DAY PRONUNCIATION CHALLENGE

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<u>Click here</u> to edit your workbook using Google Docs.





Preparing for the Challenge
☐ Bookmark the <u>challenge website</u>
☐ Join <u>our private Facebook group</u>
☐ Introduce yourself in a post or on video in the Facebook group
 Add <u>live trainings</u> and practice groups to your calendar
☐ Answer the following questions:
What are your personal goals for this challenge?
What are the things you are committed to doing to achieve your goals in this
challenge?





DAY 1:

Create a Personalized and Effective Framework for Learning Pronunciation

Daily Tasks:
☐ Schedule time for your Day 1 practice
☐ Watch the daily mindset talk
☐ Watch the Day 1 training
Answer the questions for Day 1 below
<u>Day 1 Questions:</u>
Mindset:
Williaset.
What motivates you when it comes to your English practice?
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Daily Training:
Based on today's training, what do you think your biggest challenges are when
it comes to pronunciation?
You can use the priority chart <u>HERE.</u>
If you're a speaker of one of these languages, you can check some of the
common challenges you might encounter when speaking English.





s your biggest takeaway fro	m Day 1?	









DAY 2:

How to Pronounce the Most Important Consonants in **English**

Daily Tasks:
Schedule time for your practice
☐ Watch the daily mindset talk
☐ Watch the Day 2 training
☐ Answer the questions for Day 2 below
☐ Optional 1: Attend the practice group or watch the replay
☐ Optional 2: Share your thoughts about Day 2 on video and post it to the
<u>Facebook group</u>
<u>Day 2 Questions:</u>
Mindset:
How do you feel about your accent or the way you speak in English?





Daily Training:

- 1. Identify one key consonant or consonant pair that is a priority for you based on the priority chart and today's training.
- 2. Practice the consonant (for example 'R') or consonant pair (cheap-sheep, right-light):
 - Come up with a list of 20 words with this sound and say them out loud or read a short paragraph and focus on pronouncing this sound correctly.
 - See how you can easily generate lists of words using <u>ChatGPT</u>.
 - Optional: Upload a video of you practicing the consonants in words or a paragraph to the Facebook group.

Vhat is your biggest takeaway from Day 2?	
☐ End your day strong with this pronunciation relaxation exercise.	









DAY 3:

How to Stop Confusing Similar Vowels in English

Daily Tasks:
☐ Schedule time for your practice
☐ Watch the daily mindset talk
☐ Watch the Day 3 training
Answer the questions for Day 3 below
☐ Optional 1: Attend the practice group or watch the replay
☐ Optional 2: Share your thoughts about Day 3 on video and post it to the
<u>Facebook group</u>
<u>Day 3 Questions:</u>
Mindset:
When you hear comments about your English - how does it make you feel?
What can you do to be less affected by other people's opinions about your
English?





Daily Training:

1.	Identify the key vowels (such as 'ow', for example) or vowel pairs (such as
	sheep-ship, bed-bad, etc.) that are a priority for you based on the priority
	chart, and today's training.
2	Do the listening task in the <u>Resources page</u> .
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wna	t is your biggest takeaway from Day 3?
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DAY 4:

The Magical Power of Your Intonation, Rhythm, and Voice in English

Daily tasks:
☐ Schedule time for your practice
☐ Watch the daily mindset talk
☐ Watch the Day 4 training
☐ Answer the questions for Day 4 below
☐ Optional 1: Attend the practice group or watch the replay
☐ Optional 2: Do the "Unleash your Inner Actor" task below
<u>Day 4 questions:</u>
Mindset:
What would it take to feel more authentic and like yourself in English?
Daily Training:
What is your top priority when it comes to English rhythm, intonation, and
stress?





Bonus Challenge : Unleash your inner actor, and choose a monologue or scene from a movie or TV show that you love. Then, record it as if you were the actor in the scene. You can do it alone, or find a partner from the Facebook group! Upload your video to our Facebook group.





DAY 5:

Breaking Barriers: Finding Your Path to Success

Daily tasks:
☐ Schedule time for your practice
☐ Watch the daily mindset talk
☐ Watch the Day 5 training
 Answer the questions for Day 5 below
☐ Optional 1: Attend the practice group or watch the replay
☐ Optional 2: Share your thoughts about Day 5 on video and post it to the
Facebook group
<u>Day 5 Questions:</u>
Mindset:
What do you do when you feel stuck in your English journey?
Daily Training:
What can you do to overcome one of your pronunciation learning challenges?





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DAY 6:

Questions and Answers

Daily tasks:
☐ Schedule time for your practice
☐ Watch the daily mindset talk
☐ Watch the live Q&A (if you have any questions <u>you can submit them here</u>)
Answer the questions for Day 6 below
☐ Optional 1: Attend the practice group or watch the replay
Optional 2: Share your thoughts about Day 6 on video and post it to the
<u>Facebook group</u>
<u>Day 6 Questions:</u>
Mindset:
What are the things you do and don't do to help yourself succeed when it comes
to English?
What is your biggest takeaway from today's Live Q&A?
☐ End your day strong with this pronunciation relaxation exercise.





DAY 7:

Group Coaching Session

Daily tasks:
☐ Schedule time for your practice
☐ Watch the daily mindset talk
 Join or watch the replay of the live coaching session
Answer the questions for Day 7 below
☐ Optional: Share your thoughts about Day 7 on video and post it to the
Facebook group
<u>Day 7 Questions:</u>
Mindset:
What will be possible for you once English is no longer an obstacle?
What is your biggest takeaway from today's coaching session?





Congrats!

You made it to the end of the challenge! 🎉

You've learned about your priorities and how to practice effectively. You also learned how to manage your negative thoughts, and have more clarity on your pronunciation learning strategy!

Take a moment and celebrate yourself!

Now, if you're wondering how you're going to be able to continue all that on your own and keep the momentum, we got you covered!

Sign up to learn how you can continue learning with us in New Sound! You don't have to be alone on your English journey. And it certainly doesn't have to be hard or boring.

In New Sound we make it fun, and we believe that surrounding yourself with a supportive community is one of the best things that you can do for your English. If you're ready for a real transformation, join the waitlist here.





In the meantime, if you want to go deeper and explore certain elements you've learned, here is a list of useful episodes and lessons:

Sounds

English Consonants Masterclass English Vowels Masterclass Most Confusing Vowel Pairs

Melody

The Rhythm of English Words American Intonation - What They Don't Teach You in School Monotone vs. Varied Intonation: How to Change Your Pitch in English

Mindset

How to Go from Fixed to Growth Mindset in English (and Reach Limitless Fluency) What to Do When Someone Criticizes Your English Confidence is a Skill

Practice with Hadar's Sprints

Building Pronunciation Confidence with Hadar's Sprints 10-min Powerful Pronunciation Practice | Hadar's Sprints



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