Look at Us Now

Then vs Now • See your progress. Choose your next step.

You have practiced, tried again, listened to others, and found your voice. Today, take a moment to notice what has changed—and what you want to keep building.

Before we meet 5 minutes

Think of your first class and today. Write just a few words. Bring your ideas, not a memorized speech. No translator needed.

THEN How I felt	NOW How I feel
I felt… _____	I feel… _____
Speaking was… _____	Speaking is becoming… _____

ONE THING I CAN DO NOW

ONE THING I WANT TO PRACTICE NEXT

Words that help you compare

THEN	NOW	NEXT
I was nervous to speak.	I can share an idea.	I want to speak more freely.
I used to stay quiet.	I am starting to ask questions.	I want to tell clearer stories.
I needed more time.	I keep going after a mistake.	I want to understand more voices.

Useful words: before • now • at first • today • still • already • next • more often

Try it again and notice the difference

You will revisit familiar activities with your group. Use these prompts if you need a starting point. Speak naturally; pauses are welcome.

This Is Me

“My name is… I enjoy… One thing I discovered about myself is…”

Ask someone: “What about you?” or “What do you enjoy?”

Find Someone Like You

When you hear something you share: “Me too!” Then ask: “Why?” “How often?” or “Tell me more.”

My 60 Second Story

Choose a person, a moment in the group, or a goal. Keep just three words in mind:

BEGINNING	MIDDLE	ENDING
Who or what? _____	What happened? _____	What did you learn? _____

Your progress is real

Complete these after you speak. A small, specific change counts.

I AM PROUD THAT I CAN

I AM STILL WORKING ON

THE NEXT THING I WANT TO PRACTICE IS

Little habits that keep you growing

- Speak for one minute a day about something that happened or something you plan to do.
- After someone answers you, ask one more question. Curiosity makes a conversation grow.
- When a word is missing, explain it another way. Keep your idea moving.
- Notice one small win after each class, and bring one question to the next one.

You have already begun. Keep showing up, keep connecting, and see how far your voice can go. ✦