

Speak English Confidently

*The Complete Self-Study Course with 5000
Daily Sentences, Real-Life Conversations &
Practical Exercises*

By

Sonika Bahadur

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Speak English Confidently

The Complete Self-Study Course with 5000 Daily Sentences, Real-Life Conversations & Practical Exercises

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ABOUT THE AUTHOR

Sonika Bahadur

Sonika Bahadur is an English educator, author, and content creator dedicated to helping learners speak English with confidence.

Through practical lessons, real-life conversations, and easy-to-follow explanations, she creates practical English-learning resources that help learners build confidence in spoken English.

Her teaching philosophy is simple:

Learning English should be practical, enjoyable, and confidence-building.

Rather than focusing on memorizing complicated grammar rules, she encourages learners to practice English through daily conversations, useful vocabulary, and consistent speaking habits.

Her mission is to help millions of English learners communicate effortlessly with confidence.

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HOW TO USE THIS BOOK

This book is designed as a complete self-study course for English learners at different stages of their journey.

To get the best results:

1. Follow the Chapters in Order

Each chapter builds upon the previous one. Completing them sequentially will strengthen your confidence and communication skills.

2. Speak Aloud

Don't just read the sentences.

Say every sentence aloud several times.

Speaking is the fastest way to improve fluency.

3. Practice Every Day

Even 20–30 minutes of daily practice is more effective than studying for several hours once a week.

Consistency creates confidence.

4. Complete the Practice Sections

Every exercise is designed to help you actively use what you've learned.

The more you practice, the more naturally your English speaking will be.

5. Use English in Real Life

Try using new words and expressions in your daily conversations, at work, while traveling, or when communicating online.

Real-life practice creates lasting improvement.

6. Revisit the Bonus Library

The Bonus Resource Library is designed to become your long-term reference.

Return to it whenever you need help with vocabulary, pronunciation, business English, travel English, or conversation practice.

Remember

Progress comes from regular practice—not perfection.

Speak.

Make mistakes.

Learn.

Improve.

Repeat.

INTRODUCTION

Welcome!

If you're reading this book, you've already taken one of the most important steps toward becoming a confident English speaker.

Many learners spend years studying grammar, memorizing vocabulary lists, and watching English videos, yet still hesitate when it's time to speak.

The reason is simple.

Speaking is a skill that develops through practice—not just through study.

That's why this book was created.

Instead of overwhelming you with complex grammar rules or difficult vocabulary, this course focuses on **real-life English**—the kind of English you can use at home, at work, while traveling, in meetings, during interviews, and in everyday conversations.

Inside this book, you'll find:

- 70 practical chapters covering everyday and professional situations.
- 5,000 carefully selected daily-use English sentences.
- Real-life conversations and dialogues.
- Practical exercises to build confidence.
- A comprehensive Bonus Resource Library with vocabulary, pronunciation, business English, travel English, speaking challenges, and much more.

Whether you're a student, a working professional, an entrepreneur, a homemaker, or simply someone who wants to communicate confidently in English, this book is designed to help you make steady progress.

Remember, fluency isn't about speaking perfect English.

It's about communicating your ideas clearly and confidently.

Every page you read, every sentence you practice, and every conversation you have brings you one step closer to your goal.

So, let's begin this journey together.

Welcome to *Speak English Confidently*.

Chapter 1

Waking Up

Estimated Learning Time: 20–25 Minutes

What You'll Learn

By the end of this chapter, you'll be able to:

- Greet people in the morning.
- Ask and answer questions about sleep.
- Encourage someone to wake up.
- Talk about how you feel after waking up.
- Use common morning expressions confidently.

Introduction

Every morning begins with simple conversations. Whether you're talking to your family, your roommate, or a friend, these everyday expressions will help you start your day naturally in English.

Situation 1: Greeting Someone in the Morning

Daily Sentences

1. Good morning!
2. Good morning, everyone!
3. Morning!
4. Rise and shine!
5. Have a wonderful morning.
6. It's a beautiful morning.
7. What a lovely morning!
8. I hope you slept well.
9. It's nice to see you this morning.
10. Let's make today a great day.

Conversation

Emma: Good morning!

Ryan: Morning!

Emma: Did you sleep well?

Ryan: Yes, I slept really well.

Situation 2: Waking Someone Up

Daily Sentences

11. Wake up!
12. It's time to get up.
13. Your alarm is ringing.
14. Turn off your alarm.
15. Don't go back to sleep.
16. Open the curtains.
17. Let some fresh air in.
18. Hurry up.
19. You're getting late.
20. Let's get the day started.

Conversation

Mom: Wake up!

Alex: Just five more minutes.

Mom: No, you're getting late.

Alex: Okay, I'm getting up now.

Situation 3: Asking About Sleep

Daily Sentences

21. Did you sleep well?
22. What time did you wake up?
23. Are you still sleepy?
24. Did your alarm wake you up?
25. Are you feeling better today?

26. Did you have a good night's sleep?
27. Did you wake up early?
28. Were you tired last night?
29. Did you have any dreams?
30. Are you ready to start the day?

Conversation

Dad: What time did you wake up?

Mia: Around six thirty.

Dad: Did you sleep well?

Mia: Yes, I had a good night's sleep.

Situation 4: Talking About Yourself

Daily Sentences

31. I slept well.
32. I couldn't sleep well.
33. I'm still sleepy.
34. I'm wide awake now.
35. I feel refreshed.
36. I feel energetic today.
37. I had a good night's sleep.
38. I woke up early today.
39. I'm ready for the day.
40. Today is going to be a great day.

Conversation

Sophia: You look happy today.

Noah: I feel refreshed.

Sophia: That's great!

Noah: I'm ready for the day.

Situation 5: Starting Your Morning

Daily Sentences

41. Make your bed.
42. Drink a glass of water.
43. Stretch your body.
44. Check today's weather.
45. What's the plan for today?
46. I have a busy day ahead.
47. Let's have breakfast.
48. Don't waste your morning.
49. Make today count.
50. Have a great day!

Conversation

Emma: What's the plan for today?

Ryan: I have a busy day ahead.

Emma: Good luck!

Ryan: Thanks! Have a great day.

Vocabulary Builder

Word	Meaning	Example
Alarm	A device that wakes you up	My alarm rings at 6:00 a.m.
Curtain	A piece of cloth that covers a window	Please open the curtains.
Refresh	To make someone feel energetic again	A good night's sleep helps you feel refreshed.
Stretch	To extend your body or muscles	Stretch your arms before you start your day.
Awake	Not sleeping	I'm fully awake now.
Yawn	To open your mouth because you're sleepy	I couldn't stop yawning this morning.
Sunrise	The time when the sun appears	We watched the sunrise together.
Routine	Things you do regularly	I have a simple morning routine.
Energetic	Full of energy	I feel energetic today.
Positive	Optimistic and hopeful	Start every day with a positive attitude.

Speak Like a Native

Instead of saying...

I'm very sleepy.

Say...

I'm still half asleep.

Instead of saying...

I slept very well.

Say...

I slept like a baby.

Instead of saying...

I'm ready.

Say...

I'm good to go.

Instead of saying...

Let's start.

Say...

Let's get the day started.

Instead of saying...

I feel good.

Say...

I'm feeling great.

Instead of saying...

I woke up early.

Say...

I was up early today.

Instead of saying...

Have a nice day.

Say...

Have an amazing day!

Instead of saying...

Don't sleep again.

Say...

Don't go back to sleep.

Did You Know?

Many learners confuse **wake up** and **get up**.

Wake up = to stop sleeping.

I woke up at 6:00 a.m.

Get up = to leave your bed.

I got up at 6:15 a.m.

You usually **wake up first** and **get up a few minutes later**.

Common Mistakes

☐ My sleep opened.

☐ I woke up.

☐ I didn't sleep well.

☐ I didn't sleep well.

☐ Open the curtains.

(Correct when talking about curtains.)

☐ Open the light.

☐ Turn on the light.

☐ I am getting late.

(Often used incorrectly to describe the situation.)

☐ I'm running late.

☐ I am fully fresh.

☐ I feel refreshed.

Conversation Builder

Complete the conversation.

Mom: Good morning!

You: _____

Mom: Did you sleep well?

You: _____

Mom: It's time to get up.

You: _____

Mom: Hurry up! You're getting late.

You: _____

Speaking Practice

Read these aloud naturally.

- Good morning!
- I slept really well.
- I'm still half asleep.
- I'm ready for the day.
- Let's get the day started.
- I have a busy day ahead.
- Make today count.
- Have an amazing day!

Real-Life Challenge

Tomorrow morning, try to use **at least 10 expressions** from this chapter during your routine.

For example:

- "Good morning!"
- "I feel refreshed."
- "I'm ready for the day."
- "Let's get the day started."

The goal is simple: **think in English before you translate.** The more you connect English with real life actions, the more naturally you'll begin to speak.

Ready to Speak English with Confidence?

You've just completed the first chapter of **Speak English Confidently**.

This is only the beginning.

The complete edition includes:

- **70** real-life chapters
- **5,000** carefully selected daily-use English sentences
- Natural conversations
- Vocabulary builders
- Speaking practice
- Real-life challenges
- **15 Premium Bonus Resources**

Whether you're a student, working professional, job seeker, entrepreneur, or someone who wants to speak English naturally, this book is designed to help you build confidence through practical, everyday English.

Get the Complete Book

Start your complete English-speaking journey today.