

A GUIDED WORKBOOK

The Pronunciation Confidence Reset

For English learners who understand more than they can confidently express.

By Alejandro Zuluaga



Alejandro Zuluaga
Pronunciation Coach

Before we continue, *watch this short video!*

I created a quick video to introduce you to the Pronunciation Confidence Reset approach and explain how this workbook will help you.

- It will only take 3–4 minutes.
- You'll understand the "why" behind this approach.
- You'll know exactly how to get the best results from this workbook.

Let's make this journey simple, effective and empowering!

📌 Remember: Small steps today, big changes tomorrow.



Scan the QR code to watch the video

Tip: Open your phone camera and point it at the QR code.

i Watch before continuing!

This quick introduction will help you get the most out of everything that comes next.



Alejandro Zuluaga
Pronunciation Coach



BEFORE YOU BEGIN

This workbook is for you.

If you can understand English but still freeze when it's your turn to speak — you are not alone. And you do not have a language problem.

What most learners experience is not a lack of knowledge. It is a confidence gap — built over years of pressure, judgment, and the fear of sounding imperfect.

This workbook will help you understand why that happens — and what you can do to change it.



Alejandro Zuluaga
Pronunciation Coach



PART ONE

The moment you freeze is not a failure. It is the beginning of awareness.

— *The Pronunciation Confidence Reset*

The Moment You Freeze

Think about the last time you froze while speaking English. Use this space to reflect honestly on that experience.

The Situation

Where were you? Who were you speaking to? What were you trying to say?

What You Wanted to Say

What was the message you were trying to communicate?

What You Felt

Nervousness. Frustration. Embarrassment. Fear. Self-doubt. Name what was present.

These emotions are not signs of weakness. They are signs that speaking matters to you.

YOUR INNER VOICE

The thoughts that appear when you freeze are not facts. They are habits — and habits can be changed.

— *The Pronunciation Confidence Reset*

Write your own thoughts from that moment:

What did your inner voice say?

The Real Problem

Pronunciation anxiety is rarely about pronunciation. Read each pattern below. Mark the ones that feel familiar.

Waiting for Confidence

I wait until I feel ready before speaking — which means I rarely speak at all.

Overthinking

I rehearse sentences in my head before saying a word.

The Self-Correction Loop

I correct myself while speaking, which breaks my flow.

The Comparison Trap

I measure myself against other speakers and always fall short.

Perfection Over Communication

I focus on sounding perfect rather than being understood.

- Which of these affects you most? Sit with that question. The answer is your starting point.





PART THREE

Confidence is not built through
thinking.
It is built through evidence.

— *The Pronunciation Confidence Reset*

Where do you stand today?

Rate yourself honestly from 1 to 10 on each statement. This is not a test — it is a starting point for honest self-awareness.

Trust in Communication

I trust my ability to communicate in English.

1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 My rating: ____

Comfort with Mistakes

I feel comfortable making mistakes when I speak.

1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 My rating: ____

Resilience Mid-Sentence

I can continue speaking even when I don't know the perfect word.

1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 My rating: ____

Communication Over Perfection

I focus on communicating my message instead of sounding perfect.

1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10 My rating: ____

Look at your lowest score. That is not a weakness — it is your next opportunity for growth.



PART FOUR

You are further along than you think.

Confidence grows from evidence — not from motivation. Real, concrete proof of what you can already do.

| What can you do today that you could not do one year ago?

I can introduce myself in English.

I can understand videos, podcasts, and articles.

I can ask questions and follow conversations.

I can write emails and express my ideas.

I can participate in meetings and discussions.

Check the ones that are true. Then add your own:

This is your evidence. This is your proof of growth. Return to this list whenever doubt appears.

Change the question you ask yourself.

This single shift can transform how you experience every conversation in English.

Stop asking:

Do I sound perfect?

This question pulls your attention away from the conversation and toward judgment.

Start asking:

Am I communicating my message?

This question keeps you focused on what actually matters — connection, clarity, and being understood.

- ❏ Mistakes are not evidence that you are failing. They are evidence that you are participating.



My Action Plan & Commitment

Words without action stay on the page. Use this section to make a real commitment to yourself — one you can return to whenever doubt creeps back in.

My Focus

Complete this sentence: The next time I speak English, I will focus on...

Write your answer here...

One Situation I Will Stop Avoiding

What is one situation you've been dodging because of fear? Name it. Naming it is the first step to facing it.

Write your answer here...

One Conversation This Week

Name a specific conversation you will have — with a colleague, a neighbor, a stranger, or even yourself out loud.

Write your answer here...

One Thing I Will Stop Judging Myself For

What is one habit, accent feature, or mistake you will choose to release judgment around this week?

Write your answer here...

What If Speaking English Felt *Natural?*

Imagine joining conversations without second-guessing every word.

Imagine expressing your ideas clearly without worrying about your pronunciation.

Imagine feeling comfortable using the English you've worked so hard to learn.

That's exactly what we work on inside the English Pronunciation Program for Spanish Speakers.

DISCOVER THE PROGRAM

See If The Program Is Right For You →

Learn more about the English Pronunciation

Program for Hispanics



Alejandro Zuluaga
Pronunciation Coach

