My English Speaking Handbook

100 Daily English
speaking sentences for fluency.

Fluent with Scharntel
By Tilly R

100 Daily English Speaking Sentences for Fluency

A Simple System to Help You Speak English Naturally and Confidently

Welcome

If you're reading this, it means you're ready to improve your English — not just by studying, but by actually speaking.

Many learners struggle because they:

- Translate in their head
- Feel nervous when speaking
- Don't know what to say in real conversations
- This guide is designed to change that.

What Makes This Different

This is not a grammar book.

This is not a complicated course.

This is a practical speaking tool.

Inside, you'll find 100 carefully selected sentences that:

- Reflect real-life conversations
- Build your confidence step by step
- Help you start thinking in English
- Improve your fluency through repetition

How This Will Help You

By using this guide daily, you will:

- Speak more naturally
- Respond faster in conversations
- Feel more confident using English
- Stop overthinking and start communicating

HOW TO USE THIS GUIDE

- Read 10–20 sentences daily
- Say each sentence OUT LOUD
- Repeat 2–3 times for fluency
- Try to use them in real conversations
- Don’t translate — think in English

Speak more naturally, confidently, and without translating in your head

Important note:
Audio is recorded in a clear, neutral English accent for easy understanding.



A Note to You



You don’t need to be perfect to be understood.
You don’t need to know everything to start speaking.
What matters is that you show up and practice.
Every sentence you speak is progress.
Every day you practice, you improve.

Let’s begin your journey to confident English.

DAY 1–10:
BASIC DAILY LIFE



1. I wake up early in the morning.
2. I brush my teeth and get ready for the day.
3. I usually have breakfast at home.
4. I go to work or study in the morning.
5. I take a shower before I leave.
6. I am running a little late today.
7. I need to leave the house now.
8. The weather is nice today.
9. I feel tired but motivated.
10. I am starting my day with energy.

DAY 11–20:
DAILY ROUTINES



11. I check my phone first thing in the morning.
12. I make my bed every day.
13. I drink coffee or tea in the morning.
14. I plan my day in advance.
15. I usually finish work in the afternoon.
16. I take short breaks during work.
17. I eat lunch at around midday.
18. I like to stay organized.
19. I clean my room on weekends.
20. I go to bed early when I can.

DAY 21–30:
EXPRESSING FEELINGS



21. I am feeling happy today.
22. I am a little stressed right now.
23. I feel confident speaking English.
24. I am proud of my progress.
25. I feel nervous in new situations.
26. I am excited about my future.
27. I feel tired after a long day.
28. I am calm and relaxed.
29. I feel motivated to learn more.
30. I am doing my best every day.

DAY 31–40:
SOCIAL ENGLISH



31. How are you doing today?
32. It’s nice to meet you.
33. What do you do for work?
34. I would like to get to know you better.
35. That’s interesting!
36. Can you repeat that, please?
37. I agree with you.
38. I don’t understand, can you explain?
39. What do you think about this?
40. Let’s meet again soon.

DAY 41–50:
SHOPPING & DAILY ERRANDS



41. How much does this cost?
42. I am just looking, thank you.
43. Do you have this in a different size?
44. I would like to buy this.
45. Where is the nearest shop?
46. I am looking for something specific.
47. Can I pay by card?
48. Do you have a discount?
49. I need help, please.
50. I am ready to pay.

DAY 51–60:
TRAVEL & MOVEMENT



51. Where is the bus station?
52. I am going to the city center.
53. How long does it take to get there?
54. I am lost, can you help me?
55. I need directions, please.
56. The train is late today.
57. I am traveling tomorrow.
58. I like visiting new places.
59. I am booking a taxi.
60. The airport is very busy.

DAY 61–70:
WORK & STUDY



61. I am working on a project.
62. I have a meeting today.
63. I need to finish my work.
64. I am learning something new.
65. I have a deadline tomorrow.
66. I am studying English every day.
67. I need more practice.
68. I am improving my skills.
69. I am focused on my goals.
70. I am doing my homework.

DAY 71–80:
OPINIONS & OPINIONS



71. I think this is a good idea.
72. In my opinion, this is better.
73. I don’t agree with that.
74. I believe it is possible.
75. I feel this is important.
76. That makes sense to me.
77. I am not sure about that.
78. I would choose this option.
79. This is my personal opinion.
80. I see it differently.

DAY 81–90:
ADVANCED DAILY PHRASES



81. I am trying to improve my English fluency.
82. I want to speak more naturally.
83. I am practicing every day.
84. I am not afraid to make mistakes.
85. I learn from my errors.
86. I am becoming more confident.
87. I want to sound more fluent.
88. I am working on my pronunciation.
89. I am thinking in English now.
90. I am making progress slowly but surely.

DAY 91–100: CONFIDENCE BOOSTERS



91. I can do this.
92. I believe in myself.
93. I am improving every day.
94. I am proud of my effort.
95. I will not give up.
96. I am strong and capable.
97. I am getting better at English.
98. I am confident speaking in public.
99. I am ready for new challenges.
100. I am becoming fluent in English.

BONUS TIP

Speak every sentence OUT LOUD —
even if you feel silly.

Fluency comes from repetition,
not perfection.

Remember:

You don’t need perfect English to start speaking — you just need to start.

Every sentence in this guide is a step forward. Speak them out loud, repeat them daily, and trust the process. Even if it feels slow, you are improving.

Fluency is not about being perfect. It’s about being confident enough to speak anyway.

Keep going. You’ve got this.



7-Day English Fluency Challenge

Build confidence, consistency, and real speaking habits in just one week

How This Challenge Works

For the next 7 days, you will:

- Practice speaking every day
- Use the sentences in this guide
- Build confidence step by step
- ⏱️ Time needed: 10–15 minutes per day



Day 1: Start Simple

Practice sentences 1–15

Focus on speaking slowly and clearly

Repeat each sentence 2–3 times

✅ Goal: Get comfortable hearing your own voice in English

Day 2: Build Confidence

Practice sentences 16–30

Try to speak a little faster

Smile while speaking (it helps your tone!)

✅ Goal: Sound more natural

Day 3: Express Yourself

Practice sentences 31–45

Add emotion to your voice

Imagine real conversations

✅ Goal: Speak with feeling, not just words

Day 4: Real-Life Practice

Practice sentences 46–60

Use at least 3 sentences in real life
(text, voice note, or conversation)

✅ Goal: Start using English outside practice

Day 5: Think in English

Practice sentences 61–75

Try NOT to translate

Speak directly from memory

✅ Goal: Train your brain to think in English

Day 6: Speak Freely

Practice sentences 76–90

Mix sentences together

Create your own short phrases

✅ Goal: Speak more naturally and freely

Day 7: Confidence Day

Practice sentences 91–100

Speak with confidence and energy

Record yourself speaking

✅ Goal: Hear your progress and celebrate it

Final Step

🎉 **Congratulations — you completed the 7-Day Challenge!**

Now repeat the challenge again next week. Each time, you will:

- **Speak faster**
- **Feel more confident**
- **Sound more fluent**



Remember

Consistency is more important than perfection.Small daily practice leads to big results.

Keep going — your fluency is growing every single day.

Fluency Progress Tracker

Track your consistency. Build your confidence.

How to Use This Page

✔️ Tick each box after you complete your daily practice

✔️ Speak every sentence out loud

✔️ Stay consistent — even 10 minutes a day makes a difference

7-Day Challenge Tracker

Day 1 □ Completed

Day 2 □ Completed

Day 3 □ Completed

Day 4 □ Completed

Day 5 □ Completed

Day 6 □ Completed

Day 7 □ Completed

Sentence Practice Tracker

Day 1 (1–15) □

Day 2 (16–30) □

Day 3 (31–45) □

Day 4 (46–60) □

Day 5 (61–75) □

Day 6 (76–90) □

Day 7 (91–100) □

Weekly Consistency Tracker

Week 1 □ □ □ □ □ □ □

Week 2 □ □ □ □ □ □ □

Week 3 □ □ □ □ □ □ □

Week 4 □ □ □ □ □ □ □

My Progress Notes

What improved this week?

_____

_____

_____

What do I still find difficult?

_____

_____

_____

What is my goal for next week?

_____

_____

_____



Motivation Reminder

You don’t need to be perfect.You just need to be consistent.

Every time you practice, you are improving.

✔️ Keep showing up
✔️ Keep speaking
✔️ Keep growing

Your future fluent self is built by what you do today.

BONUS:
Everyday English Quick Reference

A–Z Common Words & Phrases (Quick Use Guide)

A – actually, at the moment, a lot
B – basically, by the way, be careful
C – come on, of course, can I...
D – don't worry, do you mind, definitely
E – exactly, excuse me, even though
F – for example, fine, first of all
G – go ahead, good idea, get ready
H – how are you, hang on, hurry up
I – I think, I mean, in my opinion
J – just a second, just kidding
K – kind of, keep going
L – let's go, look at this, leave it
M – maybe, make sure, my bad
N – no problem, not really, no way
O – okay, of course, on the way
P – please, pretty good, pay attention
Q – quick question, quite good
R – right now, really, relax
S – sorry, sounds good, see you
T – thank you, take care, that's right
U – usually, understand, up to you
V – very good, wait a minute
W – what do you mean, why not, well
X – (rarely used in daily speech)
Y – yes, you know, you're right
Z – zero problem

Common Everyday Idioms

1. Break the ice → Start a conversation
2. Hit the nail on the head → Be exactly right
3. Piece of cake → Very easy
4. Under the weather → Feeling sick
5. Call it a day → Stop working
6. Get out of hand → Become out of control
7. On the same page → Agree
8. Once in a while → Sometimes
9. Let the cat out of the bag → Reveal a secret
10. Burn out → Become very tired/exhausted
11. Hang in there → Don't give up
12. Pull yourself together → Calm down
13. It's not a big deal → Not important
14. Take your time → No rush
15. Speak of the devil → The person appears
16. Better late than never → Late is better than nothing
17. Miss the point → Not understand
18. In a nutshell → In short
19. Go the extra mile → Do more than expected
20. Back to square one → Start again

How to Use This Page

✔️ Learn 3–5 phrases daily
✔️ Try to use them in real conversations
✔️ Repeat them out loud for fluency

Small phrases. Big impact.

BONUS:
Common Phrasal Verbs

Phrasal verbs are common in daily conversations. Learning them will help you sound more fluent and natural.

- Wake up → Stop sleeping
- Get up → Leave your bed
- Turn on → Start a device
- Turn off → Stop a device
- Pick up → Collect / answer the phone
- Put down → Place something down
- Sit down → Take a seat
- Stand up → Rise to your feet
- Come in → Enter
- Go out → Leave / socialize
- Find out → Discover information
- Look for → Search
- Look after → Take care of
- Look up → Search for information
- Give up → Stop trying
- Keep on → Continue
- Take off → Remove / airplane leaves
- Put on → Wear something
- Run out → Have none left
- Bring up → Mention a topic
- Call back → Return a call
- Hang up → End a phone call
- Fill out → Complete a form

Work out → Exercise / solve
Come back → Return
Go on → Continue
Break down → Stop working / become emotional
Calm down → Relax
Carry on → Continue
Check in → Register / arrive
Check out → Leave / examine
Come across → Find by chance
Drop off → Deliver / fall asleep
Get along → Have a good relationship
Get back → Return
Give back → Return something
Hold on → Wait
Move on → Continue with life
Pass out → Faint
Set up → Arrange / prepare
Show up → Arrive
Take care → Be careful / care for
Try on → Test clothes
Turn up → Increase / arrive
Turn down → Reduce / reject
Write down → Make notes

Tip

Practice using 3–5 phrasal verbs every day in real conversations.

The more you use them, the more natural your English will sound.



Copyright & Disclaimer

© 2026 Tilly R. All rights reserved.

This handbook, 100 Daily English Speaking Sentences for Fluency, is protected by copyright law. No part of this publication may be reproduced, distributed, shared, or transmitted in any form or by any means, including photocopying, recording, or digital sharing, without prior written permission from the author, except for brief quotations used in reviews or educational purposes with proper credit.

Personal Use Only
This product is for personal use only.You may not resell, redistribute, share, or upload this material to any platform without permission.

Educational Disclaimer
This handbook is designed for educational and informational purposes only. While every effort has been made to ensure accuracy and effectiveness, results may vary depending on the learner's effort, consistency, and practice.

This guide does not guarantee fluency or specific results.

No Professional Guarantee
The author is not responsible for any outcomes resulting from the use or misuse of this material. Users are encouraged to practice regularly and seek additional learning support where necessary.

Contact
For permissions, collaborations, or inquiries, please contact:
tillyr.pubs@gmail.com

Thank you for respecting the work and supporting independent creators.



Terms of Use

By purchasing, downloading, or using this handbook, you agree to the following terms:

License Grant
You are granted a non-exclusive, non-transferable, single-user license to access and use this material for personal, non-commercial purposes only.

Restrictions on Use
You may NOT:

- Share, distribute, or forward this handbook to others
- Upload this material to any website, cloud storage, or shared platform
- Resell, sublicense, copy, or reproduce any part of this content
- Use this material for commercial purposes without written permission
- Any unauthorized use, reproduction, or distribution is strictly prohibited and may result in legal action.

Intellectual Property
All content in this handbook, including text, structure, concepts, and design, remains the intellectual property of Tilly R. and is protected under applicable copyright and intellectual property laws.

Digital Product Policy
Due to the nature of digital products, all sales are final.No refunds, returns, or exchanges will be provided once the product has been accessed or downloaded.

Limitation of Liability
Under no circumstances shall the author be held liable for any direct or indirect damages resulting from the use or inability to use this material.

Modifications
The author reserves the right to update, modify, or change these terms at any time without prior notice.

Acceptance of Terms
By accessing this handbook, you acknowledge that you have read, understood, and agreed to these Terms of Use.

If you do not agree with these terms, please do not use this material.

Please Respect This Work

This guide was created with time, care, and intention to help you improve your English and build real confidence.

A Personal Request
This product is meant for you and your learning journey.

Please do not share, upload, or distribute this file to others — not even with friends, groups, or online platforms.

Why This Matters
When you purchase this guide, you are not just buying a product — you are supporting:

- An independent creator
- A teacher who is sharing practical knowledge
- The ability to create more helpful resources for learners like you

If Someone Needs This
Please encourage them to purchase their own copy.

This keeps the work sustainable and allows more value to be created in the future.

Thank You

Your honesty and support are truly appreciated.

Let's grow your English — the right way



© 2026 Tilly R
All rights reserved.
Designed and published by Tilly R

All rights reserved. No part of this handbook may be reproduced without permission from the creator, Tilly R.

