

MINDSET ENGLISH / FREE LEARNING RESOURCE

The 7-Day Speaking Reset

A small daily system for moving from silent study to active English.

FORMAT	BEST FOR	USE IT IN
7-day guided workbook	Learners who understand more than they comfortably say	15-20 minutes a day

Discover the pattern. Repeat the pattern. Use the pattern until English becomes automatic.

Created by MindSet English for personal learning and reflection.

PART 01

Set up your speaking loop

You do not need a perfect sentence. You need a repeatable way to notice, rehearse, speak, and improve one useful pattern at a time.

THE DAILY LOOP

01 Choose one real situation: introductions, ordering, asking for help, explaining a plan, or sharing an opinion.

02 Collect three useful sentence patterns. Keep the structure; change the details.

03 Say each pattern slowly three times, then once at natural speed.

04 Record a 45-90 second response without stopping to translate every word.

05 Listen once, choose one improvement, and record the response again.

Your rule for the week

Communication first. If a missing word blocks you, explain it with simpler English and keep going.

Your review rule

Choose only one focus per recording: clearer ideas, a useful pattern, pronunciation, or response speed.

My most useful speaking situation this week:

PART 02

Days 1-3: build momentum

Start with short, familiar language. Repeating a useful structure in several contexts is more valuable than collecting a long vocabulary list.

DAY 1 - INTRODUCE AND CONNECT

☐ Pattern: I am currently... / I have been interested in... / One thing I enjoy is...

☐ Task: Record a one-minute introduction for someone meeting you for the first time.

☐ Reflection: Did you connect ideas, or speak in isolated sentences?

DAY 2 - DESCRIBE A ROUTINE

☐ Pattern: I usually... / Most days... / What helps me is...

☐ Task: Explain one part of your normal day and why it matters.

☐ Reflection: Replace one repeated word with a more precise phrase.

DAY 3 - TELL A SHORT STORY

☐ Pattern: At first... / Then... / The surprising part was... / In the end...

☐ Task: Tell a short story about a recent plan, problem, or memorable moment.

☐ Reflection: Could a listener follow the order without asking for clarification?

PART 03

Days 4-7: stretch the skill

Now add interaction, explanation, and reflection. Keep reusing earlier language so it becomes easier to access.

DAY 4 - ASK BETTER QUESTIONS

- ☐ Prepare five follow-up questions for a familiar topic.
- ☐ Practise short listening responses: I see. / That makes sense. / What happened next?

DAY 5 - EXPLAIN AN OPINION

- ☐ Use: From my perspective... / The main reason is... / On the other hand...
- ☐ Record one balanced opinion with one example.

DAY 6 - SIMULATE A REAL MOMENT

- ☐ Choose a café, interview, university enquiry, meeting, airport, or customer-service situation.
- ☐ Record both sides, or practise with a speaking partner or AI coach.

DAY 7 - REPEAT DAY 1

- ☐ Use the same introduction prompt from Day 1.
- ☐ Compare the recordings for flow, detail, hesitation, and confidence - not for perfection.

PART 04

Your weekly evidence

Use this page to make improvement visible. A useful practice system shows you what to repeat next.

DAY	I RECORDED	ONE USEFUL PATTERN	NEXT FOCUS
1			
2			
3			
4			
5			
6			
7			

The pattern I want to keep using next week:

Next step: use the free MindSet English level test to identify an indicative CEFR starting point, then choose practice that matches your current communication needs.