

7-DAY DAILY ENGLISH PRACTICE SHEET

(For Interview Preparation & Spoken English Confidence)

How to use:

- Read aloud
- Speak slowly
- Repeat each section twice
- Do **once per day**

DAY 1 – BASIC CONFIDENCE

A. 10 SIMPLE SENTENCES

1. I am preparing for my interview.
2. I want to speak English clearly.
3. I am learning step by step.
4. I feel nervous, but I am trying.
5. I can express my ideas simply.
6. I am open to learning new things.
7. I practice English every day.
8. I believe I will improve.
9. I am becoming more confident.
10. I can speak without fear.

B. 5 INTERVIEW QUESTIONS

1. Can you tell me about yourself?
2. Why are you applying for this job?
3. What are your strengths?
4. Are you comfortable speaking in English?
5. Why should we hire you?

C. FILL IN THE BLANKS

1. I am interested in this job because _____.
2. I want to improve my _____.
3. I feel confident when I _____.
4. I am learning English to _____.
5. I believe I can _____.

DAY 2 – TALKING ABOUT SKILLS

A. 10 SIMPLE SENTENCES

1. I have basic knowledge of my work.
2. I am improving my skills daily.
3. I like learning from experience.
4. I try to give my best effort.
5. I follow instructions carefully.
6. I can work well in a team.
7. I ask questions when needed.
8. I am honest about my abilities.
9. I want to grow professionally.
10. I am ready to learn more.

B. 5 INTERVIEW QUESTIONS

1. What skills do you have?
2. What skills are you learning now?
3. How do you improve yourself?
4. Can you work in a team?
5. What are your career goals?

C. FILL IN THE BLANKS

1. My main skill is _____.
2. I am learning _____.
3. I improve myself by _____.
4. I like working with _____.
5. My goal is to _____.

DAY 3 – FLUENCY & CLARITY

A. 10 SIMPLE SENTENCES

1. I speak slowly and clearly.
2. I take time before answering.
3. I am not afraid of mistakes.
4. I focus on clear communication.
5. I listen carefully to questions.

6. I try to stay calm.
7. I explain my ideas simply.
8. I feel better than before.
9. I am improving with practice.
10. I trust myself.

B. 5 INTERVIEW QUESTIONS

1. How do you handle pressure?
2. What motivates you to work?
3. How do you handle mistakes?
4. What kind of work do you enjoy?
5. How do you manage time?

C. FILL IN THE BLANKS

1. I feel calm when _____.
2. I handle pressure by _____.
3. I stay focused by _____.
4. I improve fluency by _____.
5. I speak confidently when _____.

DAY 4 – EXPERIENCE & RESPONSIBILITY

A. 10 SIMPLE SENTENCES

1. I have worked in a similar role.
2. I handled my responsibilities well.
3. I try to solve problems calmly.
4. I take responsibility for my work.
5. I respect deadlines.
6. I learn from feedback.
7. I try to improve every day.
8. I support my team members.
9. I handle tasks carefully.
10. I am reliable and honest.

B. 5 INTERVIEW QUESTIONS

1. What experience do you have?
2. What were your responsibilities?

3. How do you solve problems?
4. How do you handle feedback?
5. What have you learned so far?

C. FILL IN THE BLANKS

1. I worked as a _____.
2. My responsibility was _____.
3. I solved a problem by _____.
4. I learned _____.
5. I improved by _____.

DAY 5 – CONFIDENCE & ATTITUDE

A. 10 SIMPLE SENTENCES

1. I stay positive during challenges.
2. I believe in continuous learning.
3. I try to stay confident.
4. I am willing to improve.
5. I accept my weaknesses.
6. I work on my strengths.
7. I am flexible and adaptable.
8. I handle feedback positively.
9. I am focused on growth.
10. I am ready for challenges.

B. 5 INTERVIEW QUESTIONS

1. What are your strengths?
2. What are your weaknesses?
3. How do you handle criticism?
4. How do you stay motivated?
5. How do you handle change?

C. FILL IN THE BLANKS

1. My strength is _____.
2. I am improving my weakness _____.
3. I stay motivated by _____.
4. I handle criticism by _____.

5. I feel confident when _____.

DAY 6 – COMPANY & ROLE AWARENESS

A. 10 SIMPLE SENTENCES

1. I understand the role requirements.
2. I know basic details about the company.
3. I want to contribute positively.
4. I believe I can add value.
5. I am interested in this role.
6. I want to grow with the company.
7. I respect company values.
8. I am eager to learn here.
9. I am committed to my work.
10. I see a future here.

B. 5 INTERVIEW QUESTIONS

1. What do you know about our company?
2. Why do you want this role?
3. How can you add value?
4. Why should we select you?
5. Where do you see yourself in the future?

C. FILL IN THE BLANKS

1. I like this company because _____.
2. This role matches my _____.
3. I can add value by _____.
4. I want to grow as _____.
5. I see my future as _____.

DAY 7 – FINAL INTERVIEW CONFIDENCE

A. 10 SIMPLE SENTENCES

1. I am ready for my interview.
2. I will speak calmly and clearly.
3. I will listen before answering.

4. I will give honest answers.
5. I trust my preparation.
6. I am confident in my abilities.
7. I will do my best.
8. I am proud of my progress.
9. I can handle the interview.
10. I believe in myself.

B. 5 INTERVIEW QUESTIONS

1. Are you ready to start work?
2. What are your expectations from this role?
3. How soon can you join?
4. Do you have any questions for us?
5. Why should we trust you?

C. FILL IN THE BLANKS

1. I feel confident because _____.
2. I prepared for this interview by _____.
3. I am ready to _____.
4. I want to learn _____.
5. I believe I will _____.

DAILY CONFIDENCE AFFIRMATION (VERY IMPORTANT)

Say this aloud **3 times daily**:

“I don’t need perfect English. I need clear English.”

“I am improving every day.”

“I can speak confidently in interviews.”