28-DAY ENGLISH SPEAKING CHALLENGE

Ten minutes a day, four weeks, one voice

DAILY 10-MINUTE ROUTINE
Plan for 2 minutes. Speak for 2 minutes. Listen or reflect for 3 minutes. Repeat for 3 minutes. A phone recording is helpful but optional.

For adult B1-B2 learners - use with the English With Paul workbook and conversation cards.

Before you start

Make your progress visible

Your starting-point recording

Speak for 60 seconds about your current routine and one change you would like to make. Save your recording if you can.

What I want to improve

Recording checklist

[ ] I have a clear main point.

[ ] I explain at least one reason.

[ ] I provide an example.

[ ] I use a natural pause rather than stopping.

[ ] I check or invite a response.

Reminder

Speaking confidence grows through repeated, achievable practice. An imperfect answer completed today is more useful than a perfect answer never spoken.

Week 1 - Longer answers

Tick the box each day - do not worry about missed days

[ ] DAY 01 - RECORD YOUR STARTING POINT
Answer: What do you do to relax? Record 45 seconds without notes.

[ ] DAY 02 - ADD REASONS
Answer: Why are you learning English? Include two reasons.

[ ] DAY 03 - MAKE IT SPECIFIC
Describe your hometown with one example and one detail.

[ ] DAY 04 - ASK A FOLLOW-UP
Respond to: I have started a new course. Ask three natural questions.

[ ] DAY 05 - SHARE AND RETURN
Talk about a hobby and ask your partner about theirs.

[ ] DAY 06 - IMPROVE A SHORT REPLY
Expand: I like travelling. Aim for 60 seconds.

[ ] DAY 07 - REVIEW AND REPEAT
Re-record Day 1; note two improvements.

My best new expression this week

Week 2 - Opinions and stories

Tick the box each day - do not worry about missed days

[ ] DAY 08 - STATE A VIEWPOINT
Should everyone learn a second language? Give a reason.

[ ] DAY 09 - ADD A COUNTERARGUMENT
Discuss working from home: one advantage and one drawback.

[ ] DAY 10 - DISAGREE POLITELY
Respond to: Online learning never works.

[ ] DAY 11 - TELL A STORY
Describe an unexpected change of plan in 60 seconds.

[ ] DAY 12 - USE TIME MARKERS
Retell yesterday using first, then, after that and finally.

[ ] DAY 13 - PAST PERFECT PRACTICE
Tell a story with had already and when.

[ ] DAY 14 - REVIEW AND REPEAT
Repeat Day 10; add more precise vocabulary.

My best new expression this week

Week 3 - Practical English

Tick the box each day - do not worry about missed days

[ ] DAY 15 - POLITE REQUEST
Ask to change a meeting time; give a reason.

[ ] DAY 16 - CLARIFY INFORMATION
Practise: Could you clarify...? and Do you mean...?

[ ] DAY 17 - EXPLAIN A PROBLEM
Describe an order delay and ask for next steps.

[ ] DAY 18 - GIVE AN UPDATE
Report: progress, one risk and next action.

[ ] DAY 19 - JOB INTERVIEW
Answer: Tell me about a challenge you solved.

[ ] DAY 20 - NEGOTIATE
Suggest two options for a deadline or arrangement.

[ ] DAY 21 - REVIEW AND REPEAT
Record a two-minute workplace scenario.

My best new expression this week

Week 4 - Flexible fluency

Tick the box each day - do not worry about missed days

[ ] DAY 22 - BUY THINKING TIME
Answer a difficult question using a calm pause.

[ ] DAY 23 - PARAPHRASE A WORD
Explain bicycle, appointment and refund without naming them.

[ ] DAY 24 - EXTEND A DISCUSSION
State an opinion, acknowledge another view and conclude.

[ ] DAY 25 - MAKE A PREDICTION
How might your town change in ten years?

[ ] DAY 26 - SCENARIO CHALLENGE
Choose any two speaking cards and record both.

[ ] DAY 27 - TEACH SOMEONE
Explain your favourite speaking formula to a learner.

[ ] DAY 28 - FINAL RECORDING
Re-record Day 1 and compare clarity, length and confidence.

My best new expression this week

Finish and reflect

Compare your first and final responses

Final challenge

Repeat your starting-point question. Compare the two recordings or reflect on the same six aspects of your speaking.

[ ] Longer answers

[ ] More specific examples

[ ] Clearer organisation

[ ] Less fear of pauses

[ ] Better paraphrasing

[ ] More natural follow-up questions

What improved?

My next 28-day goal

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