add another view.
4. **“Because of that...”** → Use it to show a result.
5. **“What I have learned is...”** → Use it to finish with a lesson.

### Exercise: Write One Sentence Using Each Phrase

**“The main reason is...”**

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**“For example...”**

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**“At the same time...”**

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---

**“Because of that...”**

---

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**“What I have learned is...”**

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## Session 8: Connect and Extend Your Ideas (Cont.)

### Page 2: Extend Your Answer

**Starting Point:** "I enjoy working from home."

Turn this starting point into a 90-second answer using at least 3 connecting phrases:

**Reason:**

**Example:**

**Another view:**

**Result:**

**Final point:**

## Session 8: Connect and Extend Your Ideas (Cont.)

### Page 3: Progress Recording 2 & Module Checklist

#### **RECORDING** Progress Recording 2

**Question:** *"Has technology improved the way we communicate?"*

- Speak for 2 minutes.
- Use a clear main point, reason, example, another view, and final point.
- Use at least 3 connecting phrases. Record only once.

**Date:** \_\_\_\_\_

**Connecting phrases used:** \_\_\_\_\_

**One thing I did well:**

\_\_\_\_\_

**One thing I will practise:**

\_\_\_\_\_

#### **Module 2 Checkpoint**

- ☐ I can pause without panicking.
- ☐ I can start speaking faster.
- ☐ I can structure clear answers.
- ☐ I can connect and extend my ideas.

## Session 9: Keep Going When Words Disappear

### Page 1: Your Word-Recovery Tools

#### When a word disappears, you can:

1. Use an easier word.
2. Describe the missing word.
3. Give an example.
4. Ask for the word.

#### 5 Questions to Ask:

- What does it do?
- What does it look like?
- Where do you find it?
- When do you use it?
- What is it similar to?

#### Rescue Phrases:

- “It’s something you use to...”
- “It’s a type of...”
- “It’s similar to...”
- “You normally find it...”
- “What I mean is...”

## Session 9: Keep Going When Words Disappear (Cont.)

### Page 2: Word-Recovery Challenge

Describe each word without saying the word itself:

1. Umbrella:

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2. Receipt:

---

3. Headphones:

---

4. Deadline:

---

5. Promotion:

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### Two-Minute Speaking Task

Talk about your work for 2 minutes. If you lose a word: **Do not stop** → **Use a simpler word or describe what you mean** → **Continue**.

### Reflection

Which word was hardest to describe? What did you do when a word disappeared?

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## Session 10: Handle Unexpected Questions

### Page 1: Pause, Choose, Answer

#### The 4-Step Reaction

1. Pause and breathe.
2. Choose one direction.
3. Give your main answer.
4. Add one reason or example.

#### 5 Phrases That Create Time

Choose your 3 favourite phrases and write one possible opening for each:

1. "I haven't thought about that before."

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2. "My first reaction is..."

---

3. "If I had to choose, I'd say..."

---

4. "I'm not completely sure, but..."

---

5. "Based on my experience..."

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## Session 10: Handle Unexpected Questions (Cont.)

### Page 2: Unexpected-Question Challenge

Give yourself 5 seconds. Choose one direction. Speak for 45 seconds per question:

#### 1. What skill should every child learn?

My direction: \_\_\_\_\_ | My main point: \_\_\_\_\_

#### 2. Is comfort making people weaker?

My direction: \_\_\_\_\_ | My main point: \_\_\_\_\_

#### 3. What would you change about your industry?

My direction: \_\_\_\_\_ | My main point: \_\_\_\_\_

#### 4. What belief have you changed your mind about?

My direction: \_\_\_\_\_ | My main point: \_\_\_\_\_

#### 5. What makes someone worth trusting?

My direction: \_\_\_\_\_ | My main point: \_\_\_\_\_

## Session 11: The Real Conversation Challenge

### Page 1: Join a Discussion

#### 4 Key Discussion Phrases

- “Can I add something?”
- “I agree with part of that.”
- “From my point of view...”
- “I see it slightly differently.”

#### Challenge

**Statement:** *“Working from home is always better than working in an office.”*

**Task:** Join the discussion, give your opinion, and add 1 reason. Speak for 45 seconds.

#### Planning Box:

## Session 11: The Real Conversation Challenge (Cont.)

### Page 2: Ask for Clarity

#### Phrases to Ask for Clarity

- “Could you explain what you mean?”
- “Could you give me an example?”
- “If I understand correctly...”
- “Are you saying that...?”

#### Situation

**The speaker says:** “*We need to change the system before the next stage.*”

You do not know: Which system? What change? Which stage?

**Your task:** Write and speak 2 questions for clarity.

**Question 1:**

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**Question 2:**

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## Session 11: The Real Conversation Challenge (Cont.)

### Page 3: Explain What You Do & Recording

Structure your professional summary into 4 clear parts:

**1. What do you do?**

**2. Who do you help?**

**3. What problem do you solve?**

**4. What is one challenge you are working on?**

#### **RECORDING** Recording Task (2 Minutes)

Introduce yourself using the 4 parts above and the RESET System. Record only once and save the file.

## Session 12: Your Final Fluency Test

### Page 1: Final Test Instructions

#### **Your Final Test Has 3 Parts:**

1. A personal question (Session 1 comparison)
2. An opinion question
3. An unexpected professional question

#### **Rules for the Test**

- ☐ Do not write a script.
- ☐ Record each answer once.
- ☐ Use the RESET System.
- ☐ Keep every recording file.

## Session 12: Your Final Fluency Test (Cont.)

### Page 2: The Three Test Parts

#### Part 1: Personal Question (60 - 90s)

*"Introduce yourself, explain what you do, and describe why you want to speak English more confidently."*

Date: \_\_\_\_\_ | File: \_\_\_\_\_ | How did it feel?: \_\_\_\_\_

#### Part 2: Opinion Question (90s)

*"What is one change that would make modern life better?"*

Date: \_\_\_\_\_ | File: \_\_\_\_\_ | How did it feel?: \_\_\_\_\_

#### Part 3: Unexpected Professional Question (2 Min)

*"What is one difficult decision you have made, and what did it teach you?"*

*(Begin within 5 seconds. Pause. Choose. Answer.)*

Date: \_\_\_\_\_ | File: \_\_\_\_\_ | How did it feel?: \_\_\_\_\_

## Session 12: Your Final Fluency Test (Cont.)

### Page 3: Compare Your Recordings

| Feature                     | Session 1 Recording | Session 12 Recording |
|-----------------------------|---------------------|----------------------|
| Time needed to begin        |                     |                      |
| Number of restarts          |                     |                      |
| Use of pauses               |                     |                      |
| Organisation of ideas       |                     |                      |
| Reasons and examples        |                     |                      |
| Recovery from missing words |                     |                      |
| Overall confidence level    |                     |                      |

**My biggest improvement:**

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**My next area to improve:**

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## Session 12: Your Final Fluency Test (Cont.)

### Page 4: Final Self-Assessment

| Skill (Rated 1 to 10)        | Starting Score | Final Score | Change (+/-) |
|------------------------------|----------------|-------------|--------------|
| Starting an answer           |                |             |              |
| Speaking without translating |                |             |              |
| Finding words                |                |             |              |
| Organising my ideas          |                |             |              |
| Speaking under pressure      |                |             |              |

**The result I am most proud of:**

**The skill I will keep practising:**

# The RESET Quick Guide

## 1-Page Reference Sheet

**R: Relax and pause** → Breathe before speaking. Use silence when you need time.

**E: Express one simple idea** → Start with your clearest point.

**S: Structure your answer** → Use Point, Reason, Example, and Point again.

**E: Explain and expand** → Add useful detail with reasons, examples, other views, and results.

**T: Talk through problems** → Use simpler words, describe missing words, and keep going.

### When You Feel Stuck, Ask Yourself:

- What is my main point?
- What is the simplest way to say it?
- What does my listener need to understand?
- Can I give a reason or example?
- Can I explain the word I cannot remember?

# The Fluency Phrase Bank

## Page 1: Starting & Creating Time

### Starting Phrases

- “I think...”
- “For me...”
- “In my experience...”
- “The main reason is...”
- “It depends, but...”

### Phrases for Creating Time

- “That’s a good question.”
- “Let me think about that.”
- “The first thing that comes to mind is...”
- “There are two parts to this.”
- “My first reaction is...”

## The Fluency Phrase Bank (Cont.)

### Page 2: Connecting, Recovering, Joining & Clarifying

#### Connecting Phrases

- “The main reason is...”
- “For example...”
- “At the same time...”
- “Because of that...”
- “What I have learned is...”

#### Recovering Phrases

- “It’s something you use to...”
- “It’s a type of...”
- “It’s similar to...”
- “I can’t remember the exact word, but...”
- “What I mean is...”

#### Joining & Clarifying Phrases

- “Can I add something?”
- “From my point of view...”
- “Could you explain what you mean?”
- “Could you give me an example?”

# The Speaking Question Bank

## Page 1: Personal Questions

1. What is something you enjoy doing?
2. What does a good weekend look like for you?
3. What skill would you like to learn?
4. What is one habit you want to change?
5. Who has influenced your life?
6. What is one place you would like to visit?
7. What makes you feel confident?
8. What is one lesson you learned recently?
9. How has your life changed in the last five years?
10. What would you like to achieve this year?

## The Speaking Question Bank (Cont.)

### Page 2: Opinion Questions

1. Is working from home a good idea?
2. Does technology improve communication?
3. What makes someone successful?
4. Should children have less homework?
5. Is social media helping or harming us?
6. What makes a good leader?
7. Is comfort making people weaker?
8. Should people change careers more often?
9. What skill should every child learn?
10. What would make modern life better?

## The Speaking Question Bank (Cont.)

### Page 3: Professional Questions

1. What do you enjoy about your work?
2. What problem does your work solve?
3. What makes someone good at their job?
4. What is one challenge in your industry?
5. How do you make difficult decisions?
6. What makes a team work well?
7. How do you handle disagreement?
8. What professional skill are you improving?
9. What change would you make in your workplace?
10. What is one work lesson you will never forget?

# The 30-Day Fluency Plan

Build consistent speaking momentum

## Week 1: Start Faster

Answer one question each day. Begin within 3 seconds. Speak for 1 minute.

## Week 2: Speak Clearly

Answer one question each day. Use PREP. Speak for 90 seconds.

## Week 3: Handle Pressure

Answer one unexpected question each day. Record in one take. Do not restart.

## Week 4: Speak With People

Join real conversations. Ask follow-up questions. Share your opinions. Complete 3 longer conversations.

## Practice Commitment

I will practise at: \_\_\_\_\_

I will practise in: \_\_\_\_\_

My reason for continuing:

\_\_\_\_\_

## The 30-Day Tracker (Days 1 to 15)

| Day | Speaking Completed | Mins | Skill Practised      | Rec? | Score | Short Note |
|-----|--------------------|------|----------------------|------|-------|------------|
| 1   |                    |      | Start Faster         |      |       |            |
| 2   |                    |      | Start Faster         |      |       |            |
| 3   |                    |      | Start Faster         |      |       |            |
| 4   |                    |      | Start Faster         |      |       |            |
| 5   |                    |      | Start Faster         |      |       |            |
| 6   |                    |      | Start Faster         |      |       |            |
| 7   |                    |      | Start Faster         |      |       |            |
| 8   |                    |      | Speak Clearly (PREP) |      |       |            |
| 9   |                    |      | Speak Clearly (PREP) |      |       |            |
| 10  |                    |      | Speak Clearly (PREP) |      |       |            |
| 11  |                    |      | Speak Clearly (PREP) |      |       |            |
| 12  |                    |      | Speak Clearly (PREP) |      |       |            |
| 13  |                    |      | Speak Clearly (PREP) |      |       |            |
| 14  |                    |      | Speak Clearly (PREP) |      |       |            |
| 15  |                    |      | Handle Pressure      |      |       |            |

## The 30-Day Tracker (Days 16 to 30)

| Day | Speaking Completed | Mins | Skill Practised   | Rec? | Score | Short Note |
|-----|--------------------|------|-------------------|------|-------|------------|
| 16  |                    |      | Handle Pressure   |      |       |            |
| 17  |                    |      | Handle Pressure   |      |       |            |
| 18  |                    |      | Handle Pressure   |      |       |            |
| 19  |                    |      | Handle Pressure   |      |       |            |
| 20  |                    |      | Handle Pressure   |      |       |            |
| 21  |                    |      | Handle Pressure   |      |       |            |
| 22  |                    |      | Speak With People |      |       |            |
| 23  |                    |      | Speak With People |      |       |            |
| 24  |                    |      | Speak With People |      |       |            |
| 25  |                    |      | Speak With People |      |       |            |
| 26  |                    |      | Speak With People |      |       |            |
| 27  |                    |      | Speak With People |      |       |            |
| 28  |                    |      | Speak With People |      |       |            |
| 29  |                    |      | Speak With People |      |       |            |
| 30  |                    |      | Monthly Review    |      |       |            |

# You Completed Speak Without Freezing

## The 3-Hour Fluency Reset

You now have a system to help you **start, pause, structure, expand, and recover.**

But knowing the system is not enough. **You need to keep using it.**

### My Promise to Myself

"I will practise speaking English for \_\_\_\_\_ minutes, \_\_\_\_\_ days each week."

Signature: \_\_\_\_\_ | Date: \_\_\_\_\_

### Next Step: Continue Inside the English Speaking Gym

You now know what to practise. Inside the English Speaking Gym, you can put these skills into action:

- Speak regularly with real people
- Complete speaking tasks
- Get feedback from coaches
- Join live speaking sessions
- Track your progress

**Stop studying from the sidelines. Start speaking.**