

Day 5 of Calm English

English learning resource · EN

Key words & expressions · English

10 learning entries

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

1 self-compassion

DEF

treating yourself with the same kindness and understanding you would offer a good friend — especially when you make mistakes or face difficulties

Self-compassion is not self-pity or laziness — it is the practical choice that leads to faster recovery from failure. Research shows language learners with more self-compassion make more attempts and improve faster.

Self-compassion means forgiving yourself for a bad lesson the way you'd forgive a friend.

The inner critic gets quieter when you practise self-compassion every day.

2 to be kind to yourself

DEF

to treat yourself with patience, gentleness, and understanding, particularly after a failure or difficult moment

Being kind to yourself is the antidote to perfectionism. Many language learners are harsher critics of themselves than they would ever be of others. This phrase is a daily practice, not a one-off act.

After a difficult conversation in English, be kind to yourself — it takes courage to try.

The rule here is simple: be kind to yourself, keep showing up, and the English will come.

3 to forgive yourself

DEF

to release guilt or self-blame for past mistakes and allow yourself to move forward without carrying that weight

Forgive yourself is one of the most important phrases in emotional English vocabulary. Guilt for past mistakes — every learner has them — must be released before progress can happen. Language learning requires failure. Forgiving yourself for failing is what makes the next attempt possible.

Forgive yourself for the years you did not study — they are gone, and now you are here.

She forgave herself for every embarrassing mistake she had ever made in English and started fresh.

4 to nurture something

DEF

to care for and encourage the development of something over time through consistent attention

Nurture is the opposite of forcing — you do not push, you feed. You nurture a skill by giving it regular, gentle attention. Nurturing your English means listening daily, reading often, speaking kindly to yourself about your progress.

Nurture your English like a plant — small amounts of water every day, not a flood once a week.

She nurtured her speaking confidence by starting with short sentences and slowly expanding what she dared to say.



5

inner voice

DEF

the internal narrative, self-talk, or commentary that runs in your mind as you go through experience

Inner voice is the key to understanding whether English learning is helping or hurting you psychologically. A harsh inner voice says 'I am terrible at this'; a compassionate inner voice says 'I am learning'. Changing the voice changes the experience entirely.

The inner voice of a good English learner says: I do not know this yet — and that word yet is everything.

She noticed her inner voice became kinder as her English improved — and then she realised it was the kindness that caused the improvement.

6

to be your own best friend

DEF

to treat yourself with the same warmth, patience, and support you would offer to someone you truly care about

Be your own best friend is the practical instruction that follows self-compassion. Ask yourself: how would I speak to my best friend if they made this mistake? Then speak to yourself that way. This reframing is one of the most powerful mindset tools in English.

Be your own best friend when you make mistakes in English — you deserve the same kindness you give to others.

She asked herself how her best friend would react if she forgot a word, and the answer made her laugh instead of cringe.

7

to embrace imperfection

DEF

to accept and even welcome flaws, errors, and incompleteness as a natural part of any growth process

Embrace imperfection is the antidote to perfectionism — the belief that you must be flawless before trying. In English learning, embracing imperfection means celebrating the attempt, not waiting for the perfect sentence. The imperfect sentence spoken is worth ten perfect ones never tried.

Embrace imperfection in your English — every native speaker has verbal tics, pauses, and fillers too.

She stopped waiting to speak perfectly and started embracing the imperfect, enthusiastic English she already had.

8

to root for yourself

DEF

to support and cheer yourself on, especially when progress is slow or the task is difficult

Root for yourself takes the sports idiom 'rooting for your team' and applies it inward. You are the team. You are the player. In English, rooting for yourself means noticing wins, celebrating effort, and continuing to believe even when results are slow.

Root for yourself the way you root for your favourite team — with loyalty, passion, and belief even in hard moments.

She started rooting for herself instead of criticising herself, and her enjoyment of English doubled.

9

to talk to yourself kindly

DEF

to use supportive, encouraging, and gentle language when addressing yourself internally

Talk to yourself kindly is the applied version of self-compassion. It is not vague — it means specific words: 'I am learning', 'That went well', 'I am proud of that attempt'. In English, practising kind self-talk in the language you are learning is doubly effective.

Talk to yourself kindly when you make errors — your progress depends not just on what you practise but how you practise.

She started narrating her English practice out loud and made sure to talk to herself kindly the whole time.



10

a growth mindset

DEF

the belief that abilities and intelligence can be developed through effort, learning, and persistence

Growth mindset was coined by psychologist Carol Dweck and is now widely used in English education and self-development. The opposite is a fixed mindset ('I am not a language person'). A growth mindset replaces 'I can't' with 'I can't yet', and that one word changes everything.

A growth mindset is the single most powerful belief you can bring to English learning.

She shifted to a growth mindset and stopped saying 'I am bad at accents' and started saying 'I am working on my accent'.

