

Measure Your Speaking Progress in 60 Seconds

More practice. Same idea, applied.

THE CORE IDEA

If you cannot see your progress, you will not believe it is real. Three simple tools make it visible, without tests, scores, or teachers.

A2 — Building Confidence

At this level, progress is real but invisible day to day. The 60-second recording is your tool. Record. Save. Come back in four weeks. You will be surprised.

Questions to think about

1. Record yourself speaking for 60 seconds right now. Any topic. How does it feel to listen back?
2. What is one phrase you used this week in English that you would not have used a month ago? Write it down.
3. After a conversation in English, what is one thing that went better than last time?
4. Do you believe you are improving? What would make it easier to believe?

Key phrases to use

'One phrase I used today that felt natural: ...'

'Something I understood today that I did not before: ...'

'One thing that went better this time: ...'

'I started without freezing. That is progress.'

'I will record myself again in four weeks on the same topic.'

B1 — Intermediate Practice

At this level, progress is real but it can feel like a plateau. The phrase diary and conversation replay are the tools that make the improvement visible. Use them consistently.

Questions to think about

1. Record yourself on the same topic as four weeks ago. What do you hear that is different?
2. What is one phrase you used this week that surprised you with how natural it felt?
3. After your last conversation in English, what did you handle better than before?
4. What is still hard? Name the specific situation where you still feel stuck.

Key phrases to use

'Four weeks ago I could not say... Now I can.'

'The phrase that felt natural today was...'

'What I handled better this time: ...'

'The situation where I am still stuck: ...'

'My phrase diary entry for today: ...'

B2 — Advanced Application

At this level, measuring progress means identifying your ceiling. Where do you run out of words fastest? That is your next target. Record, listen critically, and name what changed.

Questions to think about

1. Record two minutes on a complex topic. Listen back. What is still holding you back?
2. What do you avoid saying in English? Why? What would you lose if you tried anyway?
3. Name three things you can do in English now that you could not do six months ago.
4. Where is your current ceiling? Name the exact situation or topic where you always run out.

Key phrases to use

'What changed in the last six months: ...'

'What I still avoid saying in English: ...'

'My current ceiling is... and my next step is...'

'What I hear differently now when I listen to English: ...'

'Three things I can do now that I could not before: ...'

SELF-CHECK QUESTIONS

- What is the 60-second recording and why should you save the date?
- What goes in the phrase diary and how often should you add to it?
- What question do you ask yourself after a conversation?
- Why does measuring progress help you keep going?
- Which of the three tools will you start using this week?

TODAY'S SMALL ACTION

Record yourself for 60 seconds right now. Any topic. Save the file with today's date. That is your baseline.