

01

Choose one useful goal

One week. One useful goal. English you can use. For adult learners; work at your own pace.

START HERE

Choose one real situation. Use pages 1-2 to plan, pages 3-4 as you practise, and page 5 to review. Reprint the sheets whenever you need them.

Week beginning: _____ Name: _____

EXAMPLE GOAL

I want to describe my weekend and ask someone about theirs. At the end of the week, I will record a one-minute answer using only short notes.

This week, I want to be able to...

Where or with whom could I use this English?

Try it now, before practising.

Speak for 30-60 seconds or write 3-5 sentences. Keep this first attempt to compare later.

What can I already do?

Where do I get stuck?

My final task: what will I say or write to check my progress?

02 Make a week that fits

Choose your own days. Try 10-15 minutes per session, or spread the sessions over longer.

My goal in a few words: _____

01 NOTICE

Day / time: _____

Read or listen to a short example related to your goal.

Keep three useful phrases.

My task / what I produced: _____

02 MAKE IT YOURS

Day / time: _____

Use the phrases in sentences about your life.

Keep three personal sentences.

My task / what I produced: _____

03 TRY

Day / time: _____

Speak or write using short notes instead of a script.

Keep your recording or written attempt.

My task / what I produced: _____

04 IMPROVE

Day / time: _____

Check one difficulty, then make a new attempt.

Keep a correction and a new example.

My task / what I produced: _____

05 USE

Day / time: _____

Complete the final task you chose on page 1.

Keep your final attempt for the review.

My task / what I produced: _____

ONLY HAVE TWO MINUTES?

Choose one phrase. Cover it. Say a new sentence with it. Check your wording.

03 Keep phrases you can use

Choose three phrases connected to your goal. Learn when to use them as well as what they mean.

EXAMPLE

"Could you explain what you mean by ...?" asks for an explanation. My sentence: "Could you explain what you mean by flexible hours?"

PHRASE 1

Phrase + source: _____

Meaning / when to use it: _____

My own sentence: _____

Later: cover your notes and say a different sentence. Date: _____

Circle one: used independently / needed a clue / practise again

PHRASE 2

Phrase + source: _____

Meaning / when to use it: _____

My own sentence: _____

Later: cover your notes and say a different sentence. Date: _____

Circle one: used independently / needed a clue / practise again

PHRASE 3

Phrase + source: _____

Meaning / when to use it: _____

My own sentence: _____

Later: cover your notes and say a different sentence. Date: _____

Circle one: used independently / needed a clue / practise again

04 Turn a mistake into practice

Choose one or two useful corrections. Check them with a tutor or a reliable language reference.

WORKED EXAMPLE

"I am agree with you." becomes "I agree with you." Agree is a verb; this sentence does not need am. New example: "I agree with your suggestion."

CORRECTION 1

What I said / wrote

Checked correction

Who / what helped me check

What changed?

A different sentence

Later: cover the correction and try again. Date: _____ Still tricky? _____

CORRECTION 2

What I said / wrote

Checked correction

Who / what helped me check

What changed?

A different sentence

Later: cover the correction and try again. Date: _____ Still tricky? _____

05

See what changed

Repeat your task from page 1. Compare your first and final attempts before choosing your next step.

HOW MUCH SUPPORT DID YOU NEED? Circle one on each line.

First attempt: a model / short notes / no notes

Final attempt: a model / short notes / no notes

What is clearer or easier now? Give one specific example.

Which phrase could I use without looking?

What still needs practice or help?

NEXT WEEK, I WILL...

Circle one: repeat this goal / make it harder / choose another goal

My next small step:

Keep practising with MintSelf

Explore our English workbooks and tutor materials.

mintself.getly.page

