

DAY #4

RULE #3

Learn by Repetition

**Learn by listening or reading
the same content many times..**

**When you listen to the same audio many
times, your brain remembers better.**

You learn more, and you speak better.

LISTEN

every day!

**Bring your phone or
MP3 player with you!**



How to speak automatically:

- ▶ You don't translate in your head.
- ▶ You speak naturally, without thinking too much.



What is Fluency?

Fluency does not mean you speak perfectly.

Even children make mistakes—

but they speak freely and improve over time.

It's okay to make mistakes.

**Fluency means you can
speak without stress.**



It's okay to make mistakes.

**Fluency means you can speak
without stress.**

How to speak better?

Listen to a lot of easy, clear English.

This is called “comprehensible input.”

 **When you listen every day:**

- You understand more.**
- You get used to how English sounds.**
- You stop translating in your mind.**

This is a very powerful method!



Choose the right material:

- ▶ It's important to understand what you listen to.**
- ▶ Choose stories or lessons that are easy for you.**
- ▶ Good audio and a transcript can be really helpful.**

The Q&A Technique

How does it work?

- ▶ **I say one sentence from the story.**
- ▶ **I ask a question about that sentence.**
- ▶ **You hear a pause—you answer the question in English.**

▶ I give you the correct answer.

▶ Then we go to the next sentence...

and repeat!



What happens in the lesson?

- ▶ **I tell a story.**
- ▶ **I ask many questions.**
- ▶ **You give many answers.**
- ▶ **The story continues with more questions and answers.**

 **The questions are easy.**

 **And after a few lessons, you will answer quickly and automatically!**

Why is this method so good?

✓ It's like a real conversation.

✓ You practice answering again and again.

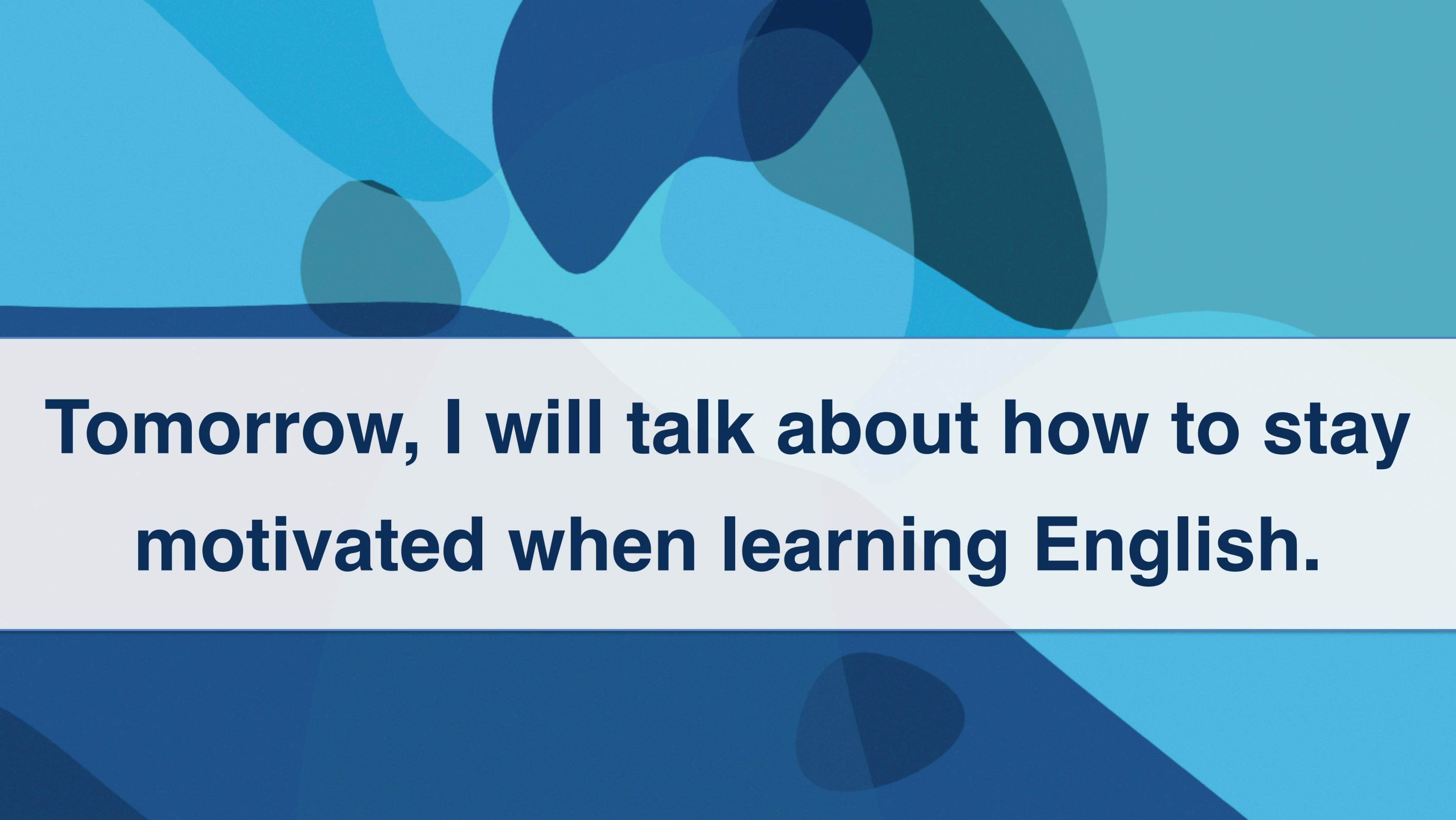
 **You can do it alone. No stress!**

Repeat as many times as you want.

RULE #4

Listen to lots of clear English.

Use the Question & Answer technique.

The background features a series of overlapping, semi-transparent shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are organic and fluid, creating a layered, abstract effect. A central white horizontal band is positioned across the middle of the image, serving as a backdrop for the text.

Tomorrow, I will talk about how to stay motivated when learning English.