



THE 30-DAY FLUENCY BLUEPRINT

Speak English with *Confidence*

A printable workbook for learners who understand English but freeze when it's time to speak.

20 REAL-LIFE SCENARIOS

300 PHRASES

100+ MISTAKES FIXED

30-DAY CHALLENGE

MEROVA NEXT · 2026 EDITION

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BEFORE YOU BEGIN

How to Use This Book

Twenty to thirty minutes a day. Thirty days. One clear goal: speak without fear.

- 1 **Print it, and use a pencil**
This is a workbook. Write in the blanks, tick the boxes and make notes. The ink-saver edition costs much less to print.
- 2 **Start with Part One**
Part One fixes the fear that stops you from speaking, and has you make your Day-1 recording. Everything else builds on it.
- 3 **One scenario a day**
Follow the 30-Day Challenge on page 82. Each day links to one real-life scenario of three pages: learn, see it in action, then practise.
- 4 **Say everything aloud**
Reading silently builds knowledge. Speaking aloud builds fluency. Whisper if you have to, but use your voice every day.
- 5 **Record Day 1 and Day 30**
Your two recordings are your proof. Compare them on Day 30, and you'll hear exactly how far you've come.

✦ What the boxes mean

WHY THIS MATTERS

The reason this skill is worth your time.

SOUND CHECK

Words people often say wrongly, written as they sound. CAPITALS show the stress.

✗ AVOID · ✓ SAY INSTEAD

Common translated sentences, and the natural version.

GRAMMAR POINT

One small grammar rule you need for that situation.

Underlined words in dialogues are the key phrases from that scenario. Answers to all exercises are at the back of the book, from page 107.

LESSON 1.1

Why You Freeze

You don't have a knowledge problem. You have a fear problem.

WHY THIS MATTERS

- ◆ You already know more English than you use when you speak.
- ◆ For most learners, fear stops them from speaking, not a lack of words.
- ◆ Once you understand how the fear works, you can break it.

Many learners can read English newspapers, write emails and pass exams. Then someone asks them a simple question in English, and their mind goes blank. Sound familiar?

Here is what happens. Before you speak, your brain checks every word: *Is this grammar right? Is my accent okay? What will they think?* This checking takes time. The other person is waiting. You feel pressure, so you choose the safest option: silence, or a short "yes" or "no".

Silence feels safe today, but it makes tomorrow harder. Each time you avoid speaking, you lose practice, and your confidence drops a little more. This is the **Fear Cycle**.

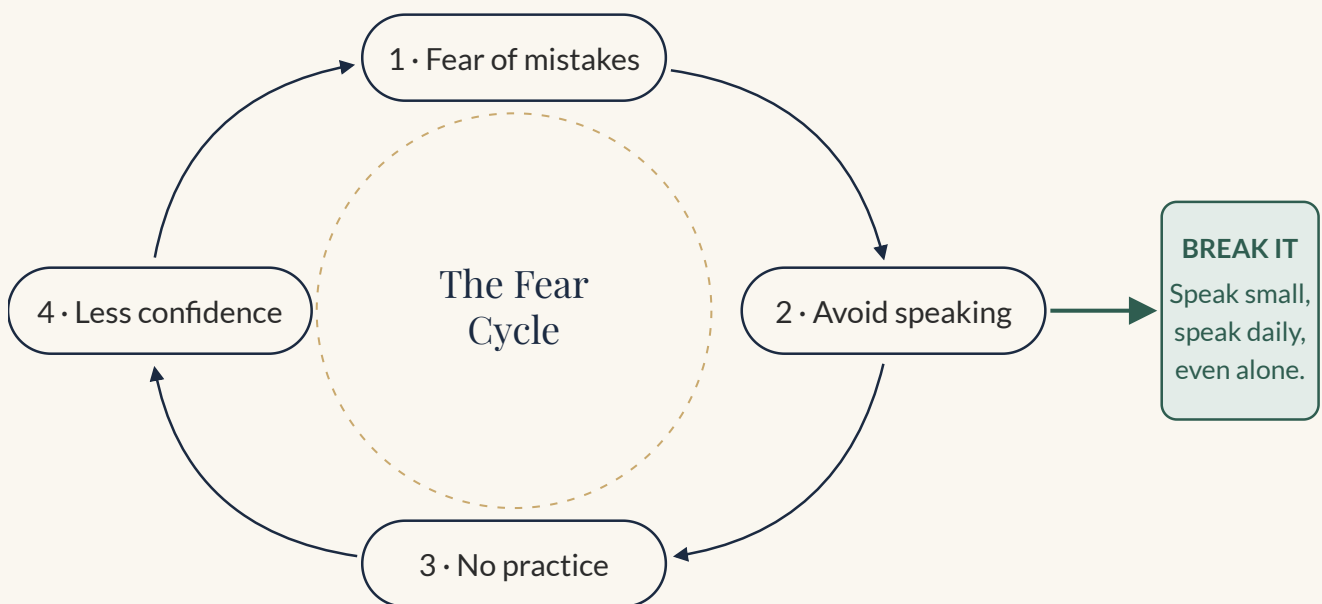


Figure 1.1 — Avoiding speech feels safe, but it feeds the cycle. Break it at step 2.

Three rules that break the cycle

01

Clear beats perfect

People want to understand you. They are not marking your grammar.

02

Small wins, daily

Five minutes every day is better than one hour on Sunday.

03

Mistakes are data

Each mistake shows you exactly what to practise next.

Wrong vs Right: the translation mistakes

These sentences are very common in India. They are understood, but they sound unnatural to international listeners in interviews, calls and meetings. Most of them come straight from translation.

TRANSLATED	NATURAL ENGLISH	WHY
✗ Myself Priya.	✓ I'm Priya. / My name is Priya.	"Myself" can't start a sentence like this.
✗ What is your good name?	✓ What's your name? / May I know your name?	"Good name" is a direct translation.
✗ I am having two brothers.	✓ I have two brothers.	"Have" for owning or family is not used with -ing.
✗ I have a doubt.	✓ I have a question.	"Doubt" means you don't believe something.
✗ Today morning I went to office.	✓ This morning I went to the office.	Use "this morning", "this evening". Add "the".
✗ He is elder to me.	✓ He is older than me.	"Elder" is not used with "than" or "to".
✗ Please revert back.	✓ Please reply. / Please get back to me.	"Revert" already means "go back".
✗ I am knowing him for five years.	✓ I've known him for five years.	"Know" is not used with -ing; use present perfect.
✗ Do one thing, call me tomorrow.	✓ Could you call me tomorrow?	"Do one thing" is a translation; a direct request is clearer.

REMEMBER

Don't try to memorise rules. Memorise the **right chunk**. When "I have a question" comes out automatically, the old version disappears by itself.

SAY IT ALOUD · 3 MINUTES

Cover the "Natural English" column. Read each translated sentence, then say the natural version aloud from memory. Check it, and say it twice more. Repeat until you can say all nine without looking.

SCENARIO 05

Asking for Directions

Never be lost, and never leave someone else lost.



WHY THIS MATTERS

- ◆ Maps fail sometimes, but people can help. Asking is faster than wandering.
- ◆ Giving clear directions makes you sound helpful and confident.
- ◆ You'll use this in new cities, on trips and with delivery partners.

★ 12 phrases you'll use again and again

PHRASE	WHEN TO USE IT
Excuse me, how do I get to the metro station?	Asking the way
Is it far from here?	Asking about distance
Is it walking distance?	Checking if you can walk
Go straight for about 200 metres.	Giving directions
Turn left at the traffic lights.	Giving directions
Take the second right.	Giving directions
It's opposite the bank.	Describing location
It's next to the bus stop.	Describing location
It's on your left.	Describing location
You can't miss it.	It's easy to find
Sorry, I'm not from around here.	When you don't know
Could you show me on the map?	Checking on a phone

SOUND CHECK · SAY THESE SLOWLY, THEN AT NORMAL SPEED

Straight

say: STRAYT

The 'gh' is silent.

Opposite

say: OP-uh-zit

The stress is on the first part.

Metres

say: MEE-terz

Long 'ee' at the start.

SCENARIO 05 · DIALOGUE

Asking for Directions in action

Near Mumbai's CST station. Emma, a tourist from the UK, asks Farhan for help.

- Emma** Excuse me, could you help me? How do I get to the Gateway of India?
- Farhan** Sure. Are you walking?
- Emma** Yes. Is it walking distance?
- Farhan** Yes, about twenty minutes. Go straight down this road.
- Emma** Straight down this road, okay.
- Farhan** At the second traffic lights, turn right. Then keep going until you see the Taj hotel.
- Emma** The Taj hotel... and then?
- Farhan** The Gateway is opposite the hotel. You can't miss it.
- Emma** Thank you! Could you show me on the map, just to be sure?
- Farhan** Of course. We're here, and it's there.
- Emma** Perfect. Thanks again!
- Farhan** You're welcome. Enjoy Mumbai!

✦ Wrong vs Right

AVOID	SAY INSTEAD	WHY
✗ Where is metro station?	✓ Excuse me, where's the metro station?	Add 'the', and start with 'Excuse me'.
✗ Go straight and take left.	✓ Go straight and turn left.	Say 'turn left' or 'take a left'.
✗ It is very nearby only.	✓ It's very close.	'Only' for emphasis is a translation.
✗ Two kilometres approx.	✓ About two kilometres.	Say 'about' in speech, not 'approx'.
✗ At the signal, cut right.	✓ At the traffic lights, turn right.	'Signal' and 'cut' are Indian usage.

GRAMMAR POINT · WORDS FOR PLACES

next to · opposite · between · behind · in front of · on the corner of. Example: The café is **opposite** the park, **on the corner of** Park Street.

SCENARIO 05 · PRACTICE

Your turn: Asking for Directions

A Fill in the blanks

1. Turn left _____ the traffic lights.
2. It's _____ to the bank.
3. Is it walking _____?
4. Go straight _____ about 200 metres.

B Role-play

Use the map. You are at the Station (★). Give directions aloud, then write them.

1. To the Hospital.
2. To the Café.

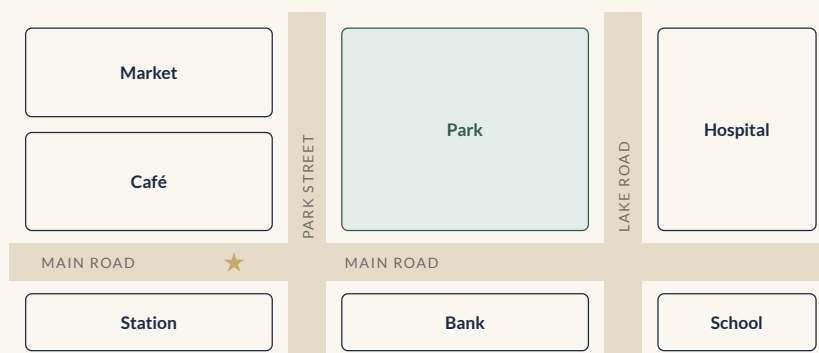


Figure 2.5 – Map practice. Start at the star.

C Speak it aloud 🕒 90 sec

Describe the way from your home to the nearest shop, as if you are guiding a delivery partner on the phone.

KEY TAKEAWAYS

- ◆ Start with "Excuse me..."
- ◆ Use: straight, turn left or right, at the..., opposite, next to.
- ◆ Repeat the directions back to check you understood.

✓ Self-check

- ☐ I said all 12 phrases aloud without reading.
- ☐ I completed the role-play out loud.
- ☐ I spoke for the full time without stopping.

01 Your Day-1 Recording

SEE PAGE 15

Capture your starting point. Don't aim for perfect; aim for honest.

TODAY'S THREE PHRASES

- ◆ Hi, I'm... and I'm from...
- ◆ At the moment, I'm...
- ◆ This year, I'm going to...

SPEAKING TASK ⌚ 2 MIN

Record yourself talking about yourself for two minutes. Score it on page 15 and save the file as "Day 1".

☐ Studied the pages ☐ Did the task aloud ☐ Recorded myself

Confidence today: (1) (2) (3) (4) (5)

NOTES

02 Break the Fear Cycle

SEE PAGE 8

Learn the six rescue phrases so you never freeze again.

TODAY'S THREE PHRASES

- ◆ Let me think about that for a second.
- ◆ Sorry, could you say that again?
- ◆ What I'm trying to say is...

SPEAKING TASK ⌚ 5 MIN

Say all six rescue phrases from page 9 aloud ten times each. Then use two of them in a real conversation today.

☐ Studied the pages ☐ Did the task aloud ☐ Recorded myself

Confidence today: (1) (2) (3) (4) (5)

NOTES

BONUS · MISTAKES

109 Indian-English Mistakes Fixed

Cover the middle column and test yourself: can you say the natural version before you look?

AVOID	SAY INSTEAD	SCENARIO
✗ Myself Priya.	✓ I'm Priya. / My name is Priya.	Thinking in English
✗ What is your good name?	✓ What's your name?	Thinking in English
✗ I am having two brothers.	✓ I have two brothers.	Thinking in English
✗ I have a doubt.	✓ I have a question.	Thinking in English
✗ Today morning I went to office.	✓ This morning I went to the office.	Thinking in English
✗ He is elder to me.	✓ He is older than me.	Thinking in English
✗ Please revert back.	✓ Please reply. / Please get back to me.	Thinking in English
✗ I am knowing him for five years.	✓ I've known him for five years.	Thinking in English
✗ Do one thing, call me tomorrow.	✓ Could you call me tomorrow?	Thinking in English
✗ I'm from Delhi only.	✓ I'm from Delhi.	Introducing Yourself
✗ My hobby is reading books and all.	✓ I like reading in my free time.	Introducing Yourself
✗ I am doing job in Infosys.	✓ I work at Infosys.	Introducing Yourself
✗ I passed out from college in 2023.	✓ I graduated in 2023.	Introducing Yourself
✗ What is your native?	✓ Where are you from? / Where's your hometown?	Introducing Yourself
✗ What is going on?	✓ How's it going?	Small Talk
✗ You have become fat!	✓ You look well!	Small Talk
✗ What is your salary?	✓ How's the new job going?	Small Talk
✗ Same to same.	✓ Same here. / Me too.	Small Talk
✗ Very nice weather, no?	✓ Lovely weather, isn't it?	Small Talk
✗ Give me that shirt.	✓ Could I see that shirt, please?	Shopping & Bargaining
✗ What is the rate of this?	✓ How much is this?	Shopping & Bargaining
✗ Do less price.	✓ Can you give me a better price?	Shopping & Bargaining

END OF THE FREE SAMPLE

Ready for the *full book?*

You've seen ten pages. The complete edition has 110.

20 Real-life scenarios, 3 pages each

300 Ready-to-use phrases at a glance

109 Indian-English mistakes, fixed

30 Day speaking challenge with tracker

✦ Full answer key and certificate of completion

✦ Colour edition + low-ink edition included

Search "**Speak English with Confidence • Merova Next**" to get your copy.