used to do sth 过去常常做某事

would to do sth 愿意做某事

be able to do sth 有能力做某事

talk to sb对某人讲话

thank to sth/sb 对某事某人表示感谢

**I used to be painfully shy.**

**I used to have no confident wahatsoever.(at all)**

**I used to feel that I would never be able to talk to anyone new.**

**If I ever met someone from another country I’d never have the courage to talk to them.**

**But then I started practicing English every day.**

**It’s strange,but as I improved. I became more confident.**

**I’d now look from chances to speak to people in English.**

**If someone looked lost at the station,I’d ask them if they needed help.**

**Today,I’m a happier person,and it’s all thanks to English!**

**The good news about habits is that all habits are learned,as the result of practice and repetition.**

**You can learn any habit that you consider either necessary or desirable.**

**By using your willpower and discipline,you can shape your personality and character**

**in almost any way you desire.**