

Routines of a Music Star

English learning resource · EN

Key words & expressions · English

15 learning entries

Study task: Listen again and notice the expressions you studied.

1

to be in the zone

DEF

to be in a state of focused, effortless concentration where performance flows naturally without self-consciousness

Being in the zone is the ideal state for language practice — when you stop monitoring yourself and just speak, listen, and respond. Also called 'flow state' in psychology. Calm English practice is designed to create this.

After twenty minutes of shadowing, she was completely in the zone — words just came without thinking.

You can't force yourself into the zone — you create the conditions and let it happen.

2

to trust the process

DEF

to believe that following the right method consistently will produce good results, even when progress is not immediately visible

Trust the process is a phrase from sports coaching — athletes must keep training even when they cannot see improvement. For language learners, trusting the process means continuing to study calmly when results feel distant.

Trust the process — the improvement is happening even when you can't feel it.

She trusted the process for eight months of daily listening, and then her English changed almost overnight.

3

every single day

DEF

Every day without exception, with strong emphasis on consistency.

Single intensifies every; it does not change the frequency.

Ten minutes every single day can build a strong habit.

She wrote one paragraph every single day.

4

the finish line

DEF

The point at which a race, task or long process is completed.

Frequently used metaphorically for goals and projects.

Imagine your finish line before you begin.

The team can finally see the finish line.



5

muscle memory

DEF

the ability to perform a physical action automatically, without thinking, after enough practice

Muscle memory in speaking means your mouth moves correctly without conscious thought — the goal of pronunciation and fluency training. It's built through deliberate, repeated practice.

After months of shadowing, muscle memory took over and my accent became much clearer.

Speaking a language confidently is all about muscle memory — your mouth needs to learn the sounds.

6

to switch off

DEF

to stop paying attention; to stop thinking about something and relax

Similar to 'tune out' but also implies deliberate mental rest, not just distraction.

Sometimes you need to switch off and let your brain rest.

If you can't switch off from studying, your retention drops.

7

to sell out

DEF

to sell all available tickets or stock; to compromise values for success or money

Double meaning: 'we sold out the venue' (achievement) vs. 'she sold out to a record label' (betrayal of principles).

They sold out the 10,000-seat arena in under twenty minutes.

Some fans accused her of selling out when she changed her style for mainstream appeal.

8

to show up

DEF

to appear, be present, or put in the effort consistently — even when you do not feel like it

Show up is about reliability and consistency — the willingness to do the work whether or not conditions are perfect. In English learning, showing up every day for twenty minutes beats intensive studying once a week. It is the one habit that separates improvers from plateauers.

The most important thing in language learning is to show up every day — even for just fifteen minutes.

She showed up for her English practice even on the days she did not feel like it — and those days made all the difference.

9

to warm up

DEF

to prepare your body or voice for activity through gentle, graduated exercises before the main effort begins

Warm up is borrowed from sport and music. Pronunciation work needs a warm-up too — the muscles of the mouth, jaw, and tongue need to be engaged before you ask them to perform difficult sounds.

Before you tackle the J sound, warm up your jaw and lips with some gentle sounds.

Professional singers always warm up before a performance — treat your English speaking the same way.

10

to put on

DEF

to organise and present a show, event, or performance

Putting on a show involves everything invisible — lighting, sound, choreography, costumes, crew — not just the performance itself.

They put on the most spectacular show I have ever seen in my life.

Putting on a world tour costs millions and takes years to plan.



11

overwhelmed

DEF

Feeling unable to cope because there is too much to do, think about or experience.

Describes a person's feeling. Common patterns are feel overwhelmed and be overwhelmed by/with something.

I felt overwhelmed.

I feel overwhelmed by everything I need to do.

12

to stretch

DEF

to extend your body, limbs, or muscles to their full length, especially after sleep or rest

Morning stretching signals the body that the day is beginning — a gentle physical reset that improves blood flow and reduces stiffness.

I stretch my arms above my head the moment I wake up.

A five-minute stretch in the morning sets your body up for the whole day.

13

to release

DEF

To allow or enable something to escape from confinement.

To let go of something, especially something that is held or trapped.

'To release' often implies freeing something or someone from a physical or metaphorical constraint. It can be used in both literal and figurative contexts, such as releasing emotions or stress.

Ho'oponopono is about releasing — letting go of what weighs on you.

"To release." That's the last phrase.

14

to notice

DEF

To become aware of something or someone by seeing, hearing, or feeling them.

To pay attention to something or someone.

'To notice' implies a conscious act of becoming aware, often used in everyday contexts to describe the act of perceiving something that might not be immediately obvious.

Just noticing.

So two phrases here: "to notice", and "to flow".

15

to reconnect with something

DEF

to re-establish a relationship, interest, or ability that had faded or been interrupted

Reconnect is the warmth word for returning to something you once loved or used. Reconnecting with English after a break is not punishment — it is reunion. This framing matters: learners who approach return with curiosity reconnect faster than those who approach with guilt.

Reconnect with English through something you enjoy — music, a podcast, a film — not through exercises.

She reconnected with her love of English by reading the novels that had inspired her years ago.

