

## Lesson 8

# How to Practice Speaking English Every Day (Without Studying)

February – Speaking Without Extra Pressure

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### What This Lesson Is About

This lesson is about how to speak English every day without studying, without preparation, and without turning it into work.

You don't need long sessions.

You don't need grammar practice.

You only need short, real speaking moments.

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### Key Idea

Fluency grows from **daily use**, not study.

One short speaking moment every day does more for your English than one long lesson once a week.

Speaking becomes easier when it becomes normal.

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### Why This Matters

Many learners think they need to:

- have time
- feel ready
- study first

Because of this, they:

- wait
- speak less
- feel stuck

English starts to feel like something special instead of something you use.

Daily speaking removes that pressure.

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### **Actionable Tip (Use This Today)**

Don't plan a practice session.  
Just speak **once**.

Say one sentence.  
Out loud.  
Then stop.

No repeating.  
No correcting.  
No improving.

That already counts as practice.

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### **Listen & Repeat (Practice Phrases)**

Say these out loud. Slowly.

1. "Today feels busy."
2. "This is enough."
3. "I'm just thinking."
4. "That's okay."
5. "I'll stop there."

You don't need to add more.  
One sentence is enough.

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### **How to Use This in Real Life**

Daily speaking can be very small.

For example:

- one sentence while walking
- one thought while cooking
- one reaction to something you see

You don't need a partner.

You don't need a plan.

Speak once.

Then continue your day.

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### **Short Example Dialogues (A / B)**

#### **Example 1**

A: "What are you doing right now?"

B: "I'm walking. That's it."

A: "Nice."

B: "Yeah."

#### **Example 2**

A: "How's your day?"

B: "Busy. But okay."

A: "That's good."

B: "Yeah."

Simple.

Real.

Enough.

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### **Speaking Practice (In Class)**

1. Say one short sentence about right now

Example: "I'm standing here."

2. Say it once

3. Stop

No correcting.

No repeating.

No explaining.

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### **Key Idea (Reminder)**

You don't need more lessons

to speak every day.

One sentence.

One moment.

That is practice.

That is how fluency grows.