

30-Day Speaking Confidence Challenge

Short daily activities for fluency, clarity, presentations, group discussions and interviews.

1

10 to 15 minutes of speaking each day

2

Real campus and career communication prompts

3

Weekly reflection instead of perfection



FOR STUDENTS AND EARLY PROFESSIONALS

Practise. Reflect. Speak with confidence.

Scan for your free level check and personal learning recommendation.

www.unmutepro.com

Your confidence baseline

Measure your starting point before Day 1.

Rate each statement from 1 (not yet confident) to 5 (consistently confident). Repeat this page after Day 30 and compare the evidence, not only the feeling.

- | | |
|---|-----------|
| ☐ I can begin speaking without a long pause. | 1 2 3 4 5 |
| ☐ I can explain one idea in a clear order. | 1 2 3 4 5 |
| ☐ I can enter a group discussion respectfully. | 1 2 3 4 5 |
| ☐ I can present for two minutes without reading. | 1 2 3 4 5 |
| ☐ I can answer a follow-up interview question. | 1 2 3 4 5 |
| ☐ I can recover calmly when I forget a word. | 1 2 3 4 5 |

How to use this challenge

- ☐ Speak aloud. Silent reading does not build speaking confidence.
- ☐ Record at least three days each week.
- ☐ Repeat a task when it feels difficult.
- ☐ Choose one improvement at a time: structure, pace or clarity.

Your daily speaking practice

Complete the task aloud, then mark the evidence you noticed.

Day 1 Your 60-second introduction

Say who you are, what you study or do, one strength and what you want to improve.

Day 2 Describe your day clearly

Use morning, afternoon and evening as a simple three-part structure.

Day 3 Explain a familiar process

Teach someone how to use an app, prepare a dish or complete a college task.

Day 4 Share an opinion with PREP

Point, Reason, Example, Point. Topic: Should attendance be compulsory?

Day 5 Listen, repeat and record

Choose a 30-second English clip. Repeat the rhythm, then record your own version.

Your daily speaking practice

Complete the task aloud, then mark the evidence you noticed.

Day 6

Ask five useful questions

Practise questions for a class, meeting, interview or first day at work.

Day 7

Tell a short real story

Use beginning, challenge, action and result. Keep it under two minutes.

Day 8

Explain a project

State the problem, your role, what you did and the outcome.

Day 9

Enter a discussion

Practise: I would like to build on that point with another perspective.

Day 10

Disagree professionally

Use: I understand the concern, although I would suggest another approach.

Your daily speaking practice

Complete the task aloud, then mark the evidence you noticed.

Day 11

Summarise a conversation

Listen to a short discussion and explain the three most important ideas.

Day 12

Speak from five keywords

Choose a topic, write only five prompts and speak for 90 seconds.

Day 13

Handle a blank moment

Pause, breathe and use: Let me explain the main point with an example.

Day 14

Give helpful peer feedback

Tell a partner one clear strength and one specific next step.

Day 15

Midpoint reflection

Repeat Day 1. Notice changes in pause length, structure, pace and eye contact.

Your daily speaking practice

Complete the task aloud, then mark the evidence you noticed.

Day 16

Open a presentation

Use a question, useful contrast or clear promise in the first 20 seconds.

Day 17

Explain one slide

Use a headline, one visual idea and a short audience-focused explanation.

Day 18

Answer: Tell me about yourself

Use Present, Past and Future. Keep your answer between 60 and 90 seconds.

Day 19

Build a STAR story

Describe a Situation, Task, Action and Result from college, work or volunteering.

Day 20

Explain a strength with evidence

Name the strength, give one example and connect it to the opportunity.

Your daily speaking practice

Complete the task aloud, then mark the evidence you noticed.

Day 21 Answer an unexpected question

Choose a random topic and take 10 seconds to prepare before answering.

Day 22 Give a professional update

Say what is complete, what is in progress, one risk and the next action.

Day 23 Ask for clarification

Practise three polite lines when a task, question or deadline is unclear.

Day 24 Receive feedback calmly

Respond with: Thank you. I understand the point and I will work on it.

Day 25 Lead a five-minute discussion

Open the topic, invite views, connect two ideas and close with a summary.

Your daily speaking practice

Complete the task aloud, then mark the evidence you noticed.

Day 26

Present your best project

Deliver a two-minute project pitch without reading from a script.

Day 27

Complete a mock interview

Answer five questions on camera. Review relevance before grammar.

Day 28

Speak to a real person

Use English in one genuine college, workplace or community conversation.

Day 29

Repeat your hardest task

Choose the day that challenged you most and improve one specific behaviour.

Day 30

Your confident voice

Speak for three minutes: what changed, what helped and what you will practise next.

Day 30 reflection and next plan

Turn one month of effort into a repeatable communication habit.

The biggest difference I can hear in my speaking is:

A situation where I now feel more confident:

My next 30-day communication goal:

Continue with personal guidance

Take the free Unmute Pro level check for an estimated starting level and a practical programme recommendation. Then speak with a mentor about confidence, interviews or campus communication.

