



Know more than you can use?

How to close the gap between what's in your head and what comes out of your mouth.

You almost certainly know more than you can use. Studying builds **knowing**; speaking is a separate skill called **using**. More study won't fix a using problem, only using will.

1

Lower the stakes, not the language

One sentence out loud, one message sent, one coffee ordered without slipping into English. Small and real beats big and imagined.

2

Expect the freeze, and go anyway

The pounding heart is normal, even for fluent speakers. It's the feeling of doing the real thing, so open your mouth anyway.

3

Collect the moments

The words you use out in the world stick, because they're attached to a face, a place, and a little "I managed that".

TRY IT THIS WEEK

Throw yourself in once this week: one sentence, one message, one order, for real. It doesn't need to be perfect. It just needs to be real.

REMEMBER

Stop preparing to speak. Start speaking.