

The one habit that improves your English faster than any app

Why speaking to yourself is the most underused tool in language learning

WHAT THIS LESSON IS ABOUT

Not about apps, courses, or flashcards.

About one free habit that builds speaking ability faster than almost anything else — and that most learners never try.

THE REAL PROBLEM

The biggest obstacle to speaking better English is not vocabulary. It is not grammar. It is practice time. Most learners speak English for a few minutes a week at most — in a lesson, in a brief conversation, occasionally at work. That is not enough to build a habit.

The solution is not to find more conversation partners. You cannot always arrange a conversation on demand. The solution is to create your own speaking time — alone, without an audience, without pressure.

Talking to yourself in English is not strange. It is what every fast language learner does, whether they admit it or not.

KEY IDEA

You cannot wait for a conversation to practise speaking. You have to practise speaking so that conversations go well.

THREE WAYS TO DO IT

1. Narrate your day

As you go about your day — making coffee, commuting, cooking — describe what you are doing out loud in English.

'I am going to make coffee. I need to find the cups. The milk is in the fridge.'

This sounds simple. It is. But it forces you to retrieve words in real time, with no preparation. That is exactly what speaking in a real conversation requires.

LISTEN AND REPEAT

"I am going to make coffee."

[PAUSE]

"I need to find the cups."

[PAUSE]

"The milk is in the fridge."

[PAUSE]

"I have been doing this for ten minutes."

[PAUSE]

2. Think in English

When you catch yourself thinking in your own language, switch. Translate the thought. Or — better — think of a new thought directly in English.

Start small. One thought per hour. Then two. The goal is not to replace your native language. The goal is to give English a presence in your daily internal life.

3. Argue with yourself

Pick a topic. Take a side. Argue it — out loud, in English — for two minutes.

Then switch sides. Argue the opposite.

This is the single most effective speaking drill there is, because it forces you to produce language under mild pressure with no script. That is exactly what a real conversation feels like.

LISTEN AND REPEAT

"I think this is a good idea because..."

[PAUSE]

"On the other hand..."

[PAUSE]

"The problem with that is..."

[PAUSE]

"What I actually believe is..."

[PAUSE]

PRACTICE

Read the situation. What would you say out loud right now — in English?

#	Situation	Response
1	You are making breakfast. Narrate the first three sentences.	<i>'I am making eggs. I need the pan. The oil is heating up.'</i>
2	You have a thought in your own language. Translate it to English.	<i>Say it out loud. Even if it takes a moment. That moment is the practice.</i>
3	You want to argue that learning English is worth the effort.	<i>Give three reasons. Out loud. In English. Right now.</i>

4	You are walking somewhere. Describe what you see.	<i>'There is a red bike. The street is quiet. It is colder than yesterday.'</i>
5	You have two minutes before a meeting. Use them.	<i>Think of something you did yesterday. Say it in three sentences in English.</i>

TODAY'S SMALL ACTION

For the next 10 minutes, narrate whatever you are doing out loud in English. Not in your head. Out loud. That is the whole exercise.

Want to go deeper? The members edition has 20 self-talk prompts and a 7-day speaking-to-yourself challenge.