

The Free 90-Day Spoken English Plan

30 minutes a day. Nothing to buy.



1-2 WEEKS	<i>Getting your mouth and ear moving</i>
DO THIS DAILY	20 words a day inside full sentences · name things in your room out loud · read aloud 10 minutes
WORKED WHEN...	You can talk about your room for one minute
Tick each day: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
3-4 WEEKS	<i>Training your ear to shadow rhythm</i>
DO THIS DAILY	Shadow English audio 5 minutes, half a second behind · record a 60-second voice note
WORKED WHEN...	Your voice note has fewer than five long gaps
Tick each day: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
5-6 WEEKS	<i>Catching your own repeated mistakes</i>
DO THIS DAILY	Say word pairs you mix up · narrate your commute · start a written error log
WORKED WHEN...	You can name three of your own repeated mistakes
Tick each day: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
7-8 WEEKS	<i>Breaking the Bengali-first habit</i>
DO THIS DAILY	Phone switched to English · read one article, then explain it out loud
WORKED WHEN...	You stop building the sentence in Bengali first
Tick each day: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
9-10 WEEKS	<i>Talking without stopping</i>
DO THIS DAILY	Five-minute unprepared talk, no stopping · re-drill your error log
WORKED WHEN...	You can go five minutes without freezing
Tick each day: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	
11-12 WEEKS	<i>Interview-ready</i>
DO THIS DAILY	Answer interview questions aloud · record, review, re-record
WORKED WHEN...	You can answer “tell me about yourself” cold, twice
Tick each day: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐	

Most people quit at week 5. The novelty is gone and nobody is checking. Get past week 6 and you will probably finish.

Has free practice stopped working for you?

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Answer honestly. Tick one box for each question.

1. Record three minutes with no preparation. Can you listen back without wincing at the pauses?

☐ Yes ☐ No

2. Can you answer an unexpected question without a three-second gap?

☐ Yes ☐ No

3. Can a stranger understand you first time, on a phone call, with background noise?

☐ Yes ☐ No

4. Do your last three months of recordings actually sound different?

☐ Yes ☐ No

5. Can you name three mistakes you make — and have you fixed even one?

☐ Yes ☐ No

Three or more “No” means you have hit the correction wall.

That is not failure. It means free practice has taken you as far as it goes, and the only thing left to change is having somebody listen.

Free demo class · 62891 24658

We will tell you which mistakes you have stopped hearing.

L&S Language Academy

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