

TRANSCRIPT · EPISODE 36

Calm English for Tired Minds

Full episode script · English

161 lines

Your English Toolbox

Welcome to the Slow Listening Podcast Series, the show where we train your ears step by step.

Today is for days when you feel tired, days when you feel lazy or unmotivated, days when you do not want to study.

On days like this, calm English is not a break from learning.

Calm English is the practice.

You allow yourself to listen without pressure.

You allow yourself to simply follow the sentences.

This is how you return to your foundations.

Strong foundations are built through repetition, not effort.

This is part of the slow listening method.

Sometimes you do not need to learn something new.

Sometimes you need to become more sure of what you already know.

You can lie down, relax, and let English flow through you.

Confidence grows when your base becomes familiar and calm.

Today, listening calmly is enough.

Let's rebuild your English gently, one sentence at a time.

Block one.

Lazy is okay.

Rebuild a foundation.

Today I feel tired, and that is completely okay.

I do not need to push myself to learn new things today.

Feeling lazy does not mean I am failing.

I can slow down and still move forward.

Today is about rebuilding, not proving anything.

Strong foundations matter more than speed.

I do not need difficult words to make progress today.

I can practice what I already know, calmly.

Listening carefully is still real learning.

A quiet mind learns better than

a stressed one.

I give myself permission to keep it simple.

Even short practice sessions help my English grow.

I am not lazy.

I am low on energy, low energy.

Days are perfect for foundations.

I can rebuild my English without pressure.

I choose clarity instead of complexity today.

Repeating basic sentences makes me more confident.

I do not need motivation to show up gently.

Learning slowly is still learning.

Today, rebuilding is enough.

Take a breath.

This block was

about permission.

Now we move to everyday English.

Block two, morning coffee and before work.

Could I get a coffee to go, please?

I'll have a cappuccino, but not too hot.

Thanks.

Do you have something light for breakfast this morning?

I'm in a bit of a hurry, so I'll keep it simple.

Could you warm that up for me?

If possible, I'll sit here for a few minutes and then head out and I pay by card.

Or is

it cash only today?

Sorry, could you say that again a little more slowly?

I'd like it without sugar, but with some milk.

If you have oat milk, I'll take that instead.

I didn't sleep very well, so I need a strong coffee.

Could you make it decaf, but keep the same flavor?

I'll grab a bottle of water as well.

Do you mind if I wait outside while it's ready?

I'll have the usual, unless you recommend something different today.

I'm trying to eat lighter in the mornings lately.

Can I order everything together, or do it separately?

Could you put the receipt in the bag, please?

Tink someone soon, so I'll stay near the door.

This really helps me start the day.

These are sentences you can use even when tired.

Block 3 Business Meetings and Workday English Before we start, can we clarify the main goal of this meeting?

I'd like to add one point to the agenda, if that's okay.

Could you walk me through the numbers one more time?

I see your point, but I'm not fully convinced yet.

Let's align on the timeline.

So we avoid confusion later.

From my perspective, the risk is higher than it seems.

I'm open to the idea, but we need a clearer plan.

Can we define what success looks like for this project?

I'd rather raise concerns now than fix problems later.

Just to confirm, who owns the next step?

If priorities keep changing, we may lose momentum.

I'm not saying it's wrong, but it needs more detail.

Could we park this topic and return to it later?

I appreciate the effort, but we need stronger evidence.

Let's make sure we're aligned on the overall strategy.

I'll share my notes after the meeting.

If we simplify the scope, we can move faster.

I can take responsibility, as long as expectations are clear.

What is the most important action

for this week?

Thanks everyone.

Let's end with clear next steps.

Block four, messages, emails and chats.

Just checking in to see if you had time to look at this.

Sorry for the late reply.

Today got very busy.

Would you mind confirming that you received my message?

I'm attaching the updated version for your reference.

Let me know what you think.

And I'll adjust it quickly.

If it works for you, I can send a short summary later.

Quick

question.

Do you prefer option A or option B?

I'm free after four if you want a quick call.

Thanks for your patience while I review this.

Just to avoid confusion.

Here's my understanding.

I can't promise today, but I'll prioritize it tomorrow morning.

Could you share the link again, please?

I agree with your point.

But the wording needs clarity.

No problem at all.

We can continue later.

If you're okay with it, I'll move forward on my side.

I'd rather ask now than make assumptions.

I'll keep this brief and focus on the main points.

Please correct me if I missed something important.

Thanks again.

Your feedback was very helpful.

Sounds good.

I'll follow up later today.

Block five.

Evening chats and retelling the day.

I'm finally home, and my brain feels switched off.

Today was long.

Even though nothing special happened, I'm exhausted.

But I managed to get through it.

Work stayed on my mind longer than

I wanted.

Tonight, I just want something easy and quiet.

I handled the day better than I expected.

I had a small win, and I'm choosing to notice it.

I over thought a few things, but I'm letting them go.

I'm low on energy, but I wanted to check in.

We can talk for a few minutes.

Then I'll rest.

I'm trying to simplify my life this week.

It wasn't perfect, but it was an honest day.

I put too

much pressure on myself sometimes.

Right now, I just want good sleep and no noise.

Tomorrow, I'll focus on one clear priority.

I'm learning to slow down on purpose.

Thanks for listening.

That really helps.

Going to relax and let the day end.

If I reply slowly, I'm just recharging.

Good night.

I'll talk to you tomorrow.

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We will understand clearly your message.

Thank you for practicing calmly today.

I'll see you in the next episode.
