

TRANSCRIPT · EPISODE 63

Master 100 Essential Sentences Like a Native

Full episode script · English

382 lines

Your English Toolbox

Think about a master pianist for a moment.

They do not start a masterpiece by playing at full speed.

They begin by playing so slowly that every note and every movement is intentional.

They go back to the basics to build a foundation that eventually allows them to play with effortless amazement.

That is exactly what we are doing today with our 100 essential phrases.

We are starting with the A2 level, the foundation of your skyscraper.

When you hear

the fast version you are hearing colloquial English, the real raw everyday way people speak.

When you hear the slow version you are hearing foundation English, the clear standard version.

Welcome to your English toolbox friends.

I am Martin and I am Peter.

Before we start I want to ask you one quick favor.

If you learned something new today please leave a comment after listening.

Your voice helps our show grow and reach more learners.

Part two health and

mindfulness phrases one to ten.

I'm trying to meditate for 10 minutes every morning.

I am trying to meditate for 10 minutes every morning.

I'm trying to meditate for 10 minutes every morning.

You got to drink more water to stay hydrated.

You got to drink more water to stay hydrated.

She's looking for ways to reduce stress at work.

She is looking for ways to reduce stress at work.

She's looking for ways to reduce stress at work.

Don't

know if I'm getting enough sleep lately.

I do not know if I'm getting enough sleep lately.

Don't know if I'm getting enough sleep lately.

We're hoping to start a new exercise routine soon.

We are hoping to start a new exercise routine soon.

We are hoping to start a new exercise routine soon.

It's hard to focus when you are feeling overwhelmed.

It is difficult to focus when you are feeling overwhelmed.

It's hard to focus when you are

feeling overwhelmed.

Take a deep breath before you start your day.

Take a deep breath before you start your day.

He's trying to eat less sugar to feel better.

He's trying to eat less sugar to feel better.

Do you feel like going for a walk in the park?

Do you feel like going for a walk in the park?

Do you feel like going for a walk in the park?

Health is more important than anything else.

Health is

more important than anything else.

Health is more important than anything else.

Part 3.

Career and motivation.

Phrases 11-20.

I'm going to apply for a new job next month.

I'm going to apply for a new job next month.

I'm going to apply for a new job next month.

We're working on a big project right now.

We are working on a big project right now.

We're working on a big project right now.

He's trying to learn new skills

to get promoted.

He's trying to learn new skills to get promoted.

He's trying to learn new skills to get promoted.

I've got to give a presentation tomorrow morning.

I have to give a presentation tomorrow morning.

I got to give a presentation tomorrow morning.

She's doing her best to meet the deadline.

She is doing her best to meet the deadline.

She's doing her best to meet the deadline.

What are you planning to do after you graduate?

What

are you planning to do after you graduate?

What are you planning to do after you graduate?

I don't know if I can attend the meeting today.

I do not know if I can attend the meeting today.

I don't know if I can attend the meeting today.

Mistakes are just part of the learning process.

Mistakes are just part of the learning process.

Mistakes are just part of the learning process.

They're starting a small business together.

They are

starting a small business together.

They're starting a small business together.

Keep pushing forward even when it's tough.

Keep pushing forward even when it is difficult.

Keep pushing forward even when it's tough.

Part 4.

Travel and exploration.

Phrases 21 to 30.

I'm looking forward to my vacation in July.

I am looking forward to my vacation in July.

I'm looking forward to my vacation in July.

Do you know where the check-in desk is?

Do you know where the

check-in desk is?

Do you know where the check-in desk is?

I gotta pack my bags before the flight.

I gotta pack my bags before the flight.

I gotta pack my bags before the flight.

We're going to visit some museums this afternoon.

We're going to visit some museums this afternoon.

We're going to visit some museums this afternoon.

Can you show me the quickest way to the station?

Can you show me the quickest way to the station?

you show me the quickest way to the station?

He's trying to find a cheap hotel near the centre.

He is trying to find a cheap hotel near the centre.

He's trying to find a cheap hotel near the centre.

How much does it cost to rent a car for a day?

How much does it cost to rent a car for a day?

How much does it cost to rent a car for a day?

I'm trying to book

a ticket online, but it's not working.

I am trying to book a ticket online, but it is not working.

I'm trying to book a ticket online, but it's not working.

Is there a bus stop anywhere around here?

Is there a bus stop anywhere around here?

Is there a bus stop anywhere around here?

Safe travels and have a great trip.

Safe travels and have a great trip.

Safe travels and have a great trip?

Greater than- Being able

to navigate a new city is a huge confidence booster.

Part 5 Educational Interlude Take a breath, friends.

You have just mastered 30 essential patterns.

Did you notice how Martin reduces trying to into triner and going to into gunner?

This is not a lack of grammar.

It is the natural way English speakers save energy and create flow.

By practicing both the fast and slow versions, your brain builds two maps for the same meaning.

One map is for

understanding everyone on the street, and the other is for speaking clearly when you need to be understood perfectly.

You are building muscle memory.

Keep moving.

Part 6 Social and emotional support I'm always here if you need someone to talk to.

I am always here if you need someone to talk to.

I'm always here if you need someone to talk to.

Tell us which of these phrases was the hardest to mimic.

Part 7 Home life and routines

Phrases 31 to 40 I'm trying to get the garden ready for spring.

I'm trying to get the garden ready for spring.

I'm trying to get the garden ready for spring.

We gotta buy some more groceries today.

We have to buy some more groceries today.

Now, we gotta buy some more groceries today.

She's fixing up the spare bedroom right now.

She is repairing the spare bedroom right now.

She's fixing up the spare bedroom right now.

Do you

know where I put my car keys?

I do not know where I put my car keys.

It's time to turn off the lights and sleep.

It is time to turn off the lights and sleep.

It's time to turn off the lights and sleep.

I'm looking for a new rug for the living room.

I am looking for a new rug for the living room.

I'm looking for a new rug for the living room.

He's hoping to move

to the city next year.

He is hoping to move to the city next year.

He's hoping to move to the city next year.

Do you need any help with the laundry?

Do you need any help with the laundry?

Do you need any help with the laundry?

I'm going to make a big salad for lunch.

I am going to make a large salad for lunch.

I'm going to make a big salad for lunch.

We're trying to keep

the house organized and clean.

We are trying to keep the house organized and clean.

We're trying to keep the house organized and clean.

Part 8.

Digital life and focus.

Phrases 41 to 50.

I'm trying to spend less time on my phone.

I am trying to spend less time on my mobile phone.

I'm trying to spend less time on my phone.

My computer's running real slow today.

My computer is running very slowly today.

My computer's running real

slow today.

I'm going to delete some old apps tonight.

I am going to delete some old applications tonight.

I'm going to delete some old apps tonight.

Don't know how to use this new software.

I do not know how to use this new software.

Don't know how to use this new software.

She's looking for a good podcast about history.

She is looking for a good podcast about history.

She's looking for a good podcast about history.

We gotta

update the security on our accounts.

We have to update the security on our accounts.

We gotta update the security on our accounts.

I'm hoping to learn how to code this year.

I'm hoping to learn how to code this year.

I'm hoping to learn how to code this year.

Do you check your notifications in the morning?

Do you check your notifications in the morning?

Do you check your notifications in the morning?

It's hard to stay focused with

so many emails.

It is difficult to stay focused with so many emails.

It's hard to stay focused with so many emails.

He's gonna buy a new laptop next week.

He is going to buy a new laptop computer next week.

He's gonna buy a new laptop next week.

Part 9.

Personal growth and mindfulness.

Phrases 51-60.

I'm trying to learn from my mistakes.

I am trying to learn from my mistakes.

I'm trying to learn from my mistakes.

gotta stay patient when learning something new.

You have to remain patient when learning something new.

You gotta stay patient when learning something new.

She's looking for a mentor to guide her.

She is looking for a mentor to guide her.

She's looking for a mentor to guide her.

Don't know if I'm making enough progress.

I do not know if I'm making enough progress.

Don't know if I'm making enough progress.

We're hoping to be more mindful every day.

We're hoping to be more mindful every day.

We're hoping to be more mindful every day.

It's important to celebrate the small wins.

It is important to celebrate the small victories.

It's important to celebrate the small wins.

I'm going to read more books this year.

I am going to read more books this year.

I'm going to read more books this year.

Do you think it's possible to change your habits?

Do you think it is possible to change

your habits?

Do you think it's possible to change your habits?

He's trying to be more kind to himself.

He is trying to be kinder to himself.

He's trying to be more kind to himself.

Growth takes time and a lot of effort.

Personal growth takes time and a great deal of effort.

Growth takes time and a lot of effort.

Part 10.

Human Relationships and Communication, Phrases 61-70 I'm looking forward to seeing you again soon.

I'm looking forward

to seeing you again soon.

I'm looking forward to seeing you again soon.

What do you think about our new plan?

What do you think about our new plan?

What do you think about our new plan?

She's trying to be more patient with her kids.

She is trying to be more patient with her children.

She's trying to be more patient with her kids.

Don't know if I can make it to the party tonight.

I do not know

if I can attend the party tonight.

Don't know if I can make it to the party tonight.

We gotta talk about what happened yesterday.

We have to talk about what happened yesterday.

We gotta talk about what happened yesterday.

He's hoping to make some new friends here.

He is hoping to make some new friends here.

He's hoping to make some new friends here.

I'm going to call my parents this weekend.

I'm going to call my parents this

weekend.

I'm going to call my parents this weekend.

It's nice to have a good talk with a friend.

It is nice to have a good conversation with a friend.

It's nice to have a good talk with a friend.

They're trying to improve their communication skills.

They are trying to improve their communication skills.

They're trying to improve their communication skills.

Thanks for listening to me.

I really appreciate it.

Thank you for listening to me.

I really appreciate

Thanks for listening to me.

I really appreciate it.

Part 11.

Resilience and mindset.

Phrases 71 to 80.

I'm going to keep trying until I succeed.

I am going to keep trying until I succeed.

I'm going to keep trying until I succeed.

You got to believe in yourself to move forward.

You have to believe in yourself to move forward.

You got to believe in yourself to move forward.

She's learning to deal with stress better.

She is

learning to deal with stress better.

She's learning to deal with stress better.

Don't know what the future holds, but I'm ready.

I do not know what the future holds, but I am ready.

Don't know what the future holds, but I'm ready.

We're focusing on what we can control right now.

We are focusing on what we can control right now.

We're focusing on what we can control right now.

It's okay to fail as long as you don't

quit.

It is okay to fail as long as you do not quit.

It's okay to fail as long as you don't quit.

He's trying to stay positive despite the challenges.

He is trying to stay positive despite the challenges.

He's trying to stay positive despite the challenges.

Do you think challenges make us stronger?

I'm trying to find the lesson in every situation.

Hard work always pays off in the end.

Hard work always pays off in the end.

Part 12, Environment and Daily Focus.

Phrases 81 to 90.

I'm trying to waste less food this week.

You gotta turn off the tap while brushing your teeth.

She's looking for ways to save energy at home.

She is looking for ways to save energy at home.

She's looking for ways to save energy at home.

Don't know where the recycling bin is around here.

I do not know where the recycling bin is around here.

Don't know where the

recycling bin is around here.

We're gonna walk to the shops instead of driving.

We are going to walk to the shops instead of driving.

We're gonna walk to the shops instead of driving.

It's important to protect our natural world.

It is important to protect our natural world.

It's important to protect our natural world.

I'm hoping to plant more trees in my garden.

I'm hoping to plant more trees in my garden.

I'm hoping to plant more trees

in my garden.

Do you think we're doing enough for the planet?

Do you think we are doing enough for the planet?

Do you think we're doing enough for the planet?

He's trying to use less plastic every day.

He is trying to use less plastic every day.

He's trying to use less plastic every day.

Small changes can make a big difference.

Small changes can make a big difference.

Small changes can make a big difference.

Part 13.

Practical

life and smart spending.

Phrases 91 to 100.

I want to find a cheaper way to commute.

I want to find a cheaper way to commute.

I want to find a cheaper way to commute.

She's trying to save up for a new house.

She is trying to save money for a new house.

She's trying to save up for a new house.

I don't know if this shop's open on Sundays.

I do not know if this shop is

open on Sundays.

Don't know if this shop's open on Sundays.

We gotta check the prices online first.

We have to check the prices online first.

We gotta check the prices online first.

I'm looking for a present for my brother.

I am looking for a gift for my brother.

I'm looking for a present for my brother.

Do you think this coat's too expensive?

Do you think this coat is too expensive?

Do you think this coat's too expensive?

He's gonna buy some fresh fruit later.

He is going to buy some fresh fruit later.

He's gonna buy some fresh fruit later.

It's easy to spend too much money here.

It is easy to spend too much money here.

It's easy to spend too much money here.

I'm trying to be more careful with my budget.

More careful with my budget.

I'm trying to be more careful with my budget.

Every small saving adds up over time.

Every small

saving adds up over time.

Every small saving adds up over time.

Friends, you have just completed the most scientifically effective workout your English has ever had.

You went back to the basics and you solidified your foundation.

You didn't just learn words today.

You retrained your nervous system to mimic the natural rhythm of a native speaker.

Remember, consistency matters more than intensity.

Listen to these 100 phrases again tomorrow while you walk or commute and let the sounds become part of you.

If you enjoyed this foundation building episode, please write a small comment before you go.

Your comments show the platforms that our community is real, active, and growing.

Tell us which of these A2 phrases was the most challenging to catch at colloquial speed.

Your voice and your feedback show us the right path for future episodes.

Thank you for listening.

Keep training your ears step by step.

