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The **Podcast** That Will Help You **Speak** English Fluently.  
With No Grammar and No Textbooks!

**Episode #217**

Maintaining a  
Positive Attitude

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Hi! I'm Georgiana, founder of [SpeakEnglishPodcast.com](https://speakenglishpodcast.com).  
My mission is to help you speak English fluently.

In today's episode:

- I'll reveal some tricks to maintain a **positive attitude** while learning English.
- And you'll practice your **speaking** with my new mini-story.

Before we start, get the transcript of this episode at: [SpeakEnglishPodcast.com/podcast](https://speakenglishpodcast.com/podcast)

Very well. Let's start!

Is it possible to maintain a **positive mental attitude**?

We know it's important, but **how can you be more positive**, and most importantly, how can you maintain that attitude?

What you need is a **change of mindset**. And you can achieve that, by **changing your strategy**.

For instance, **get off social media** and **exercise more**.

I'm not saying you should run a marathon.

But make sure you walk every day, even if it's just a little bit.

**Read self-help books in English.**

There are many self-help books out there, so do your research.

However, I can recommend **Unlimited Power**, by Tony Robbins.

Anyway. We all know that being positive helps us achieve amazing things.

That's why I wanted to share with you some of the tools which worked for me.

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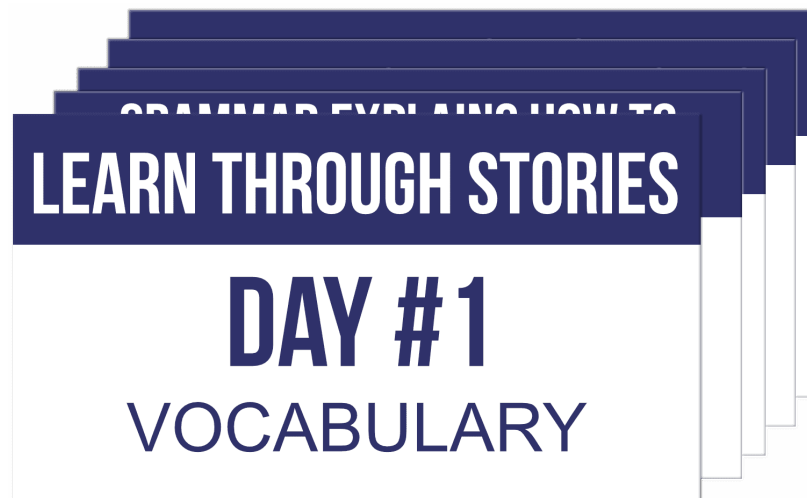
Finally, without making too much effort and without trying hard, you'll think in a more positive way. All these tools will create a healthier approach towards life and, of course, towards your English learning routine.

Do you know how you can help me? You can share the podcast with your friends and family. Tell them to go to [SpeakEnglishPodcast.com](https://www.speakenglishpodcast.com) and get my free mini-course.

That would mean a lot to me. Thanks.

Ok! If you want to know how to **speaK English** using the proper techniques, visit [SpeakEnglishPodcast.com](https://www.speakenglishpodcast.com) and [subscribe](#) to my mailing list. I will send you my **video course for free**. So, you can **learn how to speak English fluently once and for all!**

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Now let's continue with a mini-story.

## Mini-Story

**(Practice your speaking)**

*What's a mini-story?*

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*A mini-story is very simple. I give you information using phrases, and then I ask you questions.*

*After each question, there will be some seconds of silence: it's your turn to answer the question!*

*Try to give an easy and short answer. Not a complex one.*

*After your answer, I will give you the correct answer.*

*And just like that, I'll tell a story with questions and answers.*

Are you ready? Let's start!

**Katie worked in a big company in Chicago from Monday to Saturday.**

**Did Katie work in a small company?**

No. She didn't work in a small company. She worked in a big company in Chicago.

**Was the company big or small?**

Big. The company was big. It wasn't small.

**Where did Katie work? Which city?**

She worked in Chicago. Katie worked in a big company in Chicago.

**Katie went to work every Saturday, right?**

No. No. Not every Saturday. She went to work from Monday to Saturday.

**Every day Katie went to work from 6 am to 9 pm.**

**Did Katie start working at 9 am?**

No. No. She started working at 6 am. Not 9 am.

**Did Katie work a lot or only a little?**

A lot. She worked a lot. She worked from 6 am to 9 pm.

**When did she finish work? At 10 pm?**

No. No. She didn't finish at 10 pm. Katie finished work at 9 pm.

**So, Katie worked only 9 hours every day, right?**

No. That's not right. Katie worked until 9 pm every day. She didn't work for nine hours every day.

**Katie was unhappy because she never had any free time.**

**Was Katie happy?**

No. No. Katie wasn't happy at all. She was unhappy.

**Was she unhappy because she had too much free time?**

No. No. The reason why she was unhappy is that she never had any free time.

**So, Katie was unhappy, right?**

Yes. She was unhappy.

**One day she started reading a self-help book. After reading that book, she immediately quit her job.**

**Did Katie start to listen to the radio one day?**

No. No. Katie started reading a self-help book.

**Was it a sci-fi book or a self-help book?**

A self-help book. She started reading the book, and after that, she immediately quit her job.

**What did she do after reading the book?**

She quit her job. After reading the book, she immediately quit her job.

**Did Katie quit her job after reading the book or before?**

After. She quit her job after reading the self-help book.

**After quitting, Katie decided to go to Hawaii. There she met Peter and George, two funny penguins.**

**Did Katie quit her job?**

Yes. She quit her job, and then she decided to go to Hawaii.

**Did she meet anyone in Hawaii?**

Yes. She met two funny penguins, Peter and George.

**Were Peter and George humans or animals?**

Animals. They were animals. Peter and George were penguins.

**After meeting the two funny penguins, Katie decided to start her own business in Hawaii. She became the best Surf instructor in the world.**

**Did Katie start her own business?**

Yes. She started her own business.

**Where did she start her business? In Hawaii or Texas?**

In Hawaii. She started her business in Hawaii. Not Texas. There are no waves in Texas.

**Katie became the best swimming instructor in Hawaii, right?**

No. No. Not a swimming instructor. Katie became the best surf instructor in the world.

How interesting. All she had to do is change her strategy. Instead of continuing to work from 6 am to 9 pm she looked for a different solution. By reading the self-help book, Katie realized she needed a drastic change.

Perfect! It's the end of this mini-story. And as you can see, through questions and answers, you can practice and improve your speech just like in a real conversation.

It is one of the techniques that I use in my [premium courses](#).

I recommend you to you take a look at:

[SpeakEnglishPodcast.com/courses](https://SpeakEnglishPodcast.com/courses)

Ok! We have reached the end of this episode.

Remember to listen to it several times. It will help you with your English.

See you soon! Bye! Bye!



*Georgiana*

founder of  
SpeakEnglishPodcast.com

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