# 7-Day AI English Speaking Practice Challenge

Roz 15 minute bolo · Har din 1 voice note · Hindi speakers ke liye · App ho ya na ho, kaam karega

SpeakX

**2 min**
5 sentences zor se padho (warm-up)

**8 min**
Aaj ka topic: AI coach ya mirror ke saamne bolo

**3 min**
Galtiyan sudharo, sahi sentence 3 baar bolo

**2 min**
1-minute voice note record karo

**DAY 1**

### Apna introduction

5 sentences apne baare mein. Naam, sheher, kaam/padhai, hobby, goal.

"My name is ___. I am from ___. I work as / I study ___."

- [ ] Bola (15 min)
- [ ] Voice note
- [ ] 1 galti sudhari

**DAY 2**

### Mera din

6 sentences daily routine par, present tense mein.

"I wake up at 7. After that, I take the metro to office."

- [ ] Bola (15 min)
- [ ] Voice note
- [ ] 1 galti sudhari

**DAY 3**

### Market aur shopping

4 sawaal poochho: daam, size, colour, discount.

"How much is this? Do you have it in blue?"

- [ ] Bola (15 min)
- [ ] Voice note
- [ ] 1 galti sudhari

**DAY 4**

### Office aur phone call

3 polite requests aur 1 update.

"Could you please share the file by 5 pm? I have finished the report."

- [ ] Bola (15 min)
- [ ] Voice note
- [ ] 1 galti sudhari

**DAY 5**

### Customer se baat

Help offer karo, problem samjho, solution batao.

"How can I help you? Let me check that for you."

- [ ] Bola (15 min)
- [ ] Voice note
- [ ] 1 galti sudhari

**DAY 6**

### Interview practice

"Tell me about yourself" ka 60-second jawab, 3 baar record karo.

"I have two years of experience in customer support, and I enjoy solving problems."

- [ ] Bola (15 min)
- [ ] Voice note
- [ ] 1 galti sudhari

**DAY 7**

### 2-minute free talk

"My goal for next year" par bina ruke 2 minute. Day 1 aur Day 7 ki recording compare karo.

"In one year, I want to lead a small team and speak confidently in meetings."

- [ ] Bola (15 min)
- [ ] Voice note
- [ ] Day 1 vs Day 7

**Yeh 4 common galtiyan dhyan rakho:**

| | | | |
|---|---|---|---|
| I am work in sales. | **I work in sales.** | What you are doing? | **What are you doing?** |
| He don't know. | **He doesn't know.** | Yesterday I go to market. | **Yesterday I went to the market.** |

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**AI coach ke saath practice:** SpeakX app mein "Talk with Sia" try karo. speakx.ai/blog/ai-coach-se-english-seekhein