

7-Day Confidence Challenge

One practical speaking activity every day

Day 1 - Introduce Yourself

- Speak for 60 seconds about your name, background, work or studies.
- Record your voice and listen once without judging yourself.

Day 2 - Describe Your Day

- Explain your morning, afternoon and evening using complete sentences.

Day 3 - Share an Opinion

- Choose a simple topic and explain what you think and why.

Day 4 - Ask Better Questions

- Practise five useful questions for work, college or daily life.

Day 5 - Tell a Short Story

- Describe a memorable event using beginning, middle and ending.

Day 6 - Interview Practice

- Answer: Tell me about yourself and Why should we hire you?

Day 7 - Confidence Review

- Record a two-minute talk and compare it with Day 1.
- Write three improvements and one next goal.