

# 'ENGLISH HABITS PLAN' FOR PROFESSIONALS

## 10 MINUTE ENGLISH HABITS EVERY DAY



**'10 Minute English Habits Plan' (5 Day Plan)**

An English Habits Plan designed to help busy professionals improve every day.

**Write Your English Habits Plan + English Habits + Accountability Partner**

**Write Your English Habits Plan (5 Day)**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning					
Lunch					
Afternoon / Evening					

1. Fill in your English Habits plan (above table). Write one habit per day for either the morning, lunchtime, afternoon/evening. Whichever fits your timetable best.

## English Habits

2. Choose your 'English Habits' that are interesting and enjoyable for you and also fit into your day. See the example below of a '5 Day English Habits Plan'.

👉 '5 Day English Habits Plan' (example):

- ✓ Day 1 / Habit 1: LinkedIn participation – 10 minutes reading and writing comments in English on interesting posts you find in LinkedIn.
- ✓ Day 2 / Habit 2: Favourite podcast in English – 5 minutes listening to the podcast and 3 minutes speaking about the podcast, giving a summary and opinions. (Audio record yourself speaking. Do two recordings. 3-minute maximum time limit).
- ✓ Day 3 / Habit 3: TED Talk in English – 5 minutes listening to the TED Talk and 3 minutes speaking about the TED Talk, giving a summary and opinions (Audio record yourself speaking. Do two recordings. 3-minute maximum time limit).
- ✓ Day 4 / Habit 4: 5-minute check in with a colleague – phone or video call a colleague or a friend and ask them how they are doing and what they've been doing.
- ✓ Day 5 / Habit 5: Do a hobby/activity in English – explain speaking what you're doing in that hobby or give instructions in English about the hobby.

## Your English Habits list

(Example habits) read a book chapter, listen to a podcast and give a summary of it, watch a TED talk and give a summary of it, write on LinkedIn, speak to a colleague in English, talk about a hobby in English....

Make your English habits fun, interesting and easy.

**Accountability Partner**

3. Write your 'Accountability Partner' – write your 'Accountability Partner' for each English Habit using this structure (*I will (English Habit)... when... and where...*)

**Then share your accountability partner with a friend, colleague or English Trainer.**

(Example)

- Day 1: I will read 5 pages of my English book at Monday breakfast, in the kitchen.
- Day 2: I will do 10 minutes reading and writing comments in LinkedIn in English on Tuesday lunchtimes at my desk.

**Write your Accountability Partner**

- Day 1: ...
- Day 2: ...
- Day 3: ...
- Day 4: ...
- Day 5: ...

**Then after each week, share what went well and what didn't with your English Habits Plan with a friend, colleague or English Trainer.**

**(\*It takes 30 days or 4 weeks to create English Habits that stick)**

**Author, Trainer & Co-Director**

My name is Christopher Wright and co-director of The English Training Company ([www.englishco.com](http://www.englishco.com)).

I'm a Business English trainer and have books and articles published by Amazon, Oxford University Press and McGraw Hill.

And my company and I have helped thousands of professionals like you succeed in Business English and to speak, meet and present in English with confidence!



**How Can The English Training Company Help You?**

***Feel equal. Speak, meet and present in English with confidence!***

*“Are you tired of not feeling equal to your English speaking colleagues, suppliers and clients?”*

*“Do you want to have more confidence speaking, meeting and presenting in English?”*

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