



SPEAKING

30-Day English Speaking Practice Plan

Go from hesitant to confident with daily 30–45 minute exercises

Free learning resource from English Skill Nest. Share it with students, colleagues and anyone preparing for English exams, interviews or professional communication.

Available at englishskillnest.com



Your 30-Day Roadmap

This plan is designed for self-learners who want to improve their spoken English without a partner. Each day requires just 30-45 minutes. Consistency beats intensity -- do 30 minutes every day, not 3 hours once a week.

Before You Start

1. Get a small notebook as your "Speaking Journal"
2. Set a daily alarm for your practice time

3. Have your phone ready to record yourself

4. Find a quiet space where you can speak aloud

Week 1: Building the Foundation (Days 1-7)

Day 1: Mirror Speaking

Stand in front of a mirror and describe your room for 5 minutes. Focus on eye contact with yourself.

Day 2: Shadow Reading

Read a newspaper article aloud for 10 minutes. Match the rhythm and speed of a newsreader.

Day 3: Vocabulary Journal

Write 10 new words with meanings and use each in a spoken sentence.

Day 4: Self-Introduction Practice

Record yourself giving a 2-minute introduction. Play back and note 3 areas to improve.

Day 5: Question-Answer Drill

Find 10 "Do you...?" questions online and answer each for 1 minute.

Day 6: Tongue Twisters

Practice 5 English tongue twisters 10 times each. Focus on clarity, not speed.

Day 7: Review Week

Record your self-introduction again. Compare with Day 4 recording.

Week 2: Expanding Your Range (Days 8-14)

Day 8: Storytelling

Pick a photo and narrate a 3-minute story about it.

Day 9: Opinion Practice

Give 1-minute opinions on 5 topics (food, travel, education, technology, sports).

Day 10: Describing People

Describe 5 people you know (appearance, personality, habits) for 2 minutes each.





Day 11: Role Play

Pretend you are at a restaurant, shop, or office. Practice both sides of the conversation.

Day 12: Listen and Repeat

Watch a 5-minute TED talk. Pause after each sentence and repeat.

Day 13: Photo Description

Look at 5 different images and describe each in detail for 2 minutes.

Day 14: Week 2 Review

Record a 5-minute monologue about your week. Focus on fluency over accuracy.

Week 3: Real-World Practice (Days 15-21)

Day 15: Phone Practice

Call a customer service number in English. Ask about a product or service.

Day 16: Video Diary

Record a 3-minute video diary about your day.

Day 17: Impromptu Speaking

Set a timer for 2 minutes. Pick a random word and speak about it.

Day 18: Debate Practice

Pick a topic and argue FOR it for 2 minutes, then AGAINST it for 2 minutes.

Day 19: Presentation Skills

Prepare and deliver a 3-minute presentation about your hobby.

Day 20: Negotiation Practice

Role play negotiating a price for something. Practice polite disagreement.

Day 21: Week 3 Review

Record a 5-minute speech about "My English Journey So Far."

Week 4: Confidence and Fluency (Days 22-30)

Day 22: Mock Interview

Practice answering 5 common interview questions.

Day 23: Story Chain

Start a story, add 5 plot twists, and finish it in 5 minutes.

Day 24: Speed Round

Answer 20 quick questions in under 10 seconds each.





Day 25: Explain a Concept

Pick any topic and explain it as if teaching a 10-year-old.

Day 26: Emotional Range

Tell the same story 3 times: once happy, once sad, once excited.

Day 27: Formal vs Informal

Practice the same conversation in formal and casual English.

Day 28: Public Speaking

Deliver a 5-minute speech to an imaginary audience.

Day 29: Full Mock

Combine everything: self-intro + topic discussion + impromptu speaking.

Day 30: Celebration and Reflection

Record a final 5-minute speech. Compare with your Day 1 recording. Celebrate your progress!

Tracking Your Progress

	Day 1	Day 15	Day 30
Metric			
Comfort level (1-10)	—	—	—
Words per minute	—	—	—
Fillers used ("um", "uh")	—	—	—
New words learned	—	—	—