

Lesson 1

Resetting Your Speaking Mindset

1. Confidence Reflection

Write down three situations where you feel nervous speaking English.
Then write a one-sentence “new mindset” for each (e.g., “My message matters more than perfection.”)

Nervous Situations:

1. _____
2. _____
3. _____

New Mindset:

1. _____
2. _____
3. _____

2. Replace Negative Thoughts

Write down three negative thoughts you often have about your English.
Rewrite them as positive, professional statements.

Example:

Negative: “People won’t understand me.”

New version: “I speak clearly and people follow my ideas.”

Negative Thoughts:

1. _____
2. _____
3. _____

Positive Statements:

1. _____
2. _____
3. _____

3. Confident Line Practice

Record yourself saying these short lines slowly and confidently:

- “Here’s my point.”
- “I’ll explain it step by step.”
- “Let’s look at this together.”

4. Mindset Mini-Check

During your next English conversation, notice ONE moment where you stayed confident instead of panicking.

Write down what happened.
