

TRANSCRIPT · EPISODE 39

Seven Days of Calm English Day1

Full episode script · English

49 lines

Your English Toolbox

Welcome to Seven Days of Calm English, a new way to start your English year.

For the next seven days, I will share one short episode each day, five to seven minutes.

One idea, one gentle reset, no studying, no pressure, just listening.

January is a strange moment for language learners.

It is the time of the year when many people decide to start again.

New plans, new goals, new promises, study every day, learn more words, speak more, be better.

And for a few days, it feels motivating.

But very often, the same feeling comes back.

Tension, frustration, the sense of being behind.

So this week is not about doing more, it is about changing how English feels.

Today's idea is simple, but important.

You do not need a new English goal, you need a new relationship with English.

Many learners treat English like a task, something to finish, something to fix, something that is always incomplete.

When English

becomes a problem, every interaction feels like a test.

Am I good enough?

Did I understand enough?

Did I make a mistake?

This relationship creates stress, and stress blocks learning.

Think about relationships in your life.

When a relationship is tense, you avoid it, you hesitate, you overthink.

But when a relationship is calm, you return naturally, you stay longer, you grow.

English works the same way.

This week, we are not trying to improve your level.

We are trying

to calm the relationship, to make English feel familiar, to make it feel safe, to make it feel present in your life.

When the relationship changes, progress follows on its own.

Here is how these seven days will work.

Each day, one short episode, one idea, one small shift.

We will talk about listening without pressure.

We will talk about stopping constant measurement.

We will talk about building one simple daily habit.

We will talk about trusting slow progress.

do not need to take notes.

You do not need to remember everything.

Just listen.

Before we continue this week, I would like to ask you something very simple.

Please answer in the comments with one word only.

Write yes if you like the idea of this seven-day plan.

Write no if you prefer regular episodes only, just yes or no, nothing else.

Your answer really helps me understand what you need.

For today, that is enough.

You do not

need to act.

You do not need to change anything yet.

Just notice how English feels when you listen without expectation.

That is all for today.

We will continue tomorrow, slowly.