



STUDENT WORKBOOK

Speak English Confidently with AI

7 days, 1 hour a day · Online across India, in person from Jaipur



AI Coaching India

This workbook belongs to _____

Batch code: _____

Speak English Confidently with AI: Your Workbook

Dear friend,

You understand English. You follow films, you read messages. The only thing missing is the speaking, and the only thing blocking the speaking is fear. This workbook is your training diary for seven days of talking out loud to a partner who never laughs, never interrupts, and is free at midnight: AI voice chat on your own phone. Use it daily: say the scripts aloud, fill your phrasebook pages, record yourself on day one and day seven. Write in it, fold it, spill chai on it. Let us be honest from page one: fluency takes months of daily speaking. This week removes the fear and builds the habit that gets you there.

Warmly,

Team AI Coaching India

Before day one

- Install **ChatGPT** (free) and find the headphone or voice icon: that is voice mode. Or use **Google Gemini** voice, or **Meta AI on WhatsApp**.
- Test once at home: press the voice button and say anything. If it replies, you are ready.
- Bring earphones if you have them (any cheap pair works), your charged phone, and this workbook.
- One reassurance: broken English is welcome here. That is the whole point. Nobody in this course will ever laugh at a sentence.

Day 1: Your first English conversation today

What today was really about

Today you did the thing you have avoided for years: you spoke English out loud, and the world did not end. AI listened, understood your Hinglish, and replied. That is the entire secret of this course: a safe partner means unlimited practice, and unlimited practice is what your English never had. You also recorded your two-minute self-introduction. Keep it safe. On day seven you will hear how far you have come.

Prompts we used

Say these aloud in voice mode; do not type them.

1. Hello! I am learning to speak English. Please talk to me slowly and use simple words. Ask me easy questions about my day.
2. Main English practice kar raha hoon. Aap mujhse English mein baat karo, lekin agar main Hindi mein bolun toh chalega. Correct me gently.
3. Please ask me about my name, my town, my family and my work, one question at a time. Wait for my answer.
4. When I make a mistake, do not stop me. At the end, tell me my two biggest mistakes only.

5. Let me practise with made-up details today: my name is _____, I live in _____ . (Privacy habit: practise with pretend details, never your real address or documents.)

Now you try

The day one recording ritual. Open your phone's voice recorder. Speak for two minutes: your name, your town, your family, your work, why you want to speak English. In any Hindi-English mix that comes.

- Recording saved? Date and file name: _____
- How did it feel, in one honest line: _____
- One sentence I said fully in English: _____

Watch out

WATCH OUT

AI will happily keep chatting even when it mishears you. If its reply makes no sense, it probably heard you wrong. Say it again, slower. That repeat is not failure; it is exactly the pronunciation practice you came for.

My notes

Day 2: Introducing yourself, three ways

What today was really about

The sentence you will say most in your life is who you are. Today you built it three ways: social (a neighbour's party), work (a new colleague), formal (an interview or office). You practised each aloud until it flowed without translating in your head. That head-translation habit, thinking in Hindi word order and converting, is what trips most of us; today you started replacing it with ready-made English sentences that come out whole.

Prompts we used

1. Help me build a 30-second introduction of myself for a social setting. My details: I am from _____, I do _____, my family is _____. Simple, friendly words.
2. Now make a work version and a formal version of the same introduction. Show me all three.
3. Ask me about myself and correct me gently at the end of the conversation.
4. Yeh sentence Hindi se English mein sochne par galat ban jaata hai: _____. Iska natural English version kya hai?
5. Quiz me: ask me five questions a new colleague would ask, one at a time. I will answer by voice.

Now you try

Phrasebook page: about me. Write your three practised introductions, then say each aloud three times.

- Social: _____
- Work: _____
- Formal: _____
- One word-order trap I fell into today, and its fix: _____

Watch out

WATCH OUT

Do not memorise a fancy introduction with words you would never use. If the sentence does not sound like you, ask AI to make it simpler. Confidence comes from owning small words, not borrowing big ones.

My notes

Day 3: Phone calls without fear

What today was really about

Phone English is its own skill: no face, no gestures, just words in your ear. That is why even people who manage face-to-face freeze on calls. Today you role-played real calls with AI: booking an appointment, calling a school, complaining politely. And you learned the phrases that buy time when you are stuck, because the professionals use them too. Nobody understands everything on every call; the skilled ones just know what to say while they catch up.

Prompts we used

1. Role-play with me by voice. You are a clinic receptionist. I am calling to book an appointment for _____. Speak at normal call speed. Begin.
2. Now you are my child's school office. I am calling to ask about _____. Begin, and correct my two biggest mistakes at the end.
3. You are a customer care agent. I am calling to complain politely about _____. Help me stay firm and polite.
4. Teach me five phrases to use when I do not understand something on a call. Make me repeat each one.
5. Speak one line fast, like a real call. I will ask you to repeat it using a polite phrase. Practise this with me five times.

Now you try

Phrasebook page: phone lines that save you.

- Could you repeat that, please? Said aloud _____ times.
- One moment, let me check. Said aloud _____ times.
- I am sorry, the line is not clear. Could you say that again? _____
- My own line for starting a call: _____
- My own line for ending a call politely: _____

Watch out

WATCH OUT

In real calls, never share OTPs, card numbers or personal documents, no matter how official the caller sounds. Practise calls are for pretend details only. Good English will not protect you from a scam; good habits will.

My notes

Day 4: Market, shop, and daily life

What today was really about

Today was the English of everyday transactions: asking prices, sizes, alternatives, directions, and making polite requests that actually get results. The quiet victory today was numbers: saying prices, quantities and dates aloud without converting from Hindi in your head. These are small sentences, used daily, and every one you own makes tomorrow's conversation easier than today's.

Prompts we used

1. Role-play: you are a shopkeeper in a clothing shop. I want to ask about size, colour and price, and politely bargain. Begin by voice.
2. Teach me five polite ways to ask for something in a shop, from most casual to most formal. Make me repeat them.
3. Practise numbers with me: say a price or quantity in English, I will repeat it, then ask me one back. Ten rounds.
4. Someone asks me the way to _____ (a place near my home). Help me give directions in simple English, then quiz me.
5. Mujhe complaint karni hai lekin politely: _____. Give me two versions, soft and firm, and let me practise both aloud.

Now you try

Phrasebook page: daily life. Write 15 sentences you actually practised aloud today, in your own words.

1. _____

2. _____

3. _____

- (Continue in the margin to 15. Tick each one you said aloud three times.)

Watch out

WATCH OUT

AI role-play is friendlier than a real crowded market, and that is fine. The goal this week is not a perfect market performance; it is that the sentences exist in your mouth, ready. Real-world speed comes with real-world repetitions, after the fear is gone.

My notes

Day 5: Office talk and school meetings

What today was really about

Today covered the conversations with the highest stakes in most of our lives: sounding at ease at work, and speaking up for your child at school. You practised small talk, which is not small at all: mornings, lunch, festivals, weekend plans are how colleagues become comfortable with you. You prepared one clear sentence for meetings, because one prepared sentence spoken is worth ten brilliant ones swallowed. And you rehearsed the parent-teacher meeting until asking about your child felt natural, not nerve-wracking.

Prompts we used

1. Role-play office small talk with me. You are my colleague. Start with "how was your weekend?" and keep it going, by voice.
2. Help me prepare one clear sentence to say in a meeting about _____. Then role-play the meeting and call on me.
3. You are my child's class teacher. I want to ask how my child is doing in _____, and about _____. Role-play the meeting with me.
4. Teach me polite English that is not over-apologising. Show me how to replace "sorry sorry" with confident politeness.
5. Festival week hai office mein. Small talk kaise karun in English about _____? Practise three exchanges with me.

Now you try

Phrasebook page: work and school.

- My prepared meeting sentence: _____
- My opening line for the parent-teacher meeting: _____
- The question I most want to ask the teacher: _____
- One small-talk question I can ask any colleague: _____

Watch out

WATCH OUT

AI plays a polite teacher and a friendly colleague. Real ones may be rushed or distracted, and that is about their day, not your English. Keep your sentence, say it anyway. Prepared beats perfect.

My notes

Day 6: Pronunciation and interviews

What today was really about

Today you tuned your ear. The listen-and-repeat method is simple and old and it works: hear AI say the word, match it, check again. You built your personal stumble list, the ten or fifteen words that trip you, and drilled them. And you faced a mock interview aloud, which is the exam version of everything this week built. One more honest note: you do not need a foreign accent. Clear and slightly slow beats fast and mumbled, in every interview on earth.

Prompts we used

1. Say the word _____ slowly, then in a sentence. I will repeat it. Tell me honestly if I said it right, and make me try again if not.
2. Here are words I stumble on: _____, _____, _____. Drill me on each one, three rounds, by voice.
3. Take my mock interview for _____ (a job, a college, a viva). Ask: tell me about yourself, strengths, weaknesses, why this role. One question at a time, and give honest feedback at the end.
4. Ask me one interview question and make me answer in under one minute. Then help me tighten my answer.
5. Interview mein nervous ho jaata hoon. Give me three lines I can use to buy a moment when my mind goes blank.

Now you try

Phrasebook page: my stumble list and interview lines.

- Words I stumble on: _____, _____, _____, _____, _____
- The one that improved most today: _____
- My "tell me about yourself" answer, in my own simple words: _____
- Mock interview recorded? File name: _____

Watch out

WATCH OUT

AI's feedback on your pronunciation is encouraging but not perfect; it misses things a sharp human ear would catch. Use it for practice volume, not final judgment. If a big interview is coming, do one round with a person you trust as well.

My notes

Day 7: Your phrasebook and daily habit

What today was really about

Today you assembled the week. Your phrasebook pages from days one to six now hold fifty-plus sentences that you did not copy from a book: you built them, said them aloud, and own them. Then came the moment this whole week pointed to: you recorded your day seven introduction and played it beside day one. Hear the difference? That is one week. Now imagine three months of ten minutes a day. That is the habit this course was really teaching.

Prompts we used

1. Let us do my daily ten-minute routine: one scenario role-play, one free conversation, one new phrase. Today's scenario: _____. Begin.
2. Ask me the same questions as my first day: name, town, family, work. I want to hear how much smoother I am now.
3. Help me plan next month's practice: which scenarios should I rotate through, based on my life: _____?
4. Give me one new phrase today, explain when to use it, and make me use it in three different sentences aloud.

Now you try

The day seven recording ritual.

- Record your two-minute introduction again, same topics as day one.
- Play both recordings back to back. Three differences I can hear: _____, _____, _____

- The sentence that came out whole, without translating in my head: _____

My phrasebook, counted.

- About me: _____ sentences. Phone: _____. Daily life: _____.
Work and school: _____. Interview: _____. Total: _____ (aim for 50 plus).

Watch out

WATCH OUT

The risk from tomorrow is not forgetting English; it is skipping the habit. Ten minutes daily beats two hours on Sunday. Attach it to something fixed: after morning chai, before dinner, on the bus. The partner is free forever; only the habit can lapse.

My notes

Your complete prompt library

Day 1: starting out

1. Talk to me slowly in simple English and ask me easy questions.
2. Main English practice kar raha hoon; Hindi mixing is okay, correct me gently.
3. Ask me about my name, town, family, work, one question at a time.
4. Save corrections for the end; tell me my two biggest mistakes only.
5. Practise with made-up personal details.

Day 2: introductions

6. Build my 30-second social introduction from my details.
7. Make work and formal versions of it.
8. Quiz me about myself and correct me gently.
9. Fix my Hindi-to-English word-order sentence: _____
0. Ask me five new-colleague questions by voice.

Day 3: phone calls

1. Role-play a clinic receptionist call.
2. Role-play a school office call, feedback at the end.
3. Role-play a polite complaint call.
4. Teach me five "buy time" phrases and drill them.
5. Speak fast, let me practise asking you to repeat.

Day 4: daily life

6. Role-play a shop conversation with bargaining.
7. Five polite ways to ask for something, casual to formal.
8. Ten rounds of numbers and prices aloud.
9. Help me give directions to _____, then quiz me.
10. Soft and firm versions of my complaint: _____

Day 5: work and school

1. Role-play office small talk starting with my weekend.
2. Prepare and rehearse my one meeting sentence about _____
3. Role-play my parent-teacher meeting about my child.
4. Teach me confident politeness without over-apologising.
5. Practise three festival small-talk exchanges.

Day 6: pronunciation and interviews

6. Say _____ slowly, I repeat, you check honestly.
7. Drill my stumble words three rounds each.
8. Full mock interview with feedback at the end.
9. One-minute answers, then tighten them.
10. Three lines for when my mind goes blank.

Day 7: the habit

1. Run my daily ten-minute routine: scenario, free talk, new phrase.
2. Re-ask my day one questions so I hear the difference.
3. Plan next month's practice scenarios around my life.
4. One new phrase, used aloud in three sentences.

Your safety card

- Practise with **made-up details**: pretend names, pretend addresses. Never give AI your real address, documents, Aadhaar or bank details.
- Never share OTPs, passwords or card numbers with AI, with practice partners, or with any caller, in any language.
- If an app or website promises "fluent English in 7 days" for money, walk away. You now know fluency takes months; anyone promising otherwise wants your fee, not your progress.
- Recordings of your voice are yours. Keep them on your own phone; do not upload them to unknown apps or contests.
- If any money fraud ever touches you, call the national cyber fraud helpline **1930** immediately.

Keep going: your 30-day plan

The ten-minute daily routine, every single day: one scenario role-play, one free conversation, one new phrase into the phrasebook.

- **Week 1:** repeat this course's scenarios, one per day: introduction, phone call, market, office, school meeting.
- **Week 2:** new scenarios from your real life: your commute, your relatives, your work situations.
- **Week 3:** speed week: ask AI to talk at normal speed all week. Use your "buy time" phrases freely.
- **Week 4:** record a fresh two-minute introduction and compare it with day seven. Then pick one real-world moment, a call or a meeting, and use your English in it.
- Honest reminder for the wall: fluency takes months of daily speaking. This plan is the road; the ten minutes are the steps. Keep walking.

Plain-words glossary

- **Voice mode:** the setting where you speak to AI and it speaks back, like a phone call.
- **Role-play:** pretending a real situation with AI, like a call or interview, for safe practice.
- **Prompt:** the instruction you give AI, spoken or typed.
- **Hinglish:** the natural Hindi-English mix; a fine starting point, not a flaw.
- **Phrasebook:** your personal collection of sentences you have practised aloud and own.
- **Pronunciation:** how a word sounds when spoken; tuned by listening and repeating.
- **Fluency:** speaking smoothly without translating in your head; built over months of daily practice.
- **Small talk:** light conversation about everyday things; how comfort grows between people.
- **Mock interview:** a practice interview; the safe rehearsal before the real one.
- **Word order:** the sequence of words in a sentence; Hindi and English arrange them differently.
- **Stumble list:** your personal list of words that trip your tongue, for daily drilling.
- **Habit:** the ten minutes a day that does the real work after this course ends.