

VOCABULARY · EPISODE 29

Calm English 100 Sentences Unstoppable

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to find your groove

encontrar tu ritmo propio · dar con tu manera de funcionar

DEF

to discover the rhythm, pace, and approach that works best for you; to settle into a comfortable and productive way of doing something

Find your groove is musical — it refers to the groove in a vinyl record that the needle follows perfectly. When you find your groove in English, everything feels smoother and less effortful.

ES

Descubrir el ritmo, paso y enfoque que mejor funciona para ti; asentarte en una forma cómoda y productiva de hacer algo.

Es musical — se refiere al surco de un disco de vinilo que la aguja sigue perfectamente.

After two weeks of daily shadowing, she finally found her groove — speaking felt natural.

After two weeks of daily shadowing, she finally found her groove. -> Después de dos semanas de shadowing diario, finalmente encontró su ritmo propio.

Find your groove with this series: start slow, repeat the sentences, and let it become part of your day.

Find your groove with this series: start slow, repeat the sentences, and let it become part of your day. -> Da con tu manera de funcionar con esta serie: empieza despacio, repite las frases y deja que se convierta en parte de tu día.

2

to ease into

meterse poco a poco en · ir entrando suavemente

DEF

to begin something gradually and gently, without forcing or rushing

Ease into is opposite to jumping in — it acknowledges that the best entry into something challenging is gradual, comfortable, and sustainable. The calm English approach to all difficult content.

ES

Comenzar algo gradualmente y con suavidad, sin forzar ni apresurarse.

Es lo opuesto de lanzarse — reconoce que la mejor entrada en algo desafiante es gradual.

Ease into the faster sentences — don't try to match full speed on the first attempt.

Ease into the faster sentences — don't try to match full speed on the first attempt. -> Métete poco a poco en las frases más rápidas — no intentes alcanzar la velocidad completa en el primer intento.

She eased into speaking English at work by starting with short sentences in safe conversations.

She eased into speaking English at work by starting with short sentences. -> Fue entrando suavemente en el inglés en el trabajo empezando con frases cortas.

3

to be in the zone

estar en estado de flujo · estar en tu mejor momento

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.

ES

Estar en un estado de concentración enfocada y sin esfuerzo donde el desempeño fluye naturalmente.

Es el estado ideal para la práctica de idiomas — cuando dejas de monitorearte y simplemente hablas, escuchas y respondes.

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

After twenty minutes of shadowing, she was completely in the zone. -> Después de veinte minutos de shadowing, estaba completamente en estado de flujo.

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

You can't force yourself into the zone — you create the conditions and let it happen. -> No puedes obligarte a estar en tu mejor momento — creas las condiciones y dejas que suceda.

4

to let go of

soltar algo · dejar ir algo

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.

ES

Soltar algo a lo que te estás aferrando, especialmente una preocupación, un error o una necesidad de perfección.

Es un concepto crucial en el aprendizaje de idiomas — aferrarse a errores pasados o al miedo bloquea el habla natural.

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

Let go of the need to be perfect and just speak. -> Suelta la necesidad de ser perfecto y simplemente habla.

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

She learned to let go of her accent insecurity and focus on what she was actually saying. -> Aprendió a dejar ir la inseguridad de su acento y a centrarse en lo que realmente estaba diciendo.

5

to power through

tirar hacia adelante · seguir a base de fuerza de voluntad

DEF

to complete something difficult by relying on energy and determination rather than ease or skill

Power through is for the hard moments — when shadowing feels exhausting, when you are confused, or when you want to stop. You do not wait for it to feel easier; you use force of will to keep going.

ES

Completar algo difícil apoyándose en la energía y la determinación en lugar de la facilidad o la habilidad.

Es para los momentos duros — cuando el shadowing se siente agotador, cuando estás confundido o cuando quieres parar.

Power through the first ten sentences even if they feel hard — it gets easier after that.

Power through the first ten sentences even if they feel hard. -> Tira hacia adelante las primeras diez frases aunque parezcan difíciles.

She powered through the whole episode even when she missed some words — and she understood more than she expected.

She powered through the whole episode even when she missed some words. -> Siguió a base de fuerza de voluntad todo el episodio aunque se perdiera algunas palabras.

6

to hit your stride

alcanzar tu ritmo óptimo · encontrar tu marcha perfecta

DEF

to reach a point where you are working or performing at your best, naturally and without effort

Hitting your stride is the language learner's dream — the moment when English starts to flow, when you stop translating and just speak. It comes after weeks or months of practice, and then suddenly you are there.

ES

Llegar a un punto en que estás trabajando o actuando al máximo, de forma natural y sin esfuerzo.

El sueño del estudiante de inglés — el momento en que el inglés empieza a fluir, cuando dejas de traducir y simplemente hablas.

After six months of daily practice, she hit her stride — conversations that used to feel exhausting now felt effortless.

After six months of daily practice, she hit her stride — conversations that used to feel exhausting now felt effortless. -> Después de seis meses de práctica diaria, alcanzó su ritmo óptimo — las conversaciones que solían sentirse agotadoras ahora se sentían sin esfuerzo.

You will hit your stride eventually — you just need to keep going until that moment arrives.

You will hit your stride eventually — you just need to keep going until that moment arrives. -> Encontrarás tu marcha perfecta eventualmente — solo necesitas seguir adelante hasta que ese momento llegue.

7

to lose track of time

perder la noción del tiempo · olvidarse de que el tiempo pasa

DEF

to become so absorbed in what you are doing that you stop noticing how much time has passed

Losing track of time is a sign of deep engagement — and it is exactly what happens when you are fully absorbed in English. It is the clearest signal that you have found an activity you genuinely enjoy in the language.

ES

Absorberse tanto en lo que estás haciendo que dejas de notar cuánto tiempo ha pasado.

Señal de profundo compromiso — exactamente lo que pasa cuando estás totalmente absorto en inglés. La señal más clara de que has encontrado una actividad que de verdad disfrutas en el idioma.

When she found an English book she loved, she lost track of time and read for four hours straight.

When she found an English book she loved, she lost track of time and read for four hours straight. -> Cuando encontré un libro en inglés que le encantó, perdí la noción del tiempo y leí durante cuatro horas seguidas.

The best English practice is the kind where you lose track of time — where learning stops feeling like work.

The best English practice is the kind where you lose track of time — where learning stops feeling like work. -> La mejor práctica de inglés es aquella en la que te olvidas de que el tiempo pasa — donde el aprendizaje deja de sentirse como trabajo.

8

flow state

el estado de flujo · el estado de máxima concentración

DEF

a mental state of complete absorption in a task, where performance feels effortless and time disappears

The flow state is the goal of every English learner — when the language simply happens, without effort or self-consciousness. You cannot force it, but you can create the conditions: challenge slightly above comfort, clear focus, no distractions.

ES

Un estado mental de absorción completa en una tarea, donde el rendimiento se siente sin esfuerzo y el tiempo desaparece.

El objetivo de todo estudiante de inglés — cuando el idioma simplemente sucede, sin esfuerzo ni autoconciencia.

A good English conversation can put you in a flow state where you forget you are even using a second language.

A good English conversation can put you in a flow state where you forget you are even using a second language. -> Una buena conversación en inglés puede ponerte en el estado de flujo donde olvidas que incluso estás usando un segundo idioma.

She noticed she only entered a flow state when the topic genuinely interested her — so she chose to study only things she cared about.

She noticed she only entered a flow state when the topic genuinely interested her — so she chose to study only things she cared about. -> Notó que solo entraba en el estado de máxima concentración cuando el tema la interesaba de verdad — así que eligió estudiar solo las cosas que le importaban.

9

to get going

ponerse en marcha · empezar de una vez

DEF

to start moving, acting, or working — to begin something you have been putting off or delaying

Get going is the encouragement you give yourself to begin. In language learning, the hardest part is always starting — not the conversation itself, but picking up the phone or opening your mouth. Once you get going, it is almost always easier than expected.

ES

Empezar a moverse, actuar o trabajar — comenzar algo que has estado posponiendo o retrasando.

El aliento que te das a ti mismo para empezar. Lo más difícil siempre es empezar — no la conversación en sí, sino abrir la boca.

Stop preparing and get going — the only way to improve your speaking is by speaking.

Stop preparing and get going — the only way to improve your speaking is by speaking. -> Deja de prepararte y ponte en marcha — la única manera de mejorar tu expresión oral es hablando.

Once she got going with the podcast episode, she found her rhythm within the first minute.

Once she got going with the podcast episode, she found her rhythm within the first minute. -> Una vez que se puso en marcha con el episodio del podcast, encontró su ritmo en el primer minuto.

10

to stay focused

mantenerse concentrado · mantener el enfoque sin distracciones

DEF

to keep your attention and energy directed at your goal, without being pulled away by distractions

Staying focused in language learning is not about willpower — it is about design. If your phone is next to you, you will not stay focused. If the material is too hard or too easy, you will drift. Focused practice is the only kind that produces results.

ES

Mantener tu atención y energía dirigidas hacia tu objetivo, sin ser arrastrado por las distracciones.

No se trata de fuerza de voluntad — se trata de diseño. La práctica enfocada es la única que produce resultados.

Turn off notifications and stay focused for just twenty minutes — quality beats quantity every time.

Turn off notifications and stay focused for just twenty minutes — quality beats quantity every time. -> Apaga las notificaciones y mantente concentrado solo veinte minutos — la calidad supera a la cantidad siempre.

She found it hard to stay focused while listening in English, so she started taking notes by hand.

She found it hard to stay focused while listening in English, so she started taking notes by hand. -> Le costaba mantenerse concentrada mientras escuchaba en inglés, así que empezó a tomar notas a mano.