EXCELLENCE की पाठशाला · FREE SELF-STUDY PLAN

125-Day Spoken English Self-Study Plan

One focused task a day. 30 to 45 minutes. From hesitant to confident, in 5 phases.

Engage
Days 1–25
Foundation

Act
Days 26–50
Grammar into speech

Aura
Days 51–75
Sound confident

Excel
Days 76–100
Real situations

Mastery
Days 101–125
Fluency and confidence

Build the Life You Deserve.

pragyapersonalitydevelopment.com/documents

How to use this plan

Every day has one task. Each 5-day block follows the same rhythm, so you always know what to do next.

Learn
Read the linked free PDF and copy useful lines.

Drill
Practise the pattern until it flows.

Speak
Record 60 seconds and listen back.

Use
Use it with a real person, today.

Review
Test yourself from memory and tick the tracker.

Five rules that make it work

Day 1 recording: record a 60-second self-introduction before you start. Keep it. You will compare it on Day 125.

Same time, same place: fix your 30 to 45 minutes in the day, for example right after morning tea.

Never miss twice: a missed day is normal. Two in a row starts a new habit. Do a 5-minute version instead.

Speak more than you read: saying lines from memory builds recall far better than re-reading them.

Use the free PDFs: every task names a free PDF from the Pragya library at pragyapersonalitydevelopment.com/documents.

What you need

A notebook for useful lines, your phone for voice notes, and one person you can talk to in English, even for two minutes a day.

Your 5 phases

Phase 1: Engage (Days 1–25). Foundation. Break the fear and build the base. Hindi support is welcome here.

Phase 2: Act (Days 26–50). Grammar into speech. Turn rules into sentences you can say without stopping.

Phase 3: Aura (Days 51–75). Sound confident. Clear sounds and natural phrases change how people hear you.

Phase 4: Excel (Days 76–100). Real situations. Practise the conversations that matter in real life.

Phase 5: Mastery (Days 101–125). Fluency and confidence. Remove repeated mistakes and speak at length with ease.

PHASE 1 · DAYS 1–25

Engage: Foundation

Break the fear and build the base. Hindi support is welcome here. Free PDFs this phase: A to Z of English Sounds, Basics of English Speaking (Hindi, with pronunciation), Tenses in Hindi, Articles in Hindi, 3,000 Daily-Use Sentences (Hindi, with pronunciation).

DAY	TOPIC	STEP	TODAY'S TASK
1	English sounds	**Learn**	☐ Read the "A to Z of English Sounds" PDF on english sounds. Copy 10 useful example lines into your notebook.
2	English sounds	**Drill**	☐ Say every sound in the PDF aloud twice; mark 5 that feel unnatural.
3	English sounds	**Speak**	☐ Record a 60-second voice note using english sounds. Listen once and note 2 fixes.
4	English sounds	**Use**	☐ Read 10 lines of any English news aloud, slowly, with clear sounds.
5	English sounds	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
6	Basic sentence structure	**Learn**	☐ Read the "Basics of English Speaking (Hindi, with pronunciation)" PDF on basic sentence structure. Copy 10 useful example lines into your notebook.
7	Basic sentence structure	**Drill**	☐ Build 20 sentences on Subject + Verb + Object about your own day.
8	Basic sentence structure	**Speak**	☐ Record a 60-second voice note using basic sentence structure. Listen once and note 2 fixes.
9	Basic sentence structure	**Use**	☐ Describe your room to a family member in 8 simple English sentences.
10	Basic sentence structure	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
11	Present tense	**Learn**	☐ Read the "Tenses in Hindi" PDF on present tense. Copy 10 useful example lines into your notebook.
12	Present tense	**Drill**	☐ Write 15 sentences on your daily routine with ta hai / ti hai clues.
13	Present tense	**Speak**	☐ Record a 60-second voice note using present tense. Listen once and note 2 fixes.
14	Present tense	**Use**	☐ Tell someone your morning routine in English, start to finish.
15	Present tense	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
16	Articles a, an, the	**Learn**	☐ Read the "Articles in Hindi" PDF on articles a, an, the. Copy 10 useful example lines into your notebook.

DAY	TOPIC	STEP	TODAY'S TASK
17	Articles a, an, the	**Drill**	☐ Pick 20 nouns around you and say each with the right article.
18	Articles a, an, the	**Speak**	☐ Record a 60-second voice note using articles a, an, the. Listen once and note 2 fixes.
19	Articles a, an, the	**Use**	☐ Write a 6-line WhatsApp message and check every a, an and the.
20	Articles a, an, the	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
21	Daily-use sentences at home	**Learn**	☐ Read the “3,000 Daily-Use Sentences (Hindi, with pronunciation)” PDF on daily-use sentences at home. Copy 10 useful example lines into your notebook.
22	Daily-use sentences at home	**Drill**	☐ Choose 25 home sentences; say each 3 times until it flows.
23	Daily-use sentences at home	**Speak**	☐ Record a 60-second voice note using daily-use sentences at home. Listen once and note 2 fixes.
24	Daily-use sentences at home	**Use**	☐ Use 5 of today's sentences at home, out loud, with family.
25	Daily-use sentences at home	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.

PHASE 2 · DAYS 26–50

Act: Grammar into speech

Turn rules into sentences you can say without stopping. Free PDFs this phase: Tenses in Hindi, Tenses Table, Tense & Sentence Formation (Hindi), Prepositions: Basic to Advanced (Hindi, with pronunciation), Modals.

DAY	TOPIC	STEP	TODAY'S TASK
26	Present continuous and perfect	Learn	☐ Read the “Tenses in Hindi” PDF on present continuous and perfect. Copy 10 useful example lines into your notebook.
27	Present continuous and perfect	Drill	☐ Make 10 sentences with is/am/are + -ing and 10 with has/have + V3.
28	Present continuous and perfect	Speak	☐ Record a 60-second voice note using present continuous and perfect. Listen once and note 2 fixes.
29	Present continuous and perfect	Use	☐ Narrate what people around you are doing right now, in English.
30	Present continuous and perfect	Review	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
31	Past tense	Learn	☐ Read the “Tenses Table” PDF on past tense. Copy 10 useful example lines into your notebook.
32	Past tense	Drill	☐ Write 20 sentences about yesterday with correct V2 forms.
33	Past tense	Speak	☐ Record a 60-second voice note using past tense. Listen once and note 2 fixes.
34	Past tense	Use	☐ Send a voice note about your last weekend, past tense only.
35	Past tense	Review	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
36	Future tense	Learn	☐ Read the “Tense & Sentence Formation (Hindi)” PDF on future tense. Copy 10 useful example lines into your notebook.
37	Future tense	Drill	☐ Make 15 sentences about next week with will and going to.
38	Future tense	Speak	☐ Record a 60-second voice note using future tense. Listen once and note 2 fixes.
39	Future tense	Use	☐ Tell a friend your plan for the coming month in English.

DAY	TOPIC	STEP	TODAY'S TASK
40	Future tense	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
41	Prepositions	**Learn**	☐ Read the “Prepositions: Basic to Advanced (Hindi, with pronunciation)” PDF on prepositions. Copy 10 useful example lines into your notebook.
42	Prepositions	**Drill**	☐ Write 5 sentences each with in, on, at, since and for.
43	Prepositions	**Speak**	☐ Record a 60-second voice note using prepositions. Listen once and note 2 fixes.
44	Prepositions	**Use**	☐ Give someone directions to your home using 8 prepositions.
45	Prepositions	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
46	Modals	**Learn**	☐ Read the “Modals” PDF on modals. Copy 10 useful example lines into your notebook.
47	Modals	**Drill**	☐ Turn 10 blunt orders into polite requests with could and would.
48	Modals	**Speak**	☐ Record a 60-second voice note using modals. Listen once and note 2 fixes.
49	Modals	**Use**	☐ Make 3 polite requests in English today: shop, office or home.
50	Modals	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.

PHASE 3 · DAYS 51–75

Aura: Sound confident

Clear sounds and natural phrases change how people hear you. Free PDFs this phase: Silent Letter Rules A to Z, Daily Vocabulary: Part 1, Phrasal Verbs with Examples, A to Z Idioms & Phrases in Hindi, Courtesy Conversation.

DAY	TOPIC	STEP	TODAY'S TASK
51	Pronunciation and silent letters	Learn	☐ Read the “Silent Letter Rules A to Z” PDF on pronunciation and silent letters. Copy 10 useful example lines into your notebook.
52	Pronunciation and silent letters	Drill	☐ Practise 30 silent-letter words; record and compare with the rules.
53	Pronunciation and silent letters	Speak	☐ Record a 60-second voice note using pronunciation and silent letters. Listen once and note 2 fixes.
54	Pronunciation and silent letters	Use	☐ Read a paragraph aloud and fix every silent letter you used to pronounce.
55	Pronunciation and silent letters	Review	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
56	Vocabulary for work and life	Learn	☐ Read the “Daily Vocabulary: Part 1” PDF on vocabulary for work and life. Copy 10 useful example lines into your notebook.
57	Vocabulary for work and life	Drill	☐ Learn 15 words; write one sentence about your life for each.
58	Vocabulary for work and life	Speak	☐ Record a 60-second voice note using vocabulary for work and life. Listen once and note 2 fixes.
59	Vocabulary for work and life	Use	☐ Use 5 new words in real conversations today.
60	Vocabulary for work and life	Review	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
61	Phrasal verbs	Learn	☐ Read the “Phrasal Verbs with Examples” PDF on phrasal verbs. Copy 10 useful example lines into your notebook.
62	Phrasal verbs	Drill	☐ Learn 10 phrasal verbs and write a short story using all of them.
63	Phrasal verbs	Speak	☐ Record a 60-second voice note using phrasal verbs. Listen once and note 2 fixes.
64	Phrasal verbs	Use	☐ Use give up, put off and figure out naturally in 3 chats.
65	Phrasal verbs	Review	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.

DAY	TOPIC	STEP	TODAY'S TASK
66	Idioms and phrases	**Learn**	☐ Read the “A to Z Idioms & Phrases in Hindi” PDF on idioms and phrases. Copy 10 useful example lines into your notebook.
67	Idioms and phrases	**Drill**	☐ Pick 10 idioms; match each to a moment from your own life.
68	Idioms and phrases	**Speak**	☐ Record a 60-second voice note using idioms and phrases. Listen once and note 2 fixes.
69	Idioms and phrases	**Use**	☐ Drop one fitting idiom into a conversation or message today.
70	Idioms and phrases	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
71	Polite, courteous English	**Learn**	☐ Read the “Courtesy Conversation” PDF on polite, courteous english. Copy 10 useful example lines into your notebook.
72	Polite, courteous English	**Drill**	☐ Practise 20 courtesy lines: greetings, thanks, apologies, requests.
73	Polite, courteous English	**Speak**	☐ Record a 60-second voice note using polite, courteous english. Listen once and note 2 fixes.
74	Polite, courteous English	**Use**	☐ Open and close every conversation today with a polite English line.
75	Polite, courteous English	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.

PHASE 4 · DAYS 76–100

Excel: Real situations

Practise the conversations that matter in real life. Free PDFs this phase: 833 Situation-Wise Conversations, Advanced English Conversation, 500 Situation Sentences with Grammar, Question-Based Learning, Learn Through Stories: Vol 1.

DAY	TOPIC	STEP	TODAY'S TASK
76	Phone calls	**Learn**	☐ Read the “833 Situation-Wise Conversations” PDF on phone calls. Copy 10 useful example lines into your notebook.
77	Phone calls	**Drill**	☐ Role-play 5 phone calls: receive, transfer, hold, call back, close.
78	Phone calls	**Speak**	☐ Record a 60-second voice note using phone calls. Listen once and note 2 fixes.
79	Phone calls	**Use**	☐ Take or make one real call in English, even a short one.
80	Phone calls	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
81	Office conversations	**Learn**	☐ Read the “Advanced English Conversation” PDF on office conversations. Copy 10 useful example lines into your notebook.
82	Office conversations	**Drill**	☐ Practise meeting lines: agreeing, disagreeing, updating, asking.
83	Office conversations	**Speak**	☐ Record a 60-second voice note using office conversations. Listen once and note 2 fixes.
84	Office conversations	**Use**	☐ Speak at least 3 English sentences in a real meeting or class.
85	Office conversations	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
86	Shopping and travel	**Learn**	☐ Read the “500 Situation Sentences with Grammar” PDF on shopping and travel. Copy 10 useful example lines into your notebook.
87	Shopping and travel	**Drill**	☐ Role-play buying, bargaining, booking and asking for help.
88	Shopping and travel	**Speak**	☐ Record a 60-second voice note using shopping and travel. Listen once and note 2 fixes.
89	Shopping and travel	**Use**	☐ Use English at a shop, cab or counter for one full exchange.
90	Shopping and travel	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.

DAY	TOPIC	STEP	TODAY'S TASK
91	Asking good questions	**Learn**	☐ Read the “Question-Based Learning” PDF on asking good questions. Copy 10 useful example lines into your notebook.
92	Asking good questions	**Drill**	☐ Make 20 WH questions; answer each in a full sentence.
93	Asking good questions	**Speak**	☐ Record a 60-second voice note using asking good questions. Listen once and note 2 fixes.
94	Asking good questions	**Use**	☐ Ask 5 genuine questions in English to someone today.
95	Asking good questions	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
96	Storytelling	**Learn**	☐ Read the “Learn Through Stories: Vol 1” PDF on storytelling. Copy 10 useful example lines into your notebook.
97	Storytelling	**Drill**	☐ Read one story and retell it in your own words in 2 minutes.
98	Storytelling	**Speak**	☐ Record a 60-second voice note using storytelling. Listen once and note 2 fixes.
99	Storytelling	**Use**	☐ Tell a short story from your life to a friend in English.
100	Storytelling	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.

PHASE 5 · DAYS 101–125

Mastery: Fluency and confidence

Remove repeated mistakes and speak at length with ease. Free PDFs this phase: 600 Common Mistakes, Direct-Indirect & Active-Passive Voice, Advanced Conversation: Set 1, Final English Practice, 60 Chapters: A to Z of English.

DAY	TOPIC	STEP	TODAY'S TASK
101	Common mistakes	**Learn**	☐ Read the “600 Common Mistakes” PDF on common mistakes. Copy 10 useful example lines into your notebook.
102	Common mistakes	**Drill**	☐ Tick the 20 mistakes you make; write the correct version 3 times.
103	Common mistakes	**Speak**	☐ Record a 60-second voice note using common mistakes. Listen once and note 2 fixes.
104	Common mistakes	**Use**	☐ Ask a friend to stop you every time you repeat one of them.
105	Common mistakes	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
106	Reported speech and passive voice	**Learn**	☐ Read the “Direct-Indirect & Active-Passive Voice” PDF on reported speech and passive voice. Copy 10 useful example lines into your notebook.
107	Reported speech and passive voice	**Drill**	☐ Report 10 things people said to you today in indirect speech.
108	Reported speech and passive voice	**Speak**	☐ Record a 60-second voice note using reported speech and passive voice. Listen once and note 2 fixes.
109	Reported speech and passive voice	**Use**	☐ Summarise a meeting or news item using reported speech.
110	Reported speech and passive voice	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
111	Interview answers	**Learn**	☐ Read the “Advanced Conversation: Set 1” PDF on interview answers. Copy 10 useful example lines into your notebook.
112	Interview answers	**Drill**	☐ Prepare 2-minute answers: about yourself, strengths, goals.
113	Interview answers	**Speak**	☐ Record a 60-second voice note using interview answers. Listen once and note 2 fixes.

DAY	TOPIC	STEP	TODAY'S TASK
114	Interview answers	**Use**	☐ Do a mock interview with a friend and record it.
115	Interview answers	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
116	Two-minute talks	**Learn**	☐ Read the “Final English Practice” PDF on two-minute talks. Copy 10 useful example lines into your notebook.
117	Two-minute talks	**Drill**	☐ Speak for 2 minutes on a new topic every day without notes.
118	Two-minute talks	**Speak**	☐ Record a 60-second voice note using two-minute talks. Listen once and note 2 fixes.
119	Two-minute talks	**Use**	☐ Speak up first in a group conversation or class today.
120	Two-minute talks	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.
121	Final review	**Learn**	☐ Read the “60 Chapters: A to Z of English” PDF on final review. Copy 10 useful example lines into your notebook.
122	Final review	**Drill**	☐ Revise your weakest 3 topics from the whole plan.
123	Final review	**Speak**	☐ Record a 60-second voice note using final review. Listen once and note 2 fixes.
124	Final review	**Use**	☐ Record your Day 125 talk and compare it with Day 1.
125	Final review	**Review**	☐ Self-test: cover your notes, say 10 lines from memory, then tick today on the tracker.

Your 125-day tracker

Tick a box every day you finish your task. Each row is 15 days.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
121	122	123	124	125										

Day 125: hear the difference

Record the same 60-second self-introduction you recorded on Day 1 and play both. Most learners hear the change in speed, clarity and confidence straight away.

Want feedback while you practise? Pragya runs live spoken English classes in Jaipur and online. Call or WhatsApp **+91 97999 96500** for a free study-plan call.