

Start speaking, one expression at a time.

Your 10-minute speaking companion to the Start Here guide.

YOUR DAILY 10-MINUTE SPEAKING ROUTINE

- 01 STUDY** Read 2-5 expressions from the suggested volume.
- 02 SAY IT** Choose one. Make your own sentence. Say it aloud.
- 03 USE IT** Try that expression in a real conversation later.

Your route through all eight volumes

Start with Volume 1, then sample two volumes each week in order.

WEEK 1

Volumes 1 + 2

Build your daily speaking habit.

DAYS 1-7

WEEK 2

Volumes 3 + 4

Bring expressions into short answers.

DAYS 8-14

WEEK 3

Volumes 5 + 6

Try them in everyday conversations.

DAYS 15-21

WEEK 4

Volumes 7 + 8

Use them in work and social situations.

DAYS 22-28

Make it fit your life

Review on days 7, 14, 21 and 28. Finish with speaking tasks on days 29-30.

Said = practice aloud. Used = real conversation later; come back to tick it.

This is a first pass. Keep exploring the 792 lessons at your own pace.

My usual practice time:

Start date:

Days 01-10

Study a few expressions, then practice one aloud.

01

Volume 1

Expression / lesson:

Said

☐

Used

☐

02

Volume 1

Expression / lesson:

Said

☐

Used

☐

03

Volume 1

Expression / lesson:

Said

☐

Used

☐

04

Volume 2

Expression / lesson:

Said

☐

Used

☐

05

Volume 2

Expression / lesson:

Said

☐

Used

☐

06

Volume 2

Expression / lesson:

Said

☐

Used

☐

07

Review earlier expressions

Earlier expression:

Said

☐

Used

☐

08

Volume 3

Expression / lesson:

Said

☐

Used

☐

09

Volume 3

Expression / lesson:

Said

☐

Used

☐

10

Volume 3

Expression / lesson:

Said

☐

Used

☐

Days 11-20

Study a few expressions, then practice one aloud.

11

Volume 4

Expression / lesson:

Said

☐

Used

☐

12

Volume 4

Expression / lesson:

Said

☐

Used

☐

13

Volume 4

Expression / lesson:

Said

☐

Used

☐

14

Review earlier expressions

Earlier expression:

Said

☐

Used

☐

15

Volume 5

Expression / lesson:

Said

☐

Used

☐

16

Volume 5

Expression / lesson:

Said

☐

Used

☐

17

Volume 5

Expression / lesson:

Said

☐

Used

☐

18

Volume 6

Expression / lesson:

Said

☐

Used

☐

19

Volume 6

Expression / lesson:

Said

☐

Used

☐

20

Volume 6

Expression / lesson:

Said

☐

Used

☐

Days 21-30

Study a few expressions, then practice one aloud.

21**Review earlier expressions**

Earlier expression:

Said

☐

Used

☐**22****Volume 7**

Expression / lesson:

Said

☐

Used

☐**23****Volume 7**

Expression / lesson:

Said

☐

Used

☐**24****Volume 7**

Expression / lesson:

Said

☐

Used

☐**25****Volume 8**

Expression / lesson:

Said

☐

Used

☐**26****Volume 8**

Expression / lesson:

Said

☐

Used

☐**27****Volume 8**

Expression / lesson:

Said

☐

Used

☐**28****Review earlier expressions**

Earlier expression:

Said

☐

Used

☐**29****Tell a story with your top 3**

Three favorites:

Said

☐

Used

☐**30****Record a one-minute story**

What felt easier?:

Said

☐

Used

☐

Keep your practice going.

One expression at a time. One conversation at a time.

Designed for the Yoling Library

This challenge guides you through Volumes 1-8 of the Yoling Library.

The books provide the expressions; this tracker helps you practice them.

The eight PDF e-books include 792 lessons for everyday English.

Make a fresh copy whenever you need one

Print this tracker as many times as you like for your own practice.

Or duplicate the PDF before filling it in and save each round separately.

Try names such as Speaking Practice - Round 1 and Round 2.

Keep your completed copies so you can look back at what you practiced.

Repeat the plan with new expressions as you explore more lessons.

Ready to explore the eight books?

See what is included in the Yoling Library on the sales page.

Explore the Yoling Library

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The books are purchased separately. This PDF is a practice guide; it does not include the expression lessons from the eight volumes.