My Next Breakthrough

One challenge. One small move. One more conversation.

You have already made progress. Now you can discover what helps you grow next. There is no perfect learning journey—and you do not need to solve everything today.

Before we meet 5 minutes

Think about your experience. Circle a few ideas or write a few words. Bring your thoughts to class; do not prepare a speech or memorize answers. No translator needed.

I HAVE LEARNED ENGLISH THROUGH

○ Classes ○ Apps ○ Videos ○ Work ○ Conversations ○ Books ○ Other: _____

SOMETHING THAT HELPED ME A LITTLE

_____

A MOMENT WHEN I STILL GET STUCK

_____

Does this sound familiar?

Choose one or two. You can change your answer after our conversation.

WHEN I…	I SOMETIMES…
understand a question	○ cannot answer quickly.
know some words	○ cannot build a sentence.
hear a different accent	○ miss an important part.
start speaking	○ forget the word I need.
make a mistake	○ stop even when I have more to say.

Another situation for me: _____

A kind reminder

Getting stuck is a moment, not your identity. You can learn a new way to move through that moment. ✦

Try a small move

Use the phrases as support while you speak. You do not have to read them word for word.

IF THIS HAPPENS…	I CAN TRY THIS…
I understand, but I freeze.	Start small: “I think…” or “For me…” Then add one detail.
I know words, but cannot make a sentence.	Build it: “I like…” → “I like… because…”
I miss part of what someone says.	Ask: “Could you say that again?” or “Do you mean…?”
I forget a word while speaking.	Describe it: “It’s a thing you use to…” or “It’s like…”

What can I try in our conversations?

Choose one action you want to practice more often:

○ Give a short answer first. ○ Ask one more question. ○ Ask for repetition.
○ Describe a missing word. ○ Try again after a mistake.

My personal next step

Make a plan small enough to try in the next class. You can use these lines to think; speak naturally when you share.

WHEN THIS HAPPENS TO ME

I WILL TRY

IN CLASS, I WILL PRACTICE IT WHEN

I WILL NOTICE PROGRESS WHEN

Keep going one conversation at a time

After class, try one of these little habits:

- Speak for one minute about your day, even if you pause.
- Ask one extra question when someone shares an idea.
- If a word disappears, describe it and keep your thought moving.
- Notice one thing you did today that felt difficult before.

You have a voice worth hearing. Each time you use it, you give yourself another chance to grow—and help this group grow with you. ✦