EPISODE 349

Small Daily English Habits

Full transcript · mini-story · vocabulary review

Hi! I'm Georgiana, and I'm so happy to be back with a new episode of the Speak English Now podcast—the podcast that helps you speak English fluently, with no

The truth is, the best way to improve your English with this podcast… is actually really simple.

Repetition.

That's it.

I recommend listening to the same episode at least three times—ideally on different days.

Not all in one sitting. Maybe once today, again tomorrow, and one more time later in the week. That's how your brain really starts to **absorb** the language.

And you know what?

You don't need to understand everything the first time. Seriously—don't stress about it. Just relax, listen, and trust that your brain is working even if it doesn't feel like it right away.

Because it is.

Every time you come back to the same episode, you'll notice something new. A word. A pattern. A phrase.

Your brain starts to **connect the dots**—all on its own. That's how language learning really works.

Also—if it helps—you can follow along with the transcript on my website.

Some students like to read while they listen. Others prefer to read afterward. It's totally up to you.

You might find it helps connect the sounds and the spelling—or just gives you more confidence.

And one last thing before we jump in:

Even if it feels like you're learning slowly… you're not.

Small steps really do **add up**.

And you don't need hours and hours every day.

You can start **small**—15 minutes a day…

Even 5 minutes a day is enough to get started.

Listening, repeating, answering out loud—just for a few minutes—makes a big difference over time.

And that's actually what we're talking about today:

How **small habits** can lead to big results.

Most people think they need to make huge changes—study for hours, follow a perfect **routine**…

But the truth is, it's those little things you do every day that matter most.

Just like brushing your teeth.

You don't brush your teeth once a month for two hours, right?

You do it every day—for a few minutes. And it works.

Learning English is the same.

You don't have to do everything.

Just a little every day.

So, let's hear a story about someone who did just that—and how it changed everything.

Now, let's practice.

Mini-Story

Speaking Practice

Answer the questions aloud with short and quick responses. Repeat the Mini-Story several times to improve your speaking and listening.

Leo wanted to learn English, but he didn't have much time.

Did Leo want to learn English or French?
English. Leo wanted to learn English.

Did he have lots of time or very little time?
Very little. He didn't have much time to study.

Who wanted to learn English?
Leo. Leo wanted to improve his English, but he was busy.

What was Leo's problem?
Time. His problem was time. He didn't have much of it.

He decided to start with just five minutes a day.

Did he start with five minutes or five hours a day?
Five minutes. He started with just five minutes each day.

How many minutes did he study daily? 5, 10 or 15?
Five. He studied for five minutes a day to make it manageable.

Did he start with something big or small?
Something small. He chose a simple, easy habit.

Why did he choose something small?
Simplicity. He knew a small habit would be easier to repeat every day.

He listened to English while brushing his teeth.

Did he listen while brushing his teeth or while driving?
While brushing his teeth. That was the time he used to listen.

What did Leo do while brushing his teeth? Memorize grammar rules?
No. No. He didn't memorize grammar rules. He listened. He listened to the Speak English Now podcast while brushing his teeth.

Who listened while brushing his teeth? His dad?
No, no. His dad didn't listen. Leo listened. Leo combined brushing and listening.

Did he brush his teeth in the morning or at night?
Both. He brushed his teeth in the morning and at night—so he listened at both times.

At first, he understood very little.

Did he understand everything at first?
No, no. He didn't understand everything at first.

How much did he understand in the beginning?
Very little. He understood very little in the beginning.

Who understood just a little?
Leo. At first, Leo only understood a few words.

Did he stop when it was difficult?
No, no. He didn't stop. He kept going, even when it was hard.

After one week, he started to understand more.

Did he understand less or more after one week?
More. He started to understand more words and phrases.

Who began to understand more?
Leo. After one week, Leo noticed progress.

What happened after one week?
He noticed progress. His listening improved and he understood more.

Why did he improve?
Repetition. The **daily habit** helped his brain get used to the language.

After three weeks, he began speaking to himself in English.

Did he speak to himself or to strangers?
To himself. He practiced alone by speaking out loud.

Who did Leo talk to?
Himself. He talked to himself in English to practice speaking.

Did he feel comfortable or strange?
Strange. It felt a little strange at first, but it helped him improve.

What did he start doing after three weeks? Did he travel to the USA?
No, no. After three weeks he started speaking. He began speaking to himself in English every day.

After two months, he even dreamed in English.

Did he dream in English or in his native language?
In English. He had his first dream in English.

Who was dreaming in English?
Leo. Leo had his first full dream in English.

Was he surprised or bored?
Surprised. He was very surprised—and proud!

What happened in his dream?
He had a conversation. He was speaking and understanding English—while asleep!

And it all started with just five minutes a day.

Did Leo begin with a huge study plan?
No. He started small—just five minutes a day.

How much time did he commit daily? 10 minutes?
No, no. Five minutes. That's all he needed to begin.

What made the biggest difference in his learning?
Consistency. His small, **daily** habit helped him make real progress.

Who improved with a tiny habit?
Leo. He improved his English thanks to one simple decision.

Thanks for listening, and I'll see you in the next episode.

Review

Vocabulary from This Episode

Review the most useful words and expressions before listening again.

01 daily habit a small action repeated every day.	**05 add up** combine over time to produce a larger result.
02 repetition doing or hearing something again to learn it better.	**06 routine** a regular way of doing something.
03 absorb gradually take in and understand information.	**07 small step** a simple action that moves you toward a goal.
04 connect the dots understand how separate pieces of information relate.	**08 consistency** the habit of continuing regularly over time.

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Georgiana
Founder of Speak English Now Podcast
SpeakEnglishPodcast.com