

Shadowing Practice 100 Lessons

English learning resource · EN

Key words & expressions · English

12 learning entries

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

1

step by step

DEF

little by little, calmly

paints a picture: walking, moving forward, no rush.

Fluency is built step by step, not overnight.

I'm building my confidence step by step.

2

to let go of

DEF

to release something that you are holding onto, especially a worry, a mistake, or a need for perfection

Letting go of is a crucial concept in language learning — holding on to past mistakes, fear of judgement, or the need to be perfect blocks natural speech. Letting go creates space for flow.

Let go of the need to be perfect and just speak — that is where the learning really happens.

She learned to let go of her accent insecurity and focus on what she was actually saying.

3

to move forward

DEF

to stop dwelling on the past and make progress, especially after a difficulty or setback

Move forward is both practical and motivational. After a difficult English conversation, the healthy response is to note what happened and move forward. It is about momentum — keeping going despite what went wrong.

You cannot change what you said — but you can move forward and use what you learned today.

After failing the exam, she took one day to feel disappointed, and then moved forward with a new plan.

4

self-worth

DEF

The sense that you have value as a person.

Unlike confidence in one skill, self-worth concerns your broader personal value.

Do not base your self-worth entirely on praise.

Healthy boundaries can protect your self-worth.



5

to commit to something

DEF

to make a firm and genuine decision to dedicate yourself to something over the long term

Committing is different from trying — it means you are not looking for a way out. In English learning, commitment means showing up even when you do not feel like it, not treating it as optional. Most people try; very few truly commit.

You do not just try to learn English — you commit to it, the same way you commit to anything that matters.

The moment she committed to daily practice instead of 'doing her best', everything started to change.

6

responsibility

DEF

the state or fact of having a duty to deal with something

the ability to act independently and make decisions

Often associated with maturity and accountability.

You have to choose what to do.

Your ex broke your heart his fault your responsibility to heal and move on.

7

meaningful

DEF

having real significance, purpose, or value — not artificial or empty

Meaningful practice is the opposite of drilling — instead of repeating sentences out of context, you use the language to express something you actually care about.

Meaningful communication is the fastest route to fluency — say real things to real people.

The most meaningful vocabulary is the vocabulary you use to talk about your own life.

8

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".

9

momentum

DEF

the force or energy of something that keeps it moving forward once it has started

In physics, an object in motion stays in motion — momentum in language learning means that each day you practise makes the next day easier.

Once you build momentum in your daily English practice, it becomes hard to stop.

Missing one day breaks your momentum — so keep the habit small but consistent.



10

to resonate

DEF

to have a strong effect on someone's emotions or feelings; to feel deeply meaningful or true to a person's own experience

Resonate is acoustic science applied to emotion — a sound that resonates is one that vibrates with the same frequency as the listener. Music resonates when it matches something you feel inside. Learning the English in songs that resonate with you is dramatically more effective than neutral texts.

The lyrics to this song resonated with her so deeply that she had them memorised within a week.

Find English content that resonates with you emotionally — you will absorb it without effort.

11

to accept something

DEF

to acknowledge and come to terms with something as it is — not necessarily liking it, but stopping the fight against it

Accept is different from 'like' or 'agree with'. You can accept that learning is hard without liking it. Acceptance is the beginning of calm — the moment you stop wasting energy fighting a fact, you free that energy for action. Very important in mindset vocabulary.

Accept that mistakes are part of the process — fighting that truth only slows you down.

She accepted that she was not fluent yet and, paradoxically, this acceptance made her more relaxed and more effective.

12

to desire

DEF

to want something strongly and often with a sense of longing — more emotionally intense than 'want'

Desire is more powerful and conscious than want — it carries emotional weight and often a sense that the thing is not yet possessed. Understanding the difference between desire, want, need, and wish is advanced English vocabulary work.

What do you truly desire from your English — connection, opportunity, confidence, or something else?

She desired fluency so deeply that she rearranged her entire daily routine to make it possible.

