

E-BOOK



ENGLISH STUDY PLAN

Boost Your English Skills With
“This Morning” Study Routine

LET'S START HERE!

"THIS MORNING" ROUTINE IS GOING TO TAKE YOUR ENGLISH FLUENCY TO THE NEXT LEVEL.



One of the biggest challenges for English learners is figuring out how to study effectively.

Many struggle with establishing a routine that takes them from the intermediate level to advanced fluency. They don't know how to study consistently or how to make the process enjoyable.

Have you ever felt this way? Are you struggling with this right now?

If so, I have great news for you!

In today's lesson, I'll introduce you to a simple morning routine designed to help you speak English fluently while making steady progress.

Ready? Let's dive in!

01. WRITING SESSION

5 MINUTES

The first thing you'll do is write, for 5 minutes.

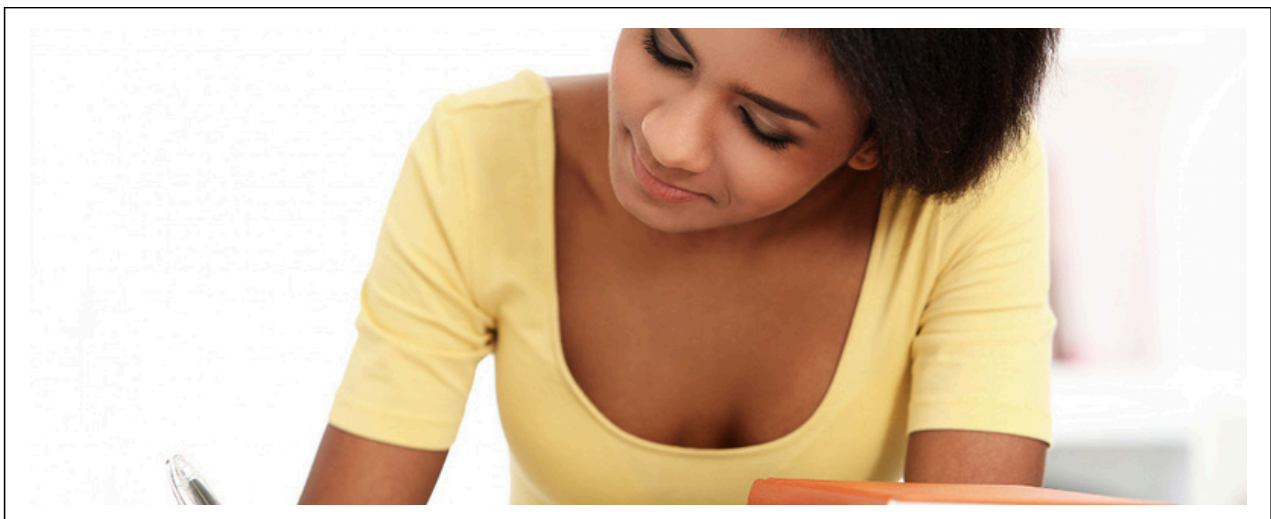
Why?

This step warms up your brain and switches it into English mode in a relaxed way.

When you wake up, your first thoughts are usually in your native language, like French. But to improve your English fluency, you need to start thinking in English as soon as you wake up. Writing for just five minutes helps activate that part of your brain.

How to do it:

- 1. Get your notebook and pen ready** – Keep them next to your bed so you can start writing as soon as you wake up. If you have a morning devotion, do that first, then immediately grab your journal and pen.
- 2. Set a five-minute timer** – Use your phone, watch, or any timer to limit your writing session.
- 3. Write about your day** – What do you plan to do today? Maybe you're going to work, running errands, or taking care of your kids. Just write about it in English.
- 4. Don't worry about mistakes** – Don't stop, erase, or edit. Just keep writing, like in *Finding Nemo: Just keep swimming!* But here, *Just keep writing!*



02. INPUT SESSION

10 MINUTES

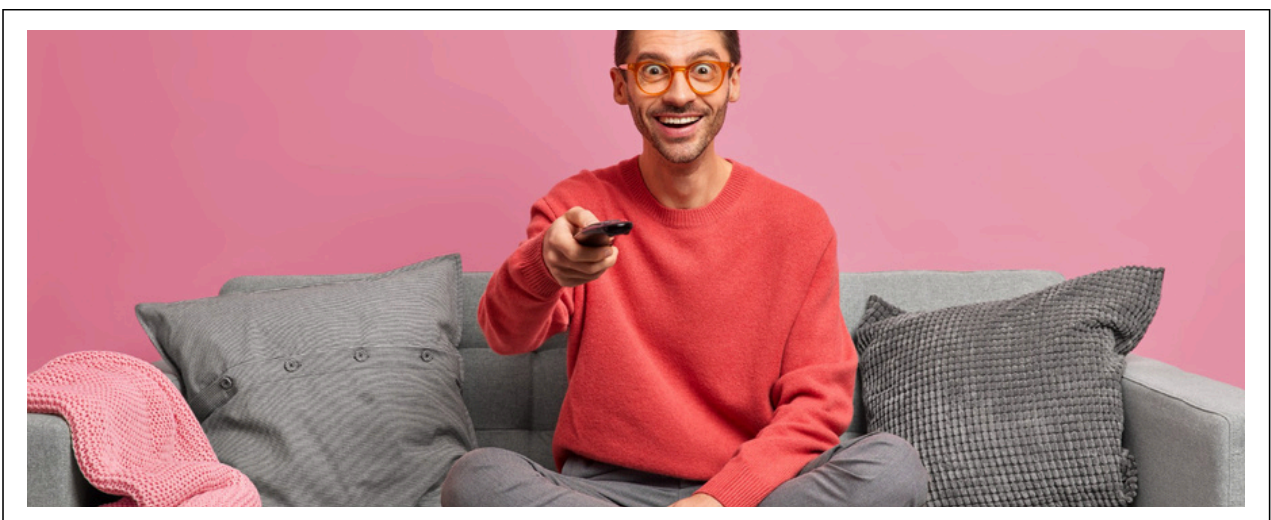
Next, you'll expose yourself to real English by watching a short video for 10 minutes.

Why?

This step helps you absorb new words and expressions in a natural way. The goal is to listen and recognize new vocabulary, not to focus on learning grammar rules.

How to do it:

- **Find a video on a topic you enjoy** – It could be about cooking, sports, technology—anything that interests you. Just make sure it's in English.
- **Have your notebook ready** – As you watch, write down 5–10 new words or expressions that you hear. Don't stop to look them up yet—just note them down.
- **Focus on listening** – Don't stress about understanding every word. Your brain is naturally picking up patterns and pronunciation as you listen.



03. RESEARCH SESSION

10 MINUTES

Now, it's time to understand the new words and expressions you wrote down.

Why?

Learning definitions and example sentences will help you understand how native speakers use these words in real-life conversations.

How to do it:

- **Look up the words and expressions you noted** – Use an online dictionary or translator.
- **Write the definition and an example sentence** – This will help reinforce your understanding of how the word is used.
- **Don't create your own sentences yet** – Right now, focus on understanding how native speakers use the words before you start using them yourself.



04 APPLICATION SESSION

5 MINUTES

Now, it's time to apply what you've learned!

Why?

Rewriting your journal entry using new words will help you remember them better and use them naturally in conversation.

How to do it:

- **Review your journal entry from Step 1** – Read what you wrote earlier.
- **Choose 3–5 new words from your list** – Select words that relate to what you wrote about in Step 1.
- **Rewrite your entry using the new words** – Keep the same topic but incorporate the new vocabulary.

For example, if you originally wrote: *“I have a meeting at 10 AM with my boss and coworkers.”*

And one of your new words was *innovative*, you could rewrite it as:

“We have a meeting today about innovative technology because we want to use AI in our business.”

Again, this step only takes five minutes. The goal is to practice using new words in a way that's relevant to your life.



NOW, GIVE IT A TRY!

By following this 30-minute simple morning routine, you'll:

- ✓ Activate the English part of your brain
- ✓ Expand your vocabulary naturally
- ✓ Improve your understanding of real English
- ✓ Start using new words in your daily life

The key is **consistency**. Stick with this routine, and over time, you'll see significant improvements in your fluency.

Give it a try and see how it transforms your English skills!





TAKE ONE OF OUR COURSES

10x your business with English!

We help French Caribbean professionals improve their English to scale their business internationally.

[CLICK HERE TO START RIGHT AWAY!](#)



ABOUT THE COMPANY

Unlock Global Success with Phonetika

In today's fast-paced business and tourism industries, mastering English is more than just a skill—it's a game-changer.

As the language of international trade, English opens doors to new markets, strengthens client relationships, and helps secure profitable contracts.

For tourism professionals, it ensures exceptional hospitality, effortless communication, and unforgettable experiences that drive customer loyalty and enhance reputation.

At Phonetika, we empower entrepreneurs and tourism professionals in the French West Indies to communicate with confidence, deliver outstanding service, and elevate their global presence.

Whether you're looking to refine your business English or perfect your hospitality skills, our team is here to guide you every step of the way.

Let's raise the bar together— because when you speak with confidence, opportunities follow.

THE TEAM

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