

Lesson 1

Where a Sentence Starts From

January – Beginning to Speak Without Pressure

What This Lesson Is About

This lesson is about what happens *right before* you start speaking.

Not the words.

Not the sentence.

But the moment just before sound comes out.

Many learners rush into speaking.

This lesson slows that moment down.

Key Idea

A sentence starts in the body before it starts with words.

Before you speak, your body already decides:

- how rushed or calm the sentence feels
- how supported the voice is
- how easy or tight speaking feels

Noticing this moment makes speaking feel more stable.

Why This Matters

When you start speaking without noticing this moment, you often:

- sound lighter than you feel
- start higher in your voice
- feel unsettled without knowing why
- try to fix the sentence afterward

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When the body settles first:

- the voice feels steadier
 - sentences feel easier
 - less fixing is needed later
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Actionable Tip (Use This Today)

Before one sentence:

- pause briefly
- take one easy breath
- then speak normally

You are not trying to improve the sentence.

You are just allowing the voice to arrive.

Listen & Repeat (Practice Phrases)

Say these out loud. Slowly.

1. "I'm here."
2. "This feels calm."
3. "I'm starting now."
4. "Okay."
5. "That's fine."

Notice how the sentence starts.

Don't change anything.

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How to Use This in Real Life

Imagine someone asks:

“How are you today?”

Before answering:

- pause briefly
- take one breath

Then say:

“I’m okay.”

You didn’t rush.

You didn’t add more.

The sentence started from a settled place.

That is good speaking.

Short Example Dialogues (A / B)

Example 1

A: “How are you feeling today?”

B: “I’m okay.”

A: “Yeah?”

B: “Yeah.”

Example 2

A: “Are you ready to start?”

B: “Okay.”

A: “Take your time.”

B: “Yeah.”

Speaking Practice (In Class)

1. Pause briefly
2. Take one easy breath
3. Say one short sentence
4. Stop

No fixing.

No improving.

No explaining.

Key Idea (Reminder)

A sentence starts before the words.

Letting the body settle first makes speaking easier.

That is speaking.

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