

Japanese Heart, English Words

Daily Life in English

英語で、日常を語る

Book 1 of 3 · Days 1–30 · CEFR A2 → B1

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For every student who knows English in their head but wants to speak it from their heart.

頭でわかっている英語を、心から話せるようになりたいすべての学習者へ。

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This book uses British spelling.

本書はイギリス式のスペルを使用しています。

Introduction

はじめに

Does any of this sound familiar?

"I've studied English for years — but the moment someone asks me a question, my mind goes completely blank."

"I understand English perfectly well. But speaking feels like a completely different skill."

"I know I'm not really myself in English. I sound like a robot."

「何年も勉強してきたのに、質問されると頭が真っ白になる」「理解はできる。でも話すのは別の技術に感じる」「英語だと本当の自分が出せず、ロボットみたいに聞こえる」。

If you found yourself nodding at even one of those, then you are in exactly the right place. And here's the good news, said plainly: the problem is not your English. The problem is that you've been trained entirely in kata, and no one has ever invited you to spar.

どれかひとつにでもうなずいたなら、あなたはまさにぴったりの場所にいます。はっきりお伝えします。問題はあなたの英語ではありません。ずっと型だけを練習してきて、誰も組手に誘ってくれなかった、それだけのことなのです。

Kata got you here. Kumite will take you further.

型がここまで連れてきた。組手が、その先へ。

Kata produces students who do beautifully under controlled conditions, then freeze the moment those conditions change. And real conversation — unpredictable, human, alive — is nothing but changing conditions. Kumite is what comes next: free sparring, not scripted, not graded, not about the perfect answer — about staying in the

conversation, adapting what you know, and letting your real self come through. This book is your first thirty days of kumite. By Day 30 you won't simply know more English; you'll sound like yourself in English.

型は、整えられた条件では見事にできるのに、条件が変わると固まってしまう学習者を生みます。本物の会話とは、変わり続ける条件そのもの。次に来るのが組手です——台本も採点もなく、完璧な答えでもなく、会話にとどまり、知っていることを応用し、本当の自分をにじませること。この本は最初の30日間の組手です。Day 30には、英語で「あなた自身」に聞こえるようになっています。

Your AI is your sparring partner

AIは、あなたの練習相手

Finding a native speaker to practise with every day is expensive, time-consuming, and — for many of us — genuinely nerve-racking. AI changes that completely. It will practise with you at midnight, on a quiet Tuesday, for as long as you like. No judgement, no impatience, no embarrassment. Save this prompt now:

毎日練習してくれるネイティブを見つけるのは大変です。AIはそれを変えてくれます。真夜中でも、好きなだけ、評価もいらだちも恥ずかしさもなく。このプロンプトを今すぐ保存しましょう。

You are my English speaking practice partner. I am a Japanese English learner who wants to speak naturally and confidently. Today's topic is [TOPIC]. Please respond naturally, ask follow-up questions, and gently point out unnatural English.

メモアプリにコピーして、毎日 [TOPIC] だけを変えましょう。これが、あなたの毎日の組手です。

Before You Begin

始める前に

Before you start, I want to say one thing as clearly as I can — because I don't think English education says it clearly enough:

始める前に、できるだけはっきりと、ひとつだけお伝えしたいことがあります。英語教育では、これがあまりはっきりと語られないと思うからです。

You are allowed to be imperfect.

不完全でいいのです。

Not merely tolerated. Not graded gently. Genuinely, completely, one hundred percent allowed. In this book there is no teacher watching over your shoulder, no classroom full of people who might notice a slip, no moment when you'll be called on and have to perform under pressure. That old anxiety — the kind so many of us have carried since we were small, sitting in an English classroom — simply isn't here.

ただ大目に見てもらえる、ということではありません。本当に、まるごと、100パーセント、許されているのです。この本には、あなたの肩越しに見ている先生も、間違いに気づくかもしれない教室も、プレッシャーの中で答えなければならない瞬間もありません。あの不安——多くの人が小さいころから抱えてきたあの感覚——は、ここにはありません。

What is here is something far kinder: space, time, your own voice, and AI tools that will practise with you at any hour, at any pace, with endless patience and not a trace of judgement. Please use all of it. Record yourself a little awkwardly on Day 1. Let yourself be surprised on Day 15. And be genuinely proud on Day 30. You are ready for this — not because your English is perfect, but because you're willing to try. And that willingness is everything.

ここにあるのは、もっとやさしいものです。空間と、時間と、あなた自身の声、そして、どんな時間でも、限りない忍耐で練習につきあってくれるAIです。どうか、そのすべてを使ってください。Day 1では少しぎこちなく録音し、Day 15では成長に驚き、Day 30では心から誇りに思ってください。あなたはもう準備ができています——英語が完璧だからではなく、やってみようと思えているから。その気持ちこそが、すべてです。

— Guy, Fukuoka

ガイ、福岡にて

Kata & Kumite — the two sides of speaking English

型と組手

If you've ever practised a martial art, these two words will already be familiar. If you haven't, don't worry — they're simple, and between them they explain almost everything about why you can read and understand English well, yet still freeze the moment it's time to speak.

武道を習ったことがあれば、この2つの言葉はもうおなじみでしょう。習ったことがなくても、心配いりません。とてもシンプルで、この2語は「英語は読めて理解できるのに、いざ話すとなると固まってしまう」——その理由のほとんどを説明してくれます。

Kata (型) — learning the forms

型を学ぶ

Kata is structured practice. It's the patient, repeated work of learning the correct patterns until they become second nature — the grammar rules, the set phrases, the vocabulary lists, the model sentences with one right answer to aim for. This is the English of your school days, your textbooks, and your exams, and it matters enormously. Kata is the foundation you are standing on right now. But here is the gentle truth that often goes unsaid: kata on its own was never meant to be enough.

型とは、構造化された練習のことです。正しいパターンが自然に身につくまで、根気よく、くり返し学んでいくこと——文法、決まった言い回し、単語リスト、ひとつの正解を目指すお手本の文。これは学生時代の、教科書の、試験の英語であり、とても大切なものです。型は、あなたが今立っている土台そのものです。けれど、あまり語られない、やさしい真実があります——型だけでは、もともと十分にはならないようにできているのです。

Kumite (組手) — actually speaking

実際に話す

Kumite is free sparring — real conversation. It's the moment you take everything you already know and use it, imperfectly, in real time. You adapt, you respond, and you keep going even when it comes out untidy. There is no single correct answer here. There is only your voice, your feelings, and your life — and every honest attempt counts. This is where real fluency quietly lives, and it is exactly the part that most learners never get the chance to practise somewhere safe.

組手とは、自由な手合わせ——本物の会話です。すでに知っていることを総動員して、不完全なまま、その場で使ってみる瞬間です。相手に合わせ、応え、たとえごちなくても会話を続けます。ここに「ひとつの正解」はありません。あるのは、あなたの声、あなたの気持ち、あなたの人生だけ——そして、正直な一回一回の挑戦すべてに意味があります。本当の流暢さは、ここに静かに宿ります。

What this means for you ・これがあなたにとって意味すること

Please hear this clearly, because I'm not sure anyone has said it to you plainly enough: there is nothing wrong with your English. You have trained carefully in kata for years. You know the grammar. You have a good vocabulary. You have worked hard — harder, I suspect, than you give yourself credit for. The only thing that was ever missing is a safe place to spar: somewhere you can be imperfect, think aloud, and stumble a little without anyone grading you. That is what this book is. Nothing more complicated than that — simply your safe place to begin.

どうか、これははっきりと聞いてください。誰もあなたにきちんとと言ってこなかったかもしれないので——あなたの英語は、どこも間違っていない。あなたは何年も、ていねいに型を練習してきました。文法も、語彙も十分にあります。一生懸命がんばってきました——たぶん、自分で思っている以上に。足りなかったのは、ただひとつ、安心して手合わせできる場所だけでした。それが、この本です。難しいことは何もありません——ただ、あなたが始めるための、安全な場所です。

Do the kata. Then forget the kata. Say what you actually mean.

型をやる。そして型を忘れる。本当に言いたいことを言う。

How to Use This Book

この本の使い方

You don't need to do any of this perfectly. Just follow the gentle flow below, one step at a time. The first four steps are the heart of each day; the last three are for when you have a little extra time and energy.

どれも完璧にやる必要はありません。下の流れに沿って、一歩ずつ。最初の4ステップが毎日の中心、最後の3つは余裕があるときのためのものです。

Step 1 — Record your raw answer first

Before you read anything, press record and speak for as long as you can. Short and messy is perfectly fine — this is your "before" photo.

Step 1 : まず録音。何も読まずに、話せるだけ話します。短くてぎこちなくて**OK**。これが「ビフォー写真」です。

Step 2 — Think in Japanese first

Hold the whole idea in your mind before you reach for English words. Start from the complete idea, and the English that comes out is natural and truly yours.

Step 2

:まず日本語で。単語ごとに訳さず、考え全体から始めると、自然で自分らしい英語になります。

Step 3 — Build through all four levels

Work through Levels 1 to 4 in order, without skipping. Each level adds just one layer, so the climb always feels manageable.

Step 3 : Level 1～4を順番に。各レベルは一枚だけ層を重ねるので、無理なく上れます。

Step 4 — Write your own version

Adapt the example to your real life. Your words, your story — that's what makes it stay with you.

Step 4 : 自分のバージョンを書く。自分の言葉だからこそ記憶に残ります。

Improve & grow — if you have time

余裕があれば

Step 5 — Vocabulary, four words at most

Four words used deeply, written into your own sentences and spoken aloud, will serve you far better than twenty skimmed from a list.

Step 5 : 語彙は多くても**4**語。深く使う**4**語が、流し読みの**20**語に勝ります。

Step 6 — Memorise your Level 4

Say it aloud three times, eyes closed on the last. That's the moment the words stop being on paper and start being inside you.

Step 6 : Level 4を**3**回声に。最後は目を閉じて。言葉が紙から自分の中へ移る瞬間です。

Step 7 — Record and listen back

Listen once and ask two kind questions: does it sound smooth? Does it sound like me? You're becoming your own gentle coach.

Step 7 : 録音して一度聴き返す。スムーズ？自分らしい？あなたは自分のやさしいコーチに。

The 4 Levels at a Glance

4段階の早見表

Here's the whole climb on one page. Each level simply adds one more layer to the one before — that's all there is to it.

上り坂の全体を1ページに。各レベルは、ひとつ前にもう一枚だけ層を重ねるだけです。

Level 1 — One clear sentence 1文で、はっきりと

"Yes, I like coffee."

Level 2 — Add a detail 詳細をひとつ加える

"...I usually drink it in the morning."

Level 3 — A feeling + a catch-ball question 気持ち+質問を返す

"...it helps me focus. What about you?"

Level 4 — A full personal answer + question back 自分らしい完全な答え+質問

"Coffee is part of my routine. I started in university... Do you prefer tea or coffee?"

AI Quick-Start

AI活用法

Your AI is your sparring partner, not your teacher. It's patient, available around the clock, and entirely without judgement. Try to use it every day, in any of these three modes — start with the first and grow into the others as your confidence builds.

AIは先生ではなく練習相手です。忍耐強く、24時間そばにいて、評価もしません。毎日、次の3つのモードのどれかで。まずは最初から、自信が³ついたら次へ。

Mode 1 — Kata Check 型チェック

When: After building your Level 4 answer

／ Level 4を書いた後

I am a Japanese English learner. Here is my answer: [paste your answer]. Is this natural English? What would a native speaker say differently?

Mode 2 — Kumite Sparring 組手スパーリング

When: After completing the lesson

レッスン完了後

You are my English speaking practice partner. I am a Japanese English learner. Today's topic is [TOPIC]. Please respond naturally, ask follow-up questions, and gently point out unnatural English.

Mode 3 — Free Sparring フリースパーリング

When: When you're ready for real conversation

本物の会話の準備ができたなら

Have a real conversation with me about [TOPIC]. Respond naturally. Ask follow-up questions. Don't accept short answers — push me to say more. I want to stay in the conversation.

A few tools worth trying: ChatGPT (free) for conversation, Gemini (free) for quick vocabulary checks, Claude (free) for detailed feedback, and Google Translate's microphone to test pronunciation.

おすすめ: ChatGPT・Gemini・Claude(無料)と、Google翻訳のマイク。

What a Good AI Exchange Looks Like

良いAIとのやり取りの例

If you've never used AI as a practice partner before, an empty prompt box can feel a little intimidating. So here is one complete exchange — what you type, what the AI says back, and what to notice. Seeing the shape of it before you try your own makes starting so much easier.

AIを練習相手に使ったことがないと、空のプロンプト欄は少し気おくれします。完全なやり取りを一例お見せします。形を見ておくと、はじめの一步が楽になります。

You say あなたの入力

I am a Japanese English learner. Here is my Level 4 answer about coffee: 'Yes, I like coffee. I drink it every morning. I started in university. Coffee helps me to focus. Do you like coffee?' Is this natural English? What would a native speaker say differently?

The AI responds AIの返答

Your answer is completely clear and has no grammar mistakes. Two small things a native speaker might change: (1) 'helps me to focus' → 'helps me focus' (the 'to' is optional and a little formal here). (2) The sentences are all about the same length, which makes it sound a bit list-like. Try joining two: 'I started drinking it in university — it helps me focus.' That one change makes it sound more conversational. The question at the end is perfect; it keeps the catch-ball going.

What to notice 注目してほしい点

The AI didn't rewrite your answer. It kept what already worked and offered two small, specific changes, each with a reason. That's exactly what you want — not a replacement for your words, but a gentle hand pointing at what native speakers hear.

AIは答えを書き直していません。うまくいっている部分は残し、理由つきで小さな変更を2つだけ提案しました。これこそが求めているもの——言葉の代わりではなく、ネイティブが聞き取るものをそっと指し示す手です。

Do this once a day, and in thirty days your speaking will have changed more than a year of textbook study.

毎日一度くり返せば、30日で、教科書1年分よりも話す力が変わります。

A Reminder: Your Voice Is the Goal

目標は、あなたの声

There's no audio in this book, and that's by design, not by accident. Think about golf: a student can watch a professional swing perfectly for a hundred hours and still not be able to swing themselves. The movement has to happen in their own body, not just their eyes. Listening to a model English answer works the same way — on its own, it doesn't build your ability to speak.

この本に音声はありません。意図したものです。ゴルフを思い出してください。プロのスイングを100時間見ても、自分ではスイングできません。動きは目ではなく体の中で起こるから。お手本の英語を聞くだけでも同じ——それだけでは話す力は育ちません。

And here's the lovely part: you already know what good English sounds like. You live in Japan, where English is all around you — films, music, games, YouTube. Your ear has been training for years. So what this book asks of you is simply this: listen to yourself. Record, play it back, and ask — does this sound like me, speaking naturally? You already know the answer, because your ear already knows.

うれしい事実があります。あなたはもう、自然な英語がどう聞こえるか知っています。日本で、映画や音楽やYouTubeを通じて何年も耳を鍛えてきました。だからこの本の願いはひとつ——自分自身の声を聴くこと。録音し、聴き返し、「自然に話す自分らしく聞こえる？」と問いかけましょう。答えはもう、あなたの耳が知っています。

When you listen to your own recordings, you become your own best teacher. That isn't a workaround — that is the method.

自分の録音を聴くとき、あなたは自分自身の最高の先生になります。これこそが、方法そのものです。

Don't Know What to Say?

「何て言えばいいの...」と思ったとき

Hey — it's completely normal.

ねえ、大丈夫。それは普通のことだよ。

Some days you'll read the question and your mind will simply go blank. Your honest answer might be just "Yes, I do," and nothing more. First of all, please don't feel bad about that for a second — that's exactly where almost everyone starts. This book isn't asking you to be perfect today. It's only asking you to stretch a little each day — just like going to the gym.

ある日は、質問を読んでも頭が真っ白になります。正直な答えが「Yes, I do.」だけのことも。まず、それを少しも悪く思わないでください。ほとんどの人がそこから始めます。この本は今日の完璧を求めています。お願いは、毎日ほんの少し背伸びすること——ジムと同じです。

In everyday life you lift light things: a coffee cup, your phone, a bag. At the gym you choose heavier weights on purpose, even though it's uncomfortable, because that's how muscles grow stronger.

ふだんは軽いものを持ちます。コーヒーカップ、スマホ、かばん。ジムではわざと重いものを選びます。少しきつくても、そうしてこそ筋肉は強くなるから。

Level 4 is your heavier weight.

Level 4は、その「重いダンベル」です。

Quick Level 4 recipe

レベル4の簡単レシピ

- Give your basic answer (Level 1 style). 基本の答えを言う。
- Add three pieces of extra information — when? where? why? how often? with whom? プラス3つの情報。
- Add your opinion or how you feel. 意見や気持ちを加える。
- Throw the ball back with a question. 質問を返す。

You only need two to four new words a day. Not ten. Quality over quantity, always. If your first thought is short, that doesn't mean you're bad at English — it just means you're at the very beginning of making English feel like your own space, instead of a test. So next time you feel stuck, smile and say to yourself:

必要なのは1日2〜4語だけ。10語ではありません。いつでも量より質。最初の答えが短くても、英語が苦手なわけではありません。英語を「テスト」から「自分の居場所」に変えていく入り口にいるだけです。だから今度行きづまったら、にっこり笑ってこう试试看。

「Alright — let's try picking up a slightly heavier weight.」よし、ちょっと重いダンベルを持ってみようかな。

Then say just one extra sentence. That, already, is progress. I'm right here, cheering you on.

もう一文だけ言ってみましょう。それだけで、もう立派な前進です。

My Progress Tracker

進捗トラッカー・Days 1-30

After each session, write the date and one short sentence about what you noticed. Just one line. Thirty little lines, gathered together, become the clearest picture of how far you've travelled.

毎回のあとに、日付と気づいたことを一文だけ。たった一行で大丈夫。30本集まると、あなたの歩みのいちばんはつきりした絵になります。

Day 1 Coffee

Day 2 Tea

Day 3 Weekends

Day 4 Commute

Day 5 Sports

Day 6 Seasons

Day 7 City/Country

Day 8 Cooking

Day 9 Music

Day 10 Instruments

Day 11 Favourite Food

Day 12 Eating Out

Day 13 Hobbies

Day 14 Photography

Day 15 Movies & TV

Day 16 Reading

Day 17 Learning Something New

Day 18 Travel

Day 19 Where You Live

Day 20 Weather

Day 21 Family

Day 22 Friendship

Day 23 Childhood

Day 24 Relationships

Day 25 Your Home

Day 26 Dreams & Goals

Day 27 Pets

Day 28 Work & Career

Day 29 Stress

Day 30 Alone Time

Using This Book on Kindle

Kindleでの使い方

Every day in this book has spaces for you to write your own answers, and there are several lovely ways to do that on a Kindle. Choose whichever suits the way you most like to learn — they all work just as well.

この本の毎日のレッスンには、自分の答えを書き込むスペースがあります。Kindleでは、それを楽しく行う方法がいくつかあります。自分の学び方にいちばん合うものを選んでください。どれも、同じようにうまくいきます。

- Your notes app — type your answer, or say it aloud and let voice-to-text write it down. メモアプリタイプするか、音声入力で書き取ってもらいましょう。
- A notebook — writing by hand has a quiet way of fixing things in your memory. ノート手で書くことには、記憶に定着させる力があります。
- Kindle notes & highlights — press and hold any line to add a note inside the app. Kindleのメモ&ハイライト行を長押ししてメモを追加。
- The printable worksheet — see Appendix A; one format that works for every day. 印刷できるワークシート付録Aの、すべての日で使える型を。

What matters isn't the container — it's that you write your version, say it aloud, and record it. The format is just the cup; your voice is the tea.

大切なのは入れ物ではありません。型はカップにすぎません。あなたの声こそが、中のお茶です。

A Note on Spelling

スペルについて

One small thing before we go on. This book uses British spellings — "favourite," "practise," "recognising." The American spellings — "favorite," "practice," "recognizing" — are every bit as correct. If a spell-checker ever flags one of these, please don't worry for a second: that's a difference of dialect, not a mistake on your part.

先に進む前に、ひとつだけ小さなお知らせです。この本ではイギリス式のスペル (favourite, practise など) を使っています。アメリカ式 (favorite, practice など) も、まったく同じく正しい表記です。もしスペルチェッカーがこれらを指摘しても、どうか少しも心配しないでください。それは方言の違いであって、あなたの間違いではありません。

What's at the Back of This Book

巻末にあるもの

Before we begin, a quick word about what's waiting for you at the back of this book — so that you'll know it's there on the day you need it. Everything you need to work through these thirty days is already here, between these two covers. There's no account to create and nothing that expires. What you paid for is what you get, for as long as the book is yours.

始める前に、巻末に何が待っているかを少しだけお話しさせてください。必要になった日に「あそこにある」と思い出せるように。この30日間に取り組むために必要なものは、すべてこの表紙の間にそろっています。作るべきアカウントも、期限切れになるものもありません。あなたが手にしたものは、この本があなたのものである限り、ずっとそのまま使えます。

- Appendix A — Your Daily Worksheet: one simple format you'll use for every single day. 付録A
毎日のワークシート: すべての日で使う、ひとつのシンプルな型です。
- Appendix B — AI Prompts Reference: every prompt from this book gathered in one place. 付録B
AIプロンプト集: この本のすべてのプロンプトを一か所に。
- Appendix C — The Full Philosophy: the deeper thinking behind Kata and Kumite. 付録C
型と組手の、より深い考え方。

Day 0

Your Baseline Recording

最初の録音

Before you open Day 1, do this first. It will take about five minutes — and in thirty days, it will be the most valuable recording you have. Press record, and answer these three questions as honestly as you can. Short and imperfect is exactly right.

Day 1を開く前に、まずこれを。5分ほどで終わります。30日後、これがあなたにとって最も価値ある録音になります。録音ボタンを押して、3つの質問に正直に答えてください。短く、不完全で、まったく問題ありません。

Question 1 Tell me about yourself. Who are you? What do you do? Where do you live?

自分について話してください。あなたは誰で、何をしています、どこに住んでいますか？

Question 2 What do you like to do in your free time? Tell me about something you enjoy. 自由な時間には何をしますか？好きなことを教えてください。

Question 3 What kinds of English conversations do you want to have? 英語で、どんな会話がしたいですか？

On Day 30 you'll answer these same three questions again, then listen to both recordings back to back. That comparison is your proof of how far you've come. Save today's recording somewhere safe — email it to yourself with the title "JHEW Day 0."

Day

30に同じ3つにもう一度答え、聴き比べます。その違いが、あなたの成長の証明です。今日の録音は「JHEW Day 0」として安全な場所に保存しましょう。

Day 1

Coffee

コーヒー

Today's question 今日の質問

Do you like coffee? コーヒーは好きですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I do.

MY VERSION ・自分のバージョン

Level 2 — Add a habit 習慣を追加

Yes, I like coffee. I usually drink it in the morning.

MY VERSION ・自分のバージョン

Level 3 — Feeling + question back 気持ち+質問を返す

Yes, I like coffee. I usually drink it in the morning — it helps me focus. I love the smell too. What about you — do you drink coffee?

MY VERSION ・自分のバージョン

Level 4 Memory + question 思い出+質問

Yes, coffee is part of my daily routine. I usually have one cup in the morning — black, no sugar. I started drinking it in university when I needed to study late. Now I really look forward to it every day. Are you a coffee person, or do you prefer tea?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My habit → One detail → One reason → Question back

習慣 → 詳細 → 理由 → 質問

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I'm a real coffee person, yes — I'd say it's genuinely part of my identity at this point. I enjoy trying different beans and brewing methods, and a good cup in the morning completely sets the tone for my day. I started drinking it in university when I needed to stay awake to study. Now I really look forward to it every morning. Are you a coffee person too?

Negative I'm not really a coffee person, I'll admit. I've tried it many times, but I find the bitterness hard to enjoy, and it tends to make me feel anxious if I have too much. I prefer tea — it's gentler and I find it more relaxing. I sometimes wonder if I'm missing out though! What about you — do you drink coffee regularly?

Neutral I like coffee, but I don't feel strongly about it either way. I usually have one cup in the morning out of habit more than anything else. I wouldn't say I'm a coffee lover, but I enjoy a simple black coffee when I need to focus. It's more of a tool than a pleasure for me. Do you have a strong preference — coffee or something else?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Today's topic is coffee and hot drinks. Ask me 3 natural follow-up questions about my habits. If my answers are short, ask for more detail. Gently correct any grammar mistakes." Follow-up: "Now ask me: 'What would you order in a café right now and why?'"

Grammar & Natural English Check "I am a Japanese English learner. Check this sentence: 'I usually drink coffee in the morning because it helps me to wake up.' Is it natural English?" Follow-up: "Give me two more natural ways to say the same thing."

Role-Play "Let's role-play: You are a barista at a Tokyo café. I am a customer. Start taking my order naturally. Keep the conversation going for at least 5 turns." Follow-up: "Now do the same role-play, but at an English-speaking café abroad."

Hint Add WHY you started drinking coffee — one personal reason makes your answer feel real.

Common mistake I like very much coffee. I really like coffee. In English, 'really / very much' goes before the verb or after the object, not at the end.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 1 *The hardest part is starting — and you already did it.*

Day 2

Tea

お茶

Today's question 今日の質問

Do you like tea? お茶は好きですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I like tea.

MY VERSION ・自分のバージョン

Level 2 — Add a detail 詳細を追加

Yes, I like tea a lot. I especially enjoy green tea after dinner.

MY VERSION ・自分のバージョン

Level 3 — Feeling + question 気持ち+質問

Yes, I really like green tea. I usually have a cup after dinner to help me relax. In winter, I like trying herbal teas too. Tea always feels slower and more peaceful than coffee. What kind of drinks do you like at home?

MY VERSION ・自分のバージョン

Level 4 Favourite type → When → Why → Question 好きな種類→いつ→理由→質問

I'm definitely a tea person. Green tea is part of my daily life — I usually have a cup after dinner to relax. I grew up drinking it with my family, so it feels very familiar and comforting. I've also been exploring different types recently, like hojicha. Do you prefer tea or coffee?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My favourite type → When I drink it → Why I like it → Question back

好きな種類 → いつ飲むか → 好きな理由 → 質問

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I'm definitely a tea person. Green tea is part of my daily life — I have a cup after dinner to relax, and it feels deeply comforting and familiar. I grew up drinking it with my family, so it carries a lot of good memories. Recently I've been exploring different types, like hojicha and mugicha. Do you have a favourite tea?

Negative Tea isn't really my thing, I'm afraid. I find most teas quite weak in flavour, and I prefer drinks with a stronger taste. I'll drink it occasionally if someone offers, but I'd never choose it for myself. I think I need something with a bit more of a kick in the morning! What do you usually drink to start your day?

Neutral I like tea — it depends on the type and the moment. Green tea after a meal feels natural, but I wouldn't go out of my way for it. I don't have a strong preference. It's a pleasant drink but not something I get excited about. Do you drink tea regularly, or is it more of an occasional thing for you?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "Ask me about my tea-drinking habits in Japan — types, times, traditions. Ask 3 follow-up questions."

Grammar Check "Check: 'I usually drink green tea after eating dinner.' Is this natural English?"

Role-Play "You are a tea shop owner in Kyoto. I am a tourist. Help me choose a tea to take home."

Hint Add a memory of drinking tea with someone — one specific moment makes Level 4 feel personal and real.

Common mistake I am drinking tea from yesterday. I have been drinking tea since yesterday. Use 'have been + -ing + since' for an action that started in the past and is still continuing now. 'From' marks a starting point but is not used with the present perfect in this way.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 2 *Two days in. The habit is forming.*

Day 3

Weekends

週末

Today's question 今日の質問

What do you usually do on weekends? 週末はふだん何をしていますか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I usually relax at home.

MY VERSION ・自分のバージョン

Level 2 — Add a detail 詳細を追加

On weekends I usually stay home and rest.

MY VERSION ・自分のバージョン

Level 3 — Activities + question 活動+質問

On weekends, I usually stay at home and rest. I watch YouTube or read for a few hours in the afternoon. Sometimes I go out for groceries on Sunday evening. It is a simple routine that helps me recharge for Monday. What do you usually do on weekends?

MY VERSION ・自分のバージョン

Level 4 Weekend pattern + why + question 週末のパターン+理由+質問

On weekends, I usually keep my schedule light and stay mostly at home. I wake up a little later than usual, make a simple breakfast, and spend the morning cleaning or doing laundry. In the afternoon, I often watch videos or read at my desk for an hour or two. On Sunday evenings, I go grocery shopping to prepare for the week. I prefer quiet weekends because they feel balanced — a chance to unwind before the week begins. Do you prefer relaxing weekends or busy ones?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

What I do → Why I like it → One specific detail → Question back

MY VERSION ・自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I love weekends because they're completely mine to plan. I usually go out somewhere — a café, a park, or a local neighbourhood I haven't explored much. Last weekend I found a small second-hand bookshop near the station that I'd never noticed before, and spent an hour browsing. I find that getting outside and doing something different completely resets me for the week. What do you usually do at weekends?

Negative Weekends are often more stressful than weekdays for me. I have a lot of responsibilities at home — chores, errands, family obligations — so it doesn't always feel like proper rest. I try to find a small pocket of time for myself, but it's not always easy. I'm working on finding a better balance. Do you manage to rest well at weekends?

Neutral Weekends are fairly relaxed for me. I don't usually plan much — I might catch up on sleep, do some household tasks, and watch something in the evening. Nothing very exciting, but I find that kind of quiet weekend genuinely recharging. I don't feel the need to fill every hour. What kind of weekend person are you — busy or relaxed?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English speaking partner. Ask me about my ideal weekend — what I do, what I enjoy, and what I try to avoid. If I just say 'relax', ask me to be more specific." Follow-up: "Now ask me to describe my last weekend in detail, step by step."

Sentence Expansion "I am a Japanese English learner. Expand this into 3 natural sentences: 'On weekends I usually rest.' Make it sound personal and interesting at B1 vocabulary level." Follow-up: "Show me how to add a reason and a feeling to each sentence."

Role-Play "Let's role-play: It's Monday morning and you are my work colleague. Ask me what I did over the weekend. React naturally and share what you did too. Keep it going for 6 turns." Follow-up: "Now do the same, but I had a boring weekend — help me describe it in an interesting way."

Hint Think of one specific weekend you remember. One real detail ('I cooked pasta for the first time') is far better than a general answer.

Common mistake In weekend, I usually rest at home. On weekends, I usually rest at home. Use 'on weekends' or 'at the weekend' (British). Never 'in weekend'.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 3 *Weekends reveal how you really recharge — useful territory in any English conversation.*

Day 4

Commute

通勤・通学

Today's question 今日の質問

How do you usually get to work or school?仕事や学校にはふだんどうやって通っていますか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I usually take the train.

MY VERSION ・自分のバージョン

Level 2 — Add time 時間を追加

I take the train to work. It takes about 30 minutes each way.

MY VERSION ・自分のバージョン

Level 3 — How + time + what you do + question 方法+時間+通勤中のこと+質問

I take the train to work every weekday. It takes about 30 minutes. The morning trains are crowded, but I've got used to it. I usually listen to podcasts or English audio on the way, so the time passes quickly. Do you have a long commute, or do you live close to work?

MY VERSION ・自分のバージョン

Level 4 How I commute → How long → What I do → Question 通勤方法 → 所要時間 → 通勤中にすること → 質問

I commute by train every weekday. It takes about 30 to 40 minutes depending on the transfer. I leave home around 7:30 a.m. to keep a stable schedule and avoid the busiest time. In the morning I usually stand and listen to music. Last month, a heavy rain disrupted my commute and I arrived 20 minutes late. Even so, the train is still the most reliable option for me. What is your daily commute like?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

How I commute → How long → What I do on the way → Question back

MY VERSION ・自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I actually enjoy my commute, which might sound strange. I take the train — about 35 minutes each way — and I use that time completely for myself. I listen to podcasts, read, or just watch the city go past. It's a natural buffer between home and work. I'd miss it if I worked from home full-time. What's your commute like?

Negative My commute is one of the more draining parts of my day, truthfully. The trains are packed in the morning and I often can't get a seat. By the time I arrive at work I'm already a bit tired. I'd love to live closer to the office, but it's not practical right now. How long is your commute?

Neutral My commute is fairly standard — I take the train, about 30 minutes each way. It's not particularly enjoyable, but I've made peace with it. I usually listen to music or check my phone. It's just part of the routine. Do you commute far, or are you lucky enough to live close to where you work?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about how I get to work or school, how long it takes, and what I do during the journey." Follow-up: "Ask me: 'If you could change one thing about your commute, what would it be?'"

Grammar Check "I am a Japanese English learner. Check: 'I commute by train every day. It takes about 40 minutes. I usually read on the way.' Are they natural? Can I connect them better?" Follow-up: "Show me 2 ways to combine those three sentences into one or two smooth sentences."

Expansion "I say: 'My commute is long.' Help me expand this into a 4-sentence Level 4 answer that includes: how long, what I do, how I feel, and a question back." Follow-up: "Now make a shorter 2-sentence version for casual conversation."

Hint Describe your commute with a habit + feeling: 'It takes 40 minutes and I usually read — it's actually my quiet time.'

Common mistake I take 45 minutes to go to work by train. It takes me 45 minutes to get to work by train. Use 'It takes me [time] to [do something]', not 'I take [time] to go'.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 4 *Everyone commutes, everyone complains about it. You've got a universal conversation topic now.*

Day 5

Sports

スポーツ

Today's question 今日の質問

Do you like sport or exercise? スポーツや運動は好きですか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I like sport.

MY VERSION ・自分のバージョン

Level 2 — Add the type 種類を追加

Yes, I enjoy sport. I sometimes play tennis with friends on weekends.

MY VERSION ・自分のバージョン

Level 3 — Type + frequency + feeling + question 種類+頻度+気持ち+質問

Yes, I like exercising. I usually go for a walk or jog a few times a week. I find it really helps me clear my head after work. I don't belong to a gym, but I try to stay active. Do you exercise regularly?

MY VERSION ・自分のバージョン

Level 4 What + frequency + how it started + question 運動 → 頻度 →
始めたきっかけ → 質問

Yes, exercise is a regular part of my life. I usually go for a run two or three times a week — early in the morning before work. I started running about two years ago when I was feeling stressed, and it made such a difference that I kept going. I'm not fast, but I enjoy the routine and the way it clears my mind. Do you have any regular exercise habits?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My exercise + how often → How I started → What I enjoy

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive Sport is a big part of my life. I play badminton every week with a group of friends and I also enjoy watching football. For me, sport is as much about the social side as the physical side — I've made some of my closest friends through playing together. I feel noticeably better mentally when I exercise regularly. Do you play any sport?

Negative I've never been a sporty person, I have to admit. I tried a few different activities as a child — swimming, tennis — but nothing ever stuck. I find competitive sport a bit stressful, and I get bored with repetitive exercise. I prefer walking or cycling, which feel less like 'sport' and more like just moving. Do you enjoy sport yourself?

Neutral I have a fairly neutral relationship with sport. I exercise occasionally — a walk or a light jog — but I'm not really part of a team or a regular class. I don't dislike it, but I don't seek it out either. I know it's good for me, and I try to stay reasonably active. Do you play sport regularly, or is it more occasional for you?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about sports — whether I play, watch, or follow any. Ask follow-up questions about why I like (or don't like) sport." Follow-up: "Ask me: 'Have you ever watched a live sports event? What was it like?'"

Grammar Check "I am a Japanese English learner. Check: 'I don't play sports much, but I enjoy watching football on TV on weekends.' Is this natural?" Follow-up: "How would I say this if I am talking about something I used to do but stopped?"

Role-Play "Let's role-play: We are watching a sports event together. You cheer for one team and I cheer for another. Have a natural conversation about the game." Follow-up: "Now teach me 3 natural phrases English speakers use when watching sport."

Hint If you don't play sports, say what you WATCH — your energy about a team or athlete makes the answer just as interesting.

Common mistake I am playing tennis every Saturday. I play tennis every Saturday. For regular habits, use simple present. 'I am playing' suggests right now, not a habit.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 5 *Sports talk is social glue in English — you'll use this more than you think.*

Day 6

Seasons

季節

Today's question 今日の質問

What is your favourite season?好きな季節はいつですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

My favourite season is autumn.

MY VERSION ・自分のバージョン

Level 2 — Add a reason 理由を追加

I love autumn most. The weather is perfect and I enjoy seeing the leaves change colour.

MY VERSION ・自分のバージョン

Level 3 — Season + why + what you do + question 季節+理由+していること+質問

My favourite season is autumn. The temperature becomes cooler and the humidity drops, which makes daily life more comfortable. I often take short walks in the evening and notice the crisp air. Which season fits your lifestyle best?

MY VERSION ・自分のバージョン

Level 4 Favourite + why + what you do + feeling + question

好きな季節+理由+すること+気持ち+質問

My favourite season is definitely autumn. The temperature is just right — cool enough for a light jacket, but not cold. I love the colours of the leaves and the way the light looks in the afternoon. I also feel more motivated and productive in autumn than in summer, when the heat drains me. There's a park near my house where I like to walk in October. It's one of my favourite places in the whole year. What's your favourite season?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My favourite → Why → What I do in it → How it makes me feel

MY VERSION ・自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive My favourite season is definitely autumn. The colours are incredible — all those reds and oranges — and the temperature feels perfect. I love the smell of the air and the feeling of wrapping up warm with a hot drink. There's something deeply cosy about autumn evenings that I look forward to all year. What season do you enjoy most?

Negative I find it hard to pick a favourite because I tend to focus on what I don't like about each one. Summer is too hot, winter is too dark, spring means allergies, and autumn feels like it goes too quickly. I suppose if I had to choose I'd say spring — at least there's a sense of things beginning. Do you have a clear favourite?

Neutral I don't have a strong favourite — each season has its appeal. I enjoy spring for the freshness, summer for the energy, autumn for the colours, and winter for the quiet. My preference probably depends on my mood and what's happening in my life at the time. Do you have a season you clearly prefer?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English speaking partner. Ask me about my favourite season and why. Ask what I typically do in each season. Push for sensory language." Follow-up: "Ask me: 'Is there a season in Japan that is hard to explain to someone from another country?'"

Vocabulary Expansion "I am a Japanese English learner. I want to describe autumn in Japan. My sentence: 'In autumn the leaves change colour and it is beautiful.' Give me 5 more natural English adjectives or phrases for describing autumn." Follow-up: "Now help me write a 3-sentence description of my favourite season."

Translation Comparison "I want to say '

日本の春は本当に特別です' in English. My version: 'Spring in Japan is really special.' Is this natural? Give me 3 longer ways to express this." Follow-up: "Give me a 3-sentence version I could use as a Level 4 answer."

Hint Connect the season to a personal habit: 'In autumn I always...' or 'When spring comes, I feel...' — very natural in English.

Common mistake I like very much spring because the flowers are beautiful. I really like spring because the flowers are beautiful. Use 'really' or 'so' before adjectives for emphasis. 'Very much' goes after the object.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 6 *Seasons carry memory and mood. That's why talking about them always gets personal.*

Day 7

City/Country

都会と田舎

Today's question 今日の質問

Do you prefer living in a city or the countryside? 都市と田舎、どちらが好きですか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I prefer living in a city.

MY VERSION ・自分のバージョン

Level 2 — Add a reason 理由を追加

I prefer city life. I like the convenience and having lots of things to do nearby.

MY VERSION ・自分のバージョン

Level 3 — Preference + reason + contrast + question 好み+理由+対比+質問

I prefer city life because of the convenience — good transport, restaurants, and things to do nearby. But sometimes the noise and crowds can feel overwhelming. I sometimes wonder what it would be like to live somewhere quieter. Do you live in a city or the countryside?

MY VERSION ・自分のバージョン

Level 4 Preference + why + origin + contrast + question

好み+理由+背景+対比+質問

I prefer living in a city, mainly because of the convenience. Everything I need is close by — trains, supermarkets, hospitals. I grew up in a smaller town and found it a bit limiting, so when I moved to the city it felt like a revelation. That said, I do find big cities exhausting sometimes, and I love visiting the countryside to reset. I think I need access to both. Do you have a preference, or does it depend on the stage of life?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My preference → Why → Where I'm from → What I miss → Question

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I'm definitely a city person. I love the energy and convenience — being able to walk to good restaurants, galleries, and events. There's always something happening, and I feel more alive when I'm surrounded by that buzz. I grew up in a smaller town and found it a bit limiting, so moving to the city felt like a revelation. What about you — city or countryside?

Negative I find city life quite draining, if I'm honest. The noise, the crowds, the constant stimulation — after a while I really crave silence and space. I'd love to live somewhere quieter with more nature around me. I visit the city for work and enjoy it in small doses, but it doesn't feel like home to me. Do you prefer a busy or a quieter lifestyle?

Neutral I can see the appeal of both, to be honest. Cities are convenient and exciting, but they can be exhausting. The countryside is peaceful, but it can feel isolated. I think I'd choose a mid-sized town — somewhere with some life and culture, but without the intensity of a big city. Where do you feel most comfortable?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask whether I prefer city or country life, where I live now, and what I like or dislike about it. Ask me to compare the two." Follow-up: "Ask me: 'If you could live anywhere in the world for one year, where would you choose and why?'"

Grammar Check "I am a Japanese English learner. Check: 'I have lived in Tokyo for most of my life. I love the convenience, but sometimes the city feels too loud and crowded.' Is this natural?" Follow-up: "Suggest one sentence I could add at the end to make it more personal."

Expansion "Help me expand: 'I live in the city. I like the convenience.' into a 4-sentence answer including: where, what I like, one thing I miss about nature, and a question back." Follow-up: "Now write the same for someone who prefers the countryside."

Hint The best Level 4 answers explain how your location shapes your daily life: 'Living in the city means I walk everywhere, which I love.'

Common mistake I live in Osaka from 10 years. I have been living in Osaka for 10 years. For ongoing situations from the past to now, use 'have been + -ing + for'. Never 'live from [time]'.

Today's reflection 今日のふり振り返り

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 7 *Where you choose to live says something about what you value. Good English territory.*

Day 8

Cooking

料理

Today's question 今日の質問

Do you enjoy cooking? 料理は好きですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I enjoy cooking.

MY VERSION ・自分のバージョン

Level 2 — Add frequency 頻度を追加

Yes, I like cooking. I usually cook dinner at home a few times a week.

MY VERSION ・自分のバージョン

Level 3 — Type + when + feeling + question 種類+いつ+気持ち+質問

Yes, I enjoy cooking — especially on weekends when I have more time. I mostly make Japanese food, but I like trying new recipes sometimes. Cooking helps me relax after a long day. Do you cook much at home?

MY VERSION ・自分のバージョン

Level 4 Weekday habits + weekend challenge + a story + question

平日の習慣+週末チャレンジ+エピソード+質問

Yes, I genuinely enjoy cooking, though I keep it fairly simple on weekdays. I usually make something quick — miso soup, stir-fried vegetables, rice. But on weekends I like to try something different from a recipe I've seen online. Last month I tried making karaage properly for the first time — marinating the chicken overnight. It came out really well and my family enjoyed it. Cooking is one of the ways I unwind after a long day. What about you — do you cook much at home?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My cooking habits → What I enjoy making → A recent experience

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I really enjoy cooking — it's one of my favourite ways to unwind after work. I like experimenting with recipes and trying to recreate dishes I've had in restaurants. Last weekend I tried making Thai curry from scratch and it came out really well. There's something very satisfying about eating something you've made yourself. Do you cook much at home?

Negative I don't enjoy cooking at all, I'm afraid. I find it time-consuming and stressful, and the washing up afterwards is the worst part. I eat simply — mostly things I can prepare quickly — and I rely on convenience food more than I should. I admire people who love cooking, but I just don't have that gene. Do you enjoy it?

Neutral I cook because I have to rather than because I love it. I have a few reliable recipes that I rotate, and I'm capable enough in the kitchen, but I wouldn't call it a passion. On the weekends I sometimes try something new, which is more enjoyable. It's functional for me more than creative. Do you cook much, or do you prefer eating out?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about cooking — whether I cook, what I make, and how I feel about it. If I say I don't cook, ask what I eat instead." Follow-up: "Ask me: 'What's the most challenging dish you have ever tried to cook or eat?'"

Recipe Description "I am a Japanese English learner. I want to describe how to make miso soup in English: 'First boil water. Then put miso. Add tofu.' Make this natural and clear." Follow-up: "What cooking verbs do English speakers use for each step?"

Role-Play "Let's role-play: I am teaching you how to make a simple Japanese dish. You are a foreign friend who has never cooked Japanese food. Ask questions as I explain." Follow-up: "Tell me 3 common questions English speakers ask when learning a new recipe."

Hint Add an emotional word — 'therapeutic', 'satisfying', 'stressful' — about how cooking makes you feel.

Common mistake I am not good at cooking Japanese food. I'm not very good at cooking Japanese food. 'Not very good at' is more natural and softer than 'not good at' in conversation.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 8 *Food is the shortest path from small talk to real conversation.*

Day 9

Music

音楽

Today's question 今日の質問

What kind of music do you like? どんな音楽が好きですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I like J-pop and rock music.

MY VERSION ・自分のバージョン

Level 2 — Add a specific type 具体例を追加

I mostly listen to J-pop and indie rock. I also enjoy acoustic music when I need to concentrate.

MY VERSION ・自分のバージョン

Level 3 — Type + when + feeling + question 種類+いつ+気持ち+質問

I mostly listen to J-pop and indie rock. I have a playlist I use when commuting, which makes the journey feel shorter. I also like listening to acoustic music when I'm reading or concentrating. What kind of music do you enjoy?

MY VERSION ・自分のバージョン

Level 4 Type + when + mood + a moment + question

種類+いつ+気分+エピソード+質問

I listen to a wide mix, but J-pop and indie rock are my favourites. I usually listen during my commute and sometimes while working at home. In the morning I choose upbeat songs, and in the evening I switch to ambient playlists. A few days ago I spent 30 minutes organising my music library, which felt oddly satisfying. Music is a reliable part of my daily routine and I enjoy finding new artists. What kind of music do you listen to most often?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My taste → When I listen → How I use it → A small story

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I'm a real music lover. I listen to it constantly — when I'm working, commuting, cooking, exercising. My taste is pretty wide: jazz, indie rock, Japanese city pop, some classical. I find that music really affects my mood and energy. I went to a jazz concert last month and it was one of the best evenings I've had this year. What kind of music do you enjoy?

Negative I'm not much of a music listener, really. I find it distracting when I'm concentrating, and I often prefer silence or ambient sounds. I'll have something on in the background occasionally, but I've never been someone who seeks music out. I sometimes feel like I'm missing something everyone else seems to enjoy deeply. Do you listen to a lot of music?

Neutral I listen to music fairly casually. I have a playlist I use when I'm commuting or exercising, mostly pop and some older J-pop, but I don't think deeply about it. Music is more of a background thing for me than something I'm passionate about. I appreciate good music when I hear it, but I wouldn't say I actively seek it out. What's your relationship with music?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about music — what I listen to, when, and why music is (or isn't) important to me. Push for specific songs or artists." Follow-up: "Ask me: 'Can you describe a song that has a strong memory connected to it?'"

Vocabulary Expansion "I am a Japanese English learner. I want to describe music without just saying 'good' or 'nice'. Give me 8 natural English adjectives to describe music (e.g. 'upbeat', 'mellow') with a simple example sentence for each." Follow-up: "Which 3 of those words work best to describe J-pop?"

Translation Comparison "I want to say ' "

音楽は私の毎日の一部です' in English. My version: 'Music is part of my everyday life.' Is this natural? Give me 3 other natural ways." Follow-up: "Which version sounds most natural in casual conversation?"

Hint Go beyond genre — describe WHERE or WHEN you listen. 'I listen to jazz when I'm cooking' is far more vivid than 'I like jazz'.

Common mistake I am listening music while I work. I listen to music while I work. After 'listen', always add 'to': listen TO music. For habits, use simple present.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 9 *Music opens up in a way few topics do. Notice what you said about yours.*

Day 10

Instruments

楽器

Today's question 今日の質問

Can you play any musical instruments? 楽器は弾けますか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I can play the piano.

MY VERSION ・自分のバージョン

Level 2 — Add when you started いつ始めたか追加

I can play the piano. I started learning when I was a child.

MY VERSION ・自分のバージョン

Level 3 — What + when + now + question 楽器+いつ+現在+質問

I can play the piano — I started when I was about seven years old. I stopped lessons in high school but I still play occasionally at home. It's one of those things I wish I had kept up more consistently. Can you play any instruments?

MY VERSION ・ 自分のバージョン

Level 4 What you learned + history + now + wish + question

楽器+歴史+現在+望み+質問

I learned piano as a child and played for about eight years. I gave up lessons in high school when I got busy with exams, which I slightly regret. I still sit down at the keyboard occasionally — mostly to play songs I remember from childhood. There's something very comforting about it. I've also thought about learning guitar as an adult, but finding consistent time is the challenge. Do you play an instrument, or is there one you'd like to learn?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

What I learned → History → What I do now → A wish → Question

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I play the piano — I started as a child and have kept it up ever since. I'm not at a performance level, but I practise regularly and find it incredibly relaxing. Playing music is one of the few activities that completely quiets my mind. I'd love to learn guitar someday as well. Do you play anything?

Negative I can't play any instrument, and I've always slightly regretted not learning as a child. I tried guitar for a few months in my twenties but struggled with consistency and gave it up. I find the early stages of learning an instrument quite frustrating. I admire musicians enormously though. Have you ever tried learning an instrument?

Neutral I learned a bit of recorder at school, as most people here did, but I can't really play anything now. I've thought about learning piano as an adult — it seems like a nice hobby — but I haven't committed to it yet. It's on my 'someday' list. Do you play an instrument, or have you ever thought about learning one?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about musical instruments — whether I play one, what I'd like to learn, and what the music scene is like in Japan." Follow-up: "Ask me: 'If you could learn any instrument overnight, what would you choose and why?'"

Sentence Expansion "I am a Japanese English learner. Expand this into a Level 4 answer (4–5 sentences): 'I played piano as a child. I stopped when I was in high school.' Include: why I stopped, whether I miss it, and a question back." Follow-up: "Write a version for someone who has never played an instrument but wishes they could."

Grammar Check "Check: 'I used to play guitar in a band at university, but I haven't played since I started working.' Is this natural and correct?" Follow-up: "What rule makes 'used to play' and 'haven't played' both correct here?"

Hint If you don't play, say which instrument you WISH you could play and why — this is just as interesting and keeps conversation flowing.

Common mistake I can play the piano since I was a child. I have been able to play the piano since I was a child. Use 'have been able to' for ability that started in the past and continues. Or say when you learned.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 10 *Every instrument story is a learning story — and every learning story is a listener's gift.*

Day 11

Favourite Food

好きな食べ物

Today's question 今日の質問

What is your favourite food?好きな食べ物は何ですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

My favourite food is sushi.

MY VERSION ・自分のバージョン

Level 2 — Add a specific detail 具体例を追加

My favourite food is sushi. I especially love salmon and tuna.

MY VERSION ・自分のバージョン

Level 3 — What + why + feeling + question 何+理由+気持ち+質問

My favourite food is probably ramen. There are so many varieties and I love trying different places. A good bowl of ramen feels deeply comforting, especially in winter. Do you have a favourite food?

MY VERSION ・自分のバージョン

Level 4 Specific type + why + a story + question

具体的な種類+理由+エピソード+質問

My favourite food is ramen — specifically rich tonkotsu ramen. There's something almost emotional about a really good bowl — the depth of the broth, the texture of the noodles, the way all the elements come together. I have a few favourite spots I visit regularly, and I even tried making it from scratch at home once. It took four hours but it was completely worth it. Do you have a food you feel strongly about?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My favourite → Specific detail → Why it matters → A story

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive My absolute favourite food is ramen. I could eat it every day without getting tired of it — the variety alone keeps it interesting. I'm always looking for new places to try, and I love comparing different styles: Sapporo miso, Hakata tonkotsu, Tokyo shoyu. A great bowl of ramen after a long day feels like the best reward I can give myself. Do you have a favourite food?

Negative I actually have quite a difficult relationship with food — I'm a fairly picky eater and there are a lot of things I don't enjoy. If I had to pick something I genuinely like, I'd say simple rice dishes. I'm not adventurous about food and I sometimes find mealtimes with others a bit stressful because of dietary preferences. Do you have a strong food preference?

Neutral I don't have one single favourite — my mood changes a lot. Comfort food like curry or soba feels right on some days, and something lighter and fresher on others. I appreciate food without being a passionate foodie. I eat well but I don't spend a lot of time thinking or talking about food. Do you have a dish you'd consider your absolute favourite?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about my favourite food — what it tastes like, when and where I eat it, and the memory behind why I love it. Push for sensory detail."

Follow-up: "Ask me: 'Have you ever tried to explain a Japanese dish to someone who had never eaten it?'"

Description Practice "I want to describe takoyaki to someone who has never tried it. My attempt: 'It is a round ball made from dough with octopus inside.' Make this more vivid and delicious-sounding." Follow-up: "What food adjectives (texture, taste, smell) would make this description better?"

Role-Play "Let's role-play: I am recommending my favourite Japanese restaurant to you. You are a foreign friend visiting Japan. Ask me questions about the food, how to order, and what to expect." Follow-up: "Now ask me to help you pronounce the menu item names."

Hint Describe food with texture and taste words: 'creamy', 'crispy', 'rich', 'fresh'. These sensory words make food conversations immediately engaging.

Common mistake My favourite food is ramen noodles soup. My favourite food is ramen. Don't over-explain Japanese foods. Native speakers accept 'ramen', 'sushi', 'udon' as known words.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 11 *Favourite food opens straight into memory, culture, and family. Rich ground.*

Day 12

Eating Out

外食

Today's question 今日の質問

How often do you eat out? 外食はどのくらいしますか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I eat out about twice a week.

MY VERSION ・自分のバージョン

Level 2 — Add when いつを追加

I eat out two or three times a week, usually for lunch near my office.

MY VERSION ・自分のバージョン

Level 3 — Frequency + when + why + question 頻度+いつ+理由+質問

I eat out quite often — probably three or four times a week for lunch. There are lots of good options near my office. For dinner I usually prefer to cook at home because it's cheaper and healthier. Do you eat out often?

MY VERSION ・自分のバージョン

Level 4 How often + why you enjoy it + recent find + question

頻度+楽しむ理由+最近の発見+質問

I eat out fairly often — probably three or four times a week for lunch, and occasionally for dinner with friends. I enjoy the experience, not just the food — the atmosphere, the service, the little details. I recently discovered a small ramen place near my station that I now recommend to everyone. For dinner at home I prefer to cook, but eating out feels like a treat. Do you have a favourite local restaurant?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

How often → Why I enjoy it → A recent favourite → Question back

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I love eating out — it's one of my favourite social activities. Trying new restaurants is a hobby in itself. I enjoy the whole experience: the atmosphere, the service, discovering dishes I wouldn't cook at home. I try to visit a new place at least once a month, and I keep notes on the best ones. Do you enjoy dining out?

Negative I eat out when I have to, but I prefer eating at home where I can control exactly what I'm eating and how much I spend. I find busy restaurants a bit overwhelming, and I don't always enjoy the pace of eating out. I'd rather have a simple meal at home than a complicated one out. Do you prefer home cooking or restaurants?

Neutral I eat out occasionally but I'm not passionate about it. It's nice for social occasions, but I don't seek it out for myself. When I do go, I tend to stick to familiar places rather than experimenting much. It depends entirely on who I'm with and the occasion. Do you eat out often?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about eating out — how often I do it, what kind of restaurants I like, and one memorable restaurant experience." Follow-up: "Ask me: 'Is eating out different in Japan compared to restaurants in other countries?'"

Role-Play "Let's role-play: I am a waiter at an English-speaking restaurant and you are a customer. Order, ask about the menu, and respond to my questions naturally for 8 turns." Follow-up: "Teach me 5 natural phrases I should know when eating at a restaurant in an English-speaking country."

Expansion "I say: 'I like eating out. I often go to ramen restaurants.' Expand into a 5-sentence Level 4 answer: how often, who with, what kind of place, why I enjoy it, and a question back." Follow-up: "Write the same for someone who prefers cooking at home."

Hint The best answers include: the type of restaurant, who you go with, and how it makes you feel — not just what you eat.

Common mistake I went to eat at restaurant last week with my colleague. I went to a restaurant last week with a colleague. Use the article 'a' before singular countable nouns like 'restaurant' and 'colleague'.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 12 *Restaurants and eating out — small topic, endless English.*

Day 13

Hobbies

趣味

Today's question 今日の質問

What do you do in your free time? 自由な時間に何をしていますか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

In my free time, I like watching movies.

MY VERSION ・自分のバージョン

Level 2 — Add more detail 詳細を追加

In my free time I mostly watch movies and read.

MY VERSION ・自分のバージョン

Level 3 — What + why + a new one + question 趣味+理由+新しいもの+質問

In my free time I mainly read and take walks. I find both help me switch off after a busy week. What do you do in your free time?

MY VERSION ・自分のバージョン

Level 4 Main hobby + why + what it does + second hobby + question

主な趣味+理由+効果+別の趣味+質問

In my free time I have a few things I rotate between — reading, taking photos on walks, and trying new recipes on weekends. My main hobby at the moment is reading: I try to finish one book every two weeks. There's something very satisfying about completely escaping into a story. Reading also helps me sleep better. On weekends I sometimes walk around my neighbourhood with my phone camera and look for interesting details I normally rush past. What kind of things do you enjoy in your free time?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Main hobby → Why I enjoy it → What it does for me → Another one

MY VERSION ・自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I have quite a few hobbies, but my main ones are photography, reading, and learning languages. I love the feeling of getting absorbed in something creative. Photography in particular has changed the way I see the world — I notice light and composition everywhere now, even when I don't have my camera. Do you have hobbies you're really passionate about?

Negative I don't have many hobbies right now, to be frank. Life has been busy and I find it hard to dedicate time to things outside of work and responsibilities. I used to draw and play games, but I've drifted away from those. I sometimes feel a bit flat about it and I'm trying to build something back into my routine. Do you have much time for hobbies?

Neutral I have a few low-key hobbies — reading, occasional cooking experiments, short walks. Nothing very dramatic. I'm not a collector or enthusiast of anything in particular, but I find these small activities genuinely enjoyable. They don't require a lot of commitment, which suits my current lifestyle. What kind of hobbies do you have?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about my hobbies. If I say 'I like reading', ask: what kind, how often, last book I loved. Push for specific details." Follow-up: "Ask me: 'Have you ever tried to turn a hobby into a job? Would you want to?'"

Vocabulary Expansion "I want to talk about photography with more vocabulary. My current sentence: 'I like taking photos.' Give me 6 more natural ways to describe this hobby." Follow-up: "Which of these works best in a first conversation with someone I just met?"

Grammar Check "Check: 'I have been interested in origami since I was a child. I learned it from my grandmother, and now I teach it to my own children.' Is this natural and correct?" Follow-up: "What hobbies could I substitute 'origami' with and keep the same structure?"

Hint Structure your answer: what, when, how long, why. 'I've been doing pottery for 2 years — I started during lockdown and it completely surprised me' is natural and engaging.

Common mistake I am enjoying my hobby on the weekend. I enjoy my hobby at the weekend. Habitual activities use simple present, not continuous. Also: 'at the weekend' (British) or 'on weekends' (American).

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 13 *Hobbies are where people come alive. Yours is worth talking about.*

Day 14

Photography

写真

Today's question 今日の質問

Do you take a lot of photos? 写真をたくさん撮りますか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I take photos quite often.

MY VERSION ・自分のバージョン

Level 2 — Add what you photograph 何を撮るか追加

Yes, I take photos quite often — mostly food and landscapes with my phone.

MY VERSION ・自分のバージョン

Level 3 — Type + what you like + a problem + question

種類+好きなもの+悩み+質問

Yes, I take quite a lot of photos — mostly on my phone. I'm particularly drawn to street scenes and seasonal changes. I have hundreds of photos I've never properly sorted. Do you take photos, or do you prefer to just be in the moment?

MY VERSION ・自分のバージョン

Level 4 When + what + why + a learning moment + question

いつ+何+理由+学びのエピソード+質問

Yes, I take photos regularly — mostly on weekends when I go for walks. I use my phone rather than a camera because it's light and always with me. I'm particularly drawn to seasonal things: cherry blossoms in spring, coloured leaves in autumn. I spend probably too much time choosing which photo to post. Last week I tried night photography for the first time but many shots were blurry. I'm still learning. Do you have a hobby that you're actively trying to improve at?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

When I take photos → What I shoot → Why → A recent experience

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive Photography is one of my main hobbies. I started a few years ago with just my phone and eventually bought a proper camera. I mostly shoot street scenes and nature — the way ordinary moments can look extraordinary through a lens fascinates me. I also enjoy the editing process. Do you take photos, or do you prefer just being in the moment?

Negative Not really — I tend to be the person who forgets to take photos at all. When I'm experiencing something, I prefer to just be present rather than reaching for my phone. I sometimes regret it when I have no record of a nice moment, but in the moment it feels more authentic. Do you take a lot of photos?

Neutral I take photos occasionally, mostly on my phone when something catches my eye. I wouldn't call it a hobby — it's more spontaneous than deliberate. I'm not particularly skilled at it, but I enjoy looking back at photos from trips or good days. Do you have a more intentional approach to photography?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about photography as a hobby or interest — what I photograph, what camera or phone I use, and what I do with the photos afterwards."

Follow-up: "Ask me: 'What makes a great photo, in your opinion?'"

Description Practice "I want to describe this photo in English: a narrow Tokyo street at night with glowing vending machines. My attempt: 'It is a street at night with vending machines.' Make this more vivid."

Follow-up: "Give me 5 English words or phrases to describe the atmosphere of a night scene."

Role-Play "Let's role-play: I am showing you my favourite photos on my phone. You ask me about each one — where it was taken, why I like it, what I was trying to capture." Follow-up: "Now ask me to explain why one of the photos is my favourite."

Hint Talk about what SUBJECT you photograph, not just that you have a camera. 'I mostly shoot street scenes in the evening' tells a much richer story.

Common mistake I took many photos during my travel to Kyoto. I took a lot of photos during my trip to Kyoto. Use 'a lot of photos' in positive sentences. Also: 'trip to', not 'travel to'.

Today's reflection 今日のふり振り返り

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 14 *Photos are frozen moments. Describing them in English slows time down a little.*

Day 15

Movies & TV

映画とテレビ

Today's question 今日の質問

What kind of movies or TV shows do you like? どんな映画やテレビが好きですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I like action movies and comedy.

MY VERSION ・自分のバージョン

Level 2 — Add a reason 理由を追加

I like drama and thriller films. I enjoy stories that keep me thinking after I watch them.

MY VERSION ・自分のバージョン

Level 3 — Type + habit + current show + question 種類+習慣+今見てるもの+質問

I mostly watch drama and thriller series at home. I find it hard to commit to a two-hour film on weekdays, so I prefer series I can watch one episode at a time. I'm currently watching a Korean drama. What kind of shows do you enjoy?

MY VERSION ・自分のバージョン

Level 4 Genre + why + habits + recent binge + question

ジャンル+理由+習慣+最近ハマったもの+質問

I love watching drama and psychological thrillers — stories where the character's inner world matters as much as the plot. I mostly watch at home on weekends. I rarely go to the cinema, but when I do I want it to be something worth the big screen. Recently I started watching a Korean drama that was recommended to me and I couldn't stop — I finished eight episodes in a weekend. Have you watched anything recently that really stayed with you?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My genre → Why I like it → How I watch → A recent show

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I love films. I try to see something new every week — either at the cinema or at home. I'm drawn to atmospheric, slow-burn films with complex characters. Some of my favourites are older Japanese films, European arthouse, and the occasional big Hollywood film when I'm in the mood for something lighter. Do you watch films often?

Negative I'm not really a film person, to be honest. I find it hard to commit to sitting still for two hours, and I often get distracted halfway through. I prefer shorter content — documentaries or series episodes — where I can stop and pick it up again later. Do you watch a lot of films, or do you prefer other formats?

Neutral I watch films occasionally when the mood is right. I don't actively follow cinema or seek out new releases, but if something is recommended to me I'll usually watch it. I tend to enjoy it more than I expect to. My taste is fairly broad — I don't have a strong genre preference. Do you have a favourite kind of film?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about movies and TV — what genres I like, a recent show, and one film that has stayed with me. Push for feelings, not just plot summaries."

Follow-up: "Ask me: 'Do you prefer Japanese films and shows, or do you watch a lot of foreign content?'"

Review Writing "I want to write a short English review of a film or show. My draft: 'I watched a drama last month. It was very good. I recommend it.' Rewrite this as a natural 4-sentence recommendation." Follow-up: "What phrases do English speakers use to recommend something without giving spoilers?"

Grammar Check "Check: 'I've been watching a Korean drama recently, and I can't stop. The story is really well-written and the acting is impressive.' Is this natural?" Follow-up: "How would I change this if the drama ended and I'm talking about it in the past?"

Hint Strong Level 4 answers explain WHY a film affected you: 'I cried because I didn't expect the ending' is far more natural than 'It was very emotional'.

Common mistake I recommend you to watch that drama. I'd recommend watching that drama. / I'd recommend that drama. 'Recommend' is not followed by 'you to + verb'. Use 'recommend + -ing' ('I recommend watching') or 'recommend + that + clause' ('I recommend that you watch it').

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 15 *You're making real progress.*

Day 16

Reading

読書

Today's question 今日の質問

Do you like reading? 読書は好きですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I like reading.

MY VERSION ・自分のバージョン

Level 2 — Add a habit 習慣を追加

Yes, I like reading. I try to read before bed every night.

MY VERSION ・自分のバージョン

Level 3 — What + when + why + question 何+いつ+理由+質問

Yes, I enjoy reading, though I don't manage to do it as much as I'd like. I prefer novels — both Japanese and translated fiction. Reading before bed helps me sleep better and gives me something to think about. Do you read regularly?

MY VERSION ・ 自分のバージョン

Level 4 Habit + type + a recent book + why reading matters + question

習慣+種類+最近読んだ本+読書の意味+質問

Reading is one of my most important habits. I try to read every day, even if it's just 20 minutes before bed. I mostly read novels — Japanese literature and translated fiction — but I also enjoy essays and non-fiction about subjects I'm curious about. The last book I finished was an old Haruki Murakami novel I'd been meaning to read for years. Books have introduced me to perspectives and ways of thinking I never would have found otherwise. What kind of things do you like to read?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My reading habit → What type → A recent book → Why it matters

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive Reading is one of my most important habits. I try to read every day, even for just twenty minutes before bed. I mostly read novels — Japanese literature and translated fiction — but I also enjoy essays and non-fiction. Books have introduced me to perspectives and worlds I never would have encountered otherwise. What do you like to read?

Negative I struggle to read regularly. I find it hard to concentrate for long periods, and I often fall asleep after a few pages. I'd like to read more — there are always books I intend to pick up — but in practice I end up watching something instead. Do you manage to read regularly?

Neutral I read occasionally, usually when I'm travelling or on holiday. I enjoy it in those contexts, but I don't make time for it in my everyday routine. I go through phases — sometimes I'll read three books in a month, and then nothing for several months. Do you read consistently, or is it also quite sporadic for you?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about reading — books, magazines, or online content; what genres I prefer; and a book that influenced me. Don't accept 'I don't read much' without follow-up." Follow-up: "Ask me: 'If you could recommend one Japanese book for an English speaker to read in translation, what would it be?'"

Book Recommendation "I want to recommend a book in English. My attempt: 'This book is good. The story is interesting.' Help me write a proper 4-sentence recommendation: title, genre, brief plot, why I recommend it." Follow-up: "What phrases do English speakers use to talk about books without giving spoilers?"

Translation Comparison "I want to say '

読書は私にとってリラックスする時間です' in English. My version: 'Reading is my relaxing time.' Is this natural? Give me 3 more natural English ways to say reading helps you relax." Follow-up: "Which version sounds best in conversation with a colleague?"

Hint Describe not just what you read but HOW: 'I always read before bed — it's the only quiet moment I have.'

Common mistake I don't so read books. I don't read books much. In English, 'much' goes after the verb or object, not before. 'Don't read much' is the natural form.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 16 *Sixteen days of consistent practice.*

Day 17

Learning Something New

新しいことを学ぶ

Today's question 今日の質問

Are you learning anything new at the moment? 最近、何か新しいことを学んでいますか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I'm studying English.

MY VERSION ・自分のバージョン

Level 2 — Add another thing もう一つ追加

Yes, I'm studying English and also trying to learn more about cooking.

MY VERSION ・自分のバージョン

Level 3 — What + why + feeling + question 何+理由+気持ち+質問

Yes, I'm actively studying English — which is what I'm doing right now! I'm also trying to learn more about cooking, which I got interested in recently. It's good to have something to learn outside of work. Are you studying or learning anything new?

MY VERSION ・ 自分のバージョン

Level 4 English + another thing + why you learn + feeling + question

英語+別のこと+理由+気持ち+質問

Yes, I'm studying English seriously at the moment, using a daily practice system. Outside of English, I've been trying to improve my cooking — not with a formal course, just experimenting with recipes I find online and paying more attention to what I'm doing. Last week I tried making dashi from scratch instead of using instant, and the difference was surprising. Learning something practical that I can use straight away feels very satisfying. It's easy to spend all your energy on work and forget to keep learning. What about you — are you learning anything new right now?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

What I'm learning → Why → A recent example → A reflection

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive Definitely — apart from English, I've been learning to cook more seriously. I bought a proper cookbook and I'm working my way through it recipe by recipe. I also started an online course in graphic design last month. I find that learning something outside of work keeps me feeling curious and alive. What about you — are you learning anything new?

Negative Not at the moment, honestly. I've been in a bit of a rut and I know I should pick up something new, but finding the motivation is difficult. I have a long list of things I'd like to learn someday — guitar, watercolour painting — but the gap between intention and action is quite wide right now. Do you find it easy to start learning new things?

Neutral I'm working on English, as you can tell! Beyond that, nothing very structured. I pick things up here and there — a recipe I try to master, a topic I get curious about and research for a while — but nothing consistent. I appreciate learning but I'm not very disciplined about it. Are you studying or practising anything specific right now?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about something new I am learning or have recently learned. Ask why I started, how I study, and what the hardest part is." Follow-up: "Ask me: 'What advice would you give to someone who wants to start learning the same thing?'"

Sentence Expansion "I am a Japanese English learner. Expand this into 4 natural sentences: 'I am learning to cook.' Include: what I am making, why I started, what I find difficult, and what I have achieved." Follow-up: "Add a question at the end I could use to ask someone about their own learning."

Role-Play "Let's role-play: I am teaching you one skill I have been learning recently. You are curious and ask me questions about how to do it, why it is difficult, and how long it takes." Follow-up: "After I explain, give me feedback: Did I explain it clearly in English? Was anything confusing?"

Hint Explain the JOURNEY: where you started, what was hard, what kept you going. This structure makes the answer naturally rich.

Common mistake I am studying English from 5 years. I have been studying English for 5 years. For an activity that started in the past and is still continuing, use 'have been + -ing + for'. Never 'am + -ing + from'.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 17 *Learning something new in English about learning something new — perfect loop.*

Day 18

Travel

旅行

Today's question 今日の質問

Do you like travelling? 旅行は好きですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I love travelling.

MY VERSION ・自分のバージョン

Level 2 — Add frequency 頻度を追加

Yes, I love travelling. I try to go somewhere new every year.

MY VERSION ・自分のバージョン

Level 3 — Love + how often + what you love + question

好き+頻度+好きな理由+質問

Yes, I really enjoy travelling. I try to go somewhere new every year if I can. I love the feeling of being somewhere completely different. Have you travelled much?

MY VERSION ・自分のバージョン

Level 4 Love + best trip + travel style + reflection + question

好き+最高の旅+スタイル+振り返り+質問

Yes, travelling is one of the things I look forward to most. I try to go somewhere new every year. My most memorable trip was to Kyoto in autumn — the temples, the colours, the quiet side streets. I prefer to travel slowly and spend more time in fewer places rather than rushing around. Last trip I spent three days in the same neighbourhood and felt like I barely scratched the surface. I find that travel genuinely changes how I see everyday life when I come home. Do you travel often, and is there somewhere you're hoping to visit?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Love + how often → Best trip → My travel style → What travel

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive Travel is one of the things I look forward to most. I try to go somewhere new every year — even if it's just within Japan. Experiencing different cultures, food, and landscapes genuinely changes how I think and see things. My favourite trip was to Kyoto in autumn — the temples and the colours were extraordinary. Do you travel often?

Negative I used to travel more, but lately I find it quite stressful — the planning, the logistics, being away from my routine. I prefer stability and I find that the reality of travel rarely matches the anticipation. Short local trips feel more manageable to me now. Do you enjoy the full experience of travelling, or do you find parts of it difficult too?

Neutral I like the idea of travelling more than I actually do it. I enjoy being in new places, but the preparation and expense put me off sometimes. When I do travel, I tend to keep it simple — one or two places rather than trying to cover everything. I value depth over breadth. Do you prefer detailed planning, or do you travel more spontaneously?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about travel — where I have been, a favourite memory, and a place I want to visit. Push me to tell stories, not just list places." Follow-up: "Ask me: 'Has travel ever changed the way you think about something?'"

Storytelling Practice "I went to Bali. It was good. I liked the food. Help me turn this into a vivid 5-sentence travel story with detail and feeling." Follow-up: "What storytelling phrases do English speakers use to make travel stories interesting?"

Grammar Check "Check: 'I've always wanted to visit Iceland. The Northern Lights are on my bucket list. I think I would go in winter.' Are they natural and correct?" Follow-up: "What is 'bucket list' and when do English speakers use this expression?"

Hint The most engaging travel stories focus on ONE specific moment — a meal, a conversation, getting lost. One real story beats a list of places.

Common mistake I have been to Paris last year. I went to Paris last year. Use simple past ('went') for completed trips with a specific time. Use present perfect ('have been') when time is unspecified.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 18 *Every traveller has stories that feel too big for words. Today you found some of the words.*

Day 19

Where You Live

住んでいる場所

Today's question 今日の質問

Tell me about where you live. 住んでいる場所について教えてください。

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I live in Tokyo.

MY VERSION ・自分のバージョン

Level 2 — Add location detail 場所の詳細を追加

I live in a residential area in Tokyo, about 20 minutes from the city centre by train.

MY VERSION ・自分のバージョン

Level 3 — Where + how convenient + what you like + question

場所+便利さ+好きなこと+質問

I live in a quiet residential area about 20 minutes from the city centre. It's convenient for commuting but not in the most exciting part of the city. I like that my neighbourhood has a few good local cafés and a park nearby. What's your area like?

MY VERSION ・自分のバージョン

Level 4 Where + why convenient + what I've done + belief about home + question 場所+便利さ+工夫+家への考え+質問

I live in a quiet residential area about 20 minutes from the centre. It's not the most exciting part of the city, but it's convenient — good transport links, a supermarket nearby, and a small park I walk through most days. I've been here for three years and it genuinely feels like home now. I've spent time making my apartment cosy and personal — some plants, good books, a nice corner to read in. I think a home reflects who you are, even when it's small. Is there a part of your neighbourhood that you especially love?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Where I live → Why I like it → What I've done to make it mine

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I really like where I live, yes. It's a residential neighbourhood — not the most exciting part of the city, but it's quiet, convenient, and I know all the local shops and cafés. I've been here for five years and it genuinely feels like home. There's a small park nearby that I walk through almost every day, which I love. What's your neighbourhood like?

Negative I'm not that happy with where I live right now, if I'm honest. It's convenient for work, but it lacks character. Everything looks the same and there isn't much community feeling. I'd like to move to somewhere with more green space and a bit more personality, but it's not the right time financially. Do you feel settled where you are?

Neutral I'm fairly neutral about my neighbourhood. It works — the transport is good, there are shops nearby, it's safe. But I don't feel a strong attachment to it. I could happily live somewhere quite different. I think home for me is more about the people I'm with than the place itself. What matters most to you in where you live?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about where I live — the neighbourhood, what I like and dislike, and how long I have lived there. Ask me to describe it as if you are planning to visit." Follow-up: "Ask me: 'If you could move anywhere within Japan, where would you go and why?'"

Description Writing "I want to describe my neighbourhood in English. My attempt: 'My neighbourhood is quiet. There are many shops.' Help me write a vivid 4-sentence description that sounds natural." Follow-up: "What sensory details (sounds, smells, sights) could I add to make it more engaging?"

Role-Play "Let's role-play: A foreign friend is coming to visit me and asks about my area. I am giving them a virtual tour. Describe my neighbourhood step by step, and you ask questions about what to see and do." Follow-up: "Ask me: 'What is the one thing that makes your neighbourhood special or unique?'"

Hint Describe your neighbourhood as if you are showing it to a visitor — what they would see, hear, and smell.

Common mistake My apartment is near to the station. My apartment is near the station. 'Near' works on its own as a preposition — say 'near the station', not 'near to the station'. (Note: 'close' does take 'to': 'close to the station'.)

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 19 *Describing where you live well is one of the most useful things you can do in English.*

Day 20

Weather

天気

Today's question 今日の質問

What kind of weather do you like? どんな天気が好きですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I prefer sunny and warm weather.

MY VERSION ・自分のバージョン

Level 2 — Add what you dislike 苦手なことを追加

I prefer sunny days with a light breeze. Hot, humid summers are hard for me.

MY VERSION ・自分のバージョン

Level 3 — Favourite + what's difficult + specific detail + question

好きな天気+苦手+具体例+質問

I prefer autumn weather — cool, dry, and comfortable. Summer is too humid for me. I feel so much better when the temperature drops in October. What about you — do you have a favourite season?

MY VERSION · 自分のバージョン

Level 4 Favourite + why + what's hard + how it affects you + question

好き+理由+苦手+影響+質問

I prefer mild, clear weather — the kind you get in October and early November in Japan. Cool enough for a jacket, dry enough to be outside without discomfort. Summer is the season I find hardest: the humidity affects my sleep, my appetite, and my motivation. I sometimes feel like a different person in winter — more energetic and focused. Last July I really struggled with the heat and it affected my productivity for weeks. Which season works best for your lifestyle and energy?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My preference → Why → What I dislike → How weather affects me

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I love clear autumn days — that perfect temperature where you need a light jacket, the sky is very blue, and the light is golden in the afternoon. It feels energising without being hot. Summer heat drains me quickly, and winter can feel heavy and dark, so that autumn sweet spot is really my ideal. What weather do you feel best in?

Negative I find most weather difficult in some way, I have to say. I get too hot easily in summer and I dislike the grey, flat skies of winter. Even spring can feel unpredictable and I suffer from hay fever. I suppose I'd prefer mild, overcast weather — just steady and calm. Is there a season you find particularly difficult?

Neutral I'm fairly adaptable to weather. I appreciate sunshine, but I don't mind a rainy day if I'm at home. Extreme heat or cold are the only things that really affect my mood. Otherwise I tend to adapt to whatever is happening outside rather than feeling strongly about it. Do you find that weather affects how you feel?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Start a conversation about the weather — ask me about today's weather, my favourite season's weather, and how weather affects my mood or daily plans." Follow-up: "Ask me: 'Do you think weather affects your personality or energy levels?'"

Vocabulary Expansion "I want to describe Japanese weather with more variety. My current words: hot, cold, rainy, sunny. Give me 8 more interesting weather adjectives with example sentences." Follow-up: "Which words would I use to describe a humid Tokyo summer?"

Small Talk Practice "In English, weather is a very common conversation starter. Teach me 5 natural English openers about weather I could use at work, at a coffee shop, or with a neighbour. Then practise each one with me." Follow-up: "How do I move a weather conversation naturally into a different topic?"

Hint Use weather as a bridge to personal stories: 'This heat makes me...' leads naturally into personal experiences.

Common mistake Today is very hot weather. It is very hot today. Do not say 'is [adjective] weather'. Say 'It is [adjective]' or 'The weather is [adjective]'.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 20 *Weather is small talk that becomes real talk the moment you add a feeling.*

Day 21

Family

家族

Today's question 今日の質問

Tell me about your family. 家族について教えてください。

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I have a small family — my parents and one sister.

MY VERSION ・自分のバージョン

Level 2 — Add detail 詳細を追加

I come from a small family. My parents and I are on good terms and I have one younger sister.

MY VERSION ・自分のバージョン

Level 3 — Size + dynamic + what it's like + question 規模+関係+雰囲気+質問

I come from a fairly small family — my parents and one younger sister. We're not the type to talk a lot, but we're close-knit in our own quiet way. Family gatherings are small but warm. What's your family like?

MY VERSION ・自分のバージョン

Level 4 Family size + distance + dynamic + sister relationship + question

家族の規模+距離+関係+姉妹との関係+質問

I come from a fairly small, close-knit family — my parents and one younger sister. We don't see each other as often as we'd like since we live in different cities, but when we do it feels natural and easy. We're not particularly expressive as a family, but we stay in touch regularly and I know they're always there if I need them. My sister and I have become much closer as adults than we were as children, which I really value. What does family mean to you, and are you close to yours?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Family size → How we are → Distance + connection → Something

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I come from a fairly small, close family. My parents and I are on good terms, and I have one younger sister who I'm quite close to. We don't see each other all the time, but when we do it feels easy and natural. Family gatherings are warm and comfortable. I feel lucky to have that kind of stability. What's your family like?

Negative My relationship with my family is a bit complicated, to be honest. We're not a particularly close unit and communication can be difficult. I love them, but we have quite different values and I find extended time together tiring. I've made peace with that and I focus on the people in my life who I feel most connected to. Is family an important part of your daily life?

Neutral I come from a fairly typical family — my parents and one sibling. We're not dramatically close, but we're on good terms and stay in regular contact. Family is important to me, but it's not the centre of my social life. I have a stable, comfortable relationship with them. What does family mean to you?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about my family — how many members, what we are like, what we do together, and one thing I have learned from my family. Push for stories, not just facts." Follow-up: "Ask me: 'Is there a family tradition you hope to keep or pass on?'"

Storytelling "I want to share a short family story in English. My attempt: 'My family is important to me. We eat dinner together.' Help me expand this into a 4-sentence story with a specific memory." Follow-up: "What phrases in English show that a family moment was special or meaningful?"

Grammar Check "Check: 'My mother has always encouraged me to try new things. Because of her, I started studying English. I hope I can make her proud one day.' Is this natural and correct?" Follow-up: "How would I say this in a more formal way, for example in a speech?"

Hint Describe your family by what you DO together, not just who they are. 'We always watch the same TV shows on Sundays' tells a story that 'I have two sisters' doesn't.

Common mistake My family is 4 persons. There are 4 people in my family. English uses 'There are [number] people in my family.' Never 'My family is [number] persons/people'.

Today's reflection 今日のふり振り返り

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 21 *The personal topics make you a more interesting speaker.*

Day 22

Friendship

友情

Today's question 今日の質問

What makes a good friend? 良い友達とはどんな人ですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

A good friend is honest and kind.

MY VERSION ・自分のバージョン

Level 2 — Add more qualities もっと特徴を追加

A good friend is honest, kind, and someone you can rely on when things are difficult.

MY VERSION ・自分のバージョン

Level 3 — What matters + values + your experience + question

大切なこと+価値観+自分の経験+質問

I think a good friend is someone who makes you feel completely yourself — no performance, no pretending. I value honesty and loyalty above everything else. The closest friendships I have developed slowly, over years. What do you value most in a friendship?

MY VERSION ・自分のバージョン

Level 4 Most important quality + other values + your circle + something about trust + question 最重要な資質+他の価値観+自分の友人関係+信頼について+質問

For me, the most important quality in a friend is that they make you feel completely at ease — no need to perform or pretend. After that, I value honesty and the ability to say difficult things kindly. I have a small circle of close friends and a wider group of people I enjoy spending time with more casually. My closest friendships have all developed slowly over years. I've found that trust is the thing that takes longest to build but is most worth protecting. What quality do you think people don't talk about enough when it comes to friendship?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Most important quality → Other values → My circle → Something

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive For me, the most important thing in a friend is that they make you feel completely yourself. No performance, no pretending — just genuine ease. I value loyalty, a good sense of humour, and the ability to be honest with each other without it becoming difficult. My closest friendships have all developed slowly over years. What do you value most in a friendship?

Negative I think true friendship is rarer than people admit. I've had experiences where people I considered close friends drifted away or let me down during difficult moments. I'm more cautious about who I invest in now. I'd rather have one or two genuine connections than many surface-level ones. Do you find it easy to form close friendships?

Neutral I think reliability and honesty are the foundations of a good friendship. I don't need a best friend to share every detail of my life — I value space in friendships too. I have a small circle of people I trust deeply and a wider group I enjoy spending time with more casually. Does your approach to friendship match that, or is it quite different?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about friendship — how I make friends, what I value in a friend, and a story about a friendship that is important to me." Follow-up: "Ask me: 'Is making friends as an adult harder than making friends as a child?'"

Expansion "I am a Japanese English learner. Expand this into a Level 4 answer: 'My best friend and I met in high school.' Include: how we became close, what we do together, what I appreciate, and a question back." Follow-up: "What phrases do English speakers use to describe a really good friendship? Give me 5 natural expressions."

Role-Play "Let's role-play: I am introducing my best friend to you. Ask me questions about my friend, then ask the friend (me, in role) questions too. Keep it warm and natural." Follow-up: "What questions are natural and polite when you first meet someone's friend?"

Hint Strong Level 4 answers often describe ONE friend in particular — what makes that friendship different.

Common mistake I have few friends but we are very close. I have a few friends, but we are very close. 'A few' means some (positive). 'Few' alone means almost none (negative).

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 22 *You're speaking from the heart now.*

Day 23

Childhood

子供時代

Today's question 今日の質問

What is your favourite memory from childhood? 子供のころのお気に入りの思い出は何ですか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

My favourite memory is going to the beach with my family.

MY VERSION ・自分のバージョン

Level 2 — Add more detail 詳細を追加

My favourite memory is a summer holiday with my family at the sea when I was young.

MY VERSION ・自分のバージョン

Level 3 — Memory + sensory detail + what it feels like now + question

記憶+感覚的な詳細+今の感じ+質問

My favourite memory from childhood is a summer holiday at the sea with my family when I was about seven. The days felt long and unplanned — swimming, eating watermelon, watching fireworks. There's a particular smell of sunscreen and salt air that takes me straight back. Do you have a strong childhood memory?

MY VERSION ・自分のバージョン

Level 4 Memory + what you remember most + feeling + what it taught you + question 記憶+最も覚えていること+気持ち+学んだこと+質問

One of my clearest childhood memories is a summer at the sea with my family — I must have been about seven or eight. What I remember most isn't any single event, but a feeling: long days with no schedule, the smell of sunscreen, running around with cousins I rarely saw. Life felt so simple and free then. I sometimes think about how important that feeling of complete freedom was. Those summers shaped how much I value quiet, relaxed time. Do you have a childhood memory that still feels very clear?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

The memory → What I remember most → The feeling → What it means

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive Looking back, I had a happy childhood. I grew up in a suburb with a lot of outdoor space — plenty of time to play outside, explore with friends, and just be free in a way that feels rare now. I have good memories of summers, family trips, and feeling like the world was full of possibility. Do you have good memories of your childhood?

Negative My childhood was okay, but not something I look back on with strong nostalgia. I was quite a shy child and found school socially difficult. I didn't really come into my own until my late teens. I think it shaped me in ways I'm still understanding. I don't dwell on it, but I don't romanticise it either. What was yours like?

Neutral My childhood was fairly ordinary. Nothing dramatically good or bad — just a normal upbringing in a regular household. School, weekends, holidays. I remember it fondly enough, but it's not a period I think about very often. I feel like I've changed a lot since then. Do you feel your childhood had a big influence on who you are now?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about my childhood — where I grew up, what I did for fun, a favourite memory, and how childhood in Japan might differ from other countries."

Follow-up: "Ask me: 'Is there something from your childhood you miss now as an adult?'"

Storytelling Practice "I want to share a childhood memory in English. My attempt: 'When I was small, I played near a river with my friends.' Help me expand this into a vivid 5-sentence story using 'used to' and sensory details." Follow-up: "What vocabulary helps make a childhood story more vivid in English?"

Grammar Check "Check: 'I used to hate vegetables when I was young, but now I eat everything. My mother used to hide broccoli in my rice, and I always found it.' Is this natural and correct?" Follow-up: "Give me 3 more 'used to' sentences that describe typical Japanese childhood experiences."

Hint The most engaging childhood stories use 'used to' + a sensory detail: 'I used to spend summers at my grandmother's — I can still remember the smell of her kitchen.'

Common mistake When I was child, I used to playing outside every day. When I was a child, I used to play outside every day. After 'used to', always use the base verb (not -ing). Also say 'a child', not 'child' without the article.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 23 *You're finding your English voice.*

Day 24

Relationships

人間関係

Today's question 今日の質問

What do you think matters most in a good relationship? 良い人間関係に最も大切なことは何だと思いますか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I think trust is most important.

MY VERSION ・自分のバージョン

Level 2 — Add another element もう一つ追加

I think trust and honest communication are the most important things in any relationship.

MY VERSION ・自分のバージョン

Level 3 — What matters + why + another point + question

大切なこと+理由+別の点+質問

I think the most important things in a relationship are trust and honest communication. Without those, the other things — shared interests, attraction, compatibility — don't really hold. I also think it's important that both people keep their own identities. What do you think matters most?

MY VERSION ・自分のバージョン

Level 4 Foundation + why + what you've learned + a belief + question

土台+理由+学んだこと+考え+質問

I think the most important thing in any good relationship is respect — really listening to each other and taking each other's feelings seriously. From there, everything else — good communication, trust, warmth — becomes possible. I've also come to believe that how two people handle disagreements says more about the relationship than how well they get on in easy times. The ability to work things out after a difficult moment is something I really value. What's your experience — what matters most in a close relationship?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Most important thing → Why → Something I've learned → A belief

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I think the most important thing is really listening to each other and taking each other's feelings seriously. From there, everything else — good communication, trust, warmth — becomes possible. I've found that relationships where both people feel genuinely heard and valued tend to be much more stable and happy. What do you think matters most?

Negative Relationships can be quite challenging for me. The balance between independence and closeness is something I struggle with, and I've learned that I need a lot of space. I think honest communication is essential, but it's also the hardest thing to get right consistently. I'm still figuring it out, I suppose. What's your experience?

Neutral I think trust and honest communication are the foundation. Without those, the other things — shared interests, attraction, compatibility — don't really hold. I also think it's important that both people have their own lives and interests rather than becoming completely dependent on each other. What do you prioritise in relationships?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about relationships — what I value, how I balance personal time and time with others, and what I have learned about relationships over time."

Follow-up: "Ask me: 'Do you think relationships in Japan are different from those in other cultures?'"

Vocabulary Expansion "I want to talk about relationships with more nuance. My current vocabulary: 'kind', 'nice', 'good'. Give me 8 natural English adjectives or phrases to describe qualities I value in relationships."

Follow-up: "Which 3 words would I use to describe the most important quality in a close friendship?"

Sentence Expansion "Expand: 'I think trust is the most important thing in a relationship.' Write a 4-sentence Level 4 answer: why, an example, and a question back." Follow-up: "Now write the same for someone who says 'communication' is the most important thing."

Hint Focus on what you VALUE in any relationship: 'What I appreciate most is...' is a phrase that always sounds thoughtful and natural.

Common mistake I and my partner enjoy cooking together. My partner and I enjoy cooking together. In English, 'I' always comes last in a list: 'My partner and I', never 'I and my partner'.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 24 *Personal topics build real conversational fluency.*

Day 25

Your Home

今住んでいる場所

Today's question 今日の質問

What is your home like? 今住んでいる場所を教えてください。

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I live in a small apartment near the train station.

MY VERSION ・自分のバージョン

Level 2 — Add detail 詳細を追加

I live in a one-bedroom apartment. It's small but comfortable and in a convenient location.

MY VERSION ・自分のバージョン

Level 3 — Location + how you've made it yours + neighbourhood + question 場所+工夫+近所+質問

I live in a small apartment about a 10-minute walk from the nearest station. It's compact but I've made it comfortable — good lighting, some plants, a space I enjoy being in. The neighbourhood is quiet, which I appreciate. Is there a part of your home that you especially like?

MY VERSION ・自分のバージョン

Level 4 Location + what you've done + belief about home + neighbourhood details + question 場所+工夫+家への考え+近所+質問

I live in a small, one-room apartment about a 10-minute walk from the station. It's not large, but I've spent time making it feel personal — some plants on the windowsill, good books within reach, a reading corner I enjoy. I think a home shows who you are even when it's small. The neighbourhood is quiet and residential, which suits me well. There's a good coffee shop five minutes away that I go to most mornings, and a small park I walk through in the evenings. Is there a part of your home or neighbourhood that you especially love?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Where I live → What I've done to make it mine → A belief about home → Question back

MY VERSION ・自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I live in a small but well-organised apartment that I've made quite cosy. I've put a lot of thought into how it's arranged — good lighting, a corner for reading, plants on the windowsill. It doesn't feel like just a place to sleep — it feels like a real home I'm happy to come back to. I'm quite proud of it. Do you feel happy in your living space?

Negative My living situation is functional but nothing special. It's a bit small for my liking and I don't have much control over the space since I'm renting. I find it hard to feel attached to a place I can't really make my own. I'd love to have somewhere I could really invest in and feel settled. Do you feel at home where you live?

Neutral I live in a reasonably comfortable apartment. It's practical — well-located, decent size — but I haven't done much to make it feel particularly personal. It's a place to come back to rather than a place I feel excited about. I think where I live matters less to me than having access to good green spaces and neighbourhood life. What makes a place feel like home to you?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about my home — what it looks like, my favourite space in it, what makes it feel like home, and what I would change if I could." Follow-up: "Ask me: 'Is there an object in your home that tells a story about you?'"

Description Writing "I want to describe my home in English. My attempt: 'I live in an apartment. It is small but cosy.' Help me write a vivid 4-sentence description: location, size, favourite space, one thing that makes it mine." Follow-up: "What adjectives do English speakers use to describe a home that feels personal and welcoming?"

Role-Play "Let's role-play: I am giving you a virtual tour of my home. You are a foreign friend seeing it for the first time. Ask me questions as I take you from room to room." Follow-up: "After the tour, ask me: 'If you could add one room or space, what would it be?'"

Hint Describe your home by how you USE the spaces — your favourite corner, the room you spend most time in, what you can see from your window.

Common mistake My house is not so big, but it is comfortable to live. My house isn't very big, but it's comfortable to live in. In English: 'comfortable to live in' — you need the preposition 'in' at the end.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 25 *Your home is where your real English lives. Keep bringing it into the answers.*

Day 26

Dreams & Goals

夢と目標

Today's question 今日の質問

What are your dreams or goals for the future? 将来の夢や目標は何ですか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

My goal is to become fluent in English.

MY VERSION ・自分のバージョン

Level 2 — Add a timeframe 時期を追加

My main goal is to become genuinely fluent in English within the next two years.

MY VERSION ・自分のバージョン

Level 3 — Goal + what it means + what you want + question

目標+意味+望み+質問

My main goal right now is to become genuinely conversational in English — able to hold real discussions about things that matter to me. I want to get to a point where I'm expressing my actual personality in English, not just grammatically correct sentences. Do you have a goal you're working towards right now?

MY VERSION ・自分のバージョン

Level 4 English goal + what it really means + another goal + belief + question 英語目標+本当の意味+別の目標+考え+質問

One of my main goals is to become genuinely fluent in English — not just technically correct, but able to express my real personality and thoughts. I want to reach a point where the language feels like mine, not something I'm putting on. Beyond English, I'd love to travel more — to spend a month somewhere and really get to know it properly. I find that when I have clear goals I feel more energised and focused. I've learned that general wishes don't move you forward; specific, personal goals do. What are you working towards right now?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My main goal → What it really means → Another goal → A belief

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive One of my main goals is to become genuinely conversational in English within the next two years — able to hold real discussions about things that matter to me. Beyond that, I'd love to travel more deliberately and perhaps live abroad for a period. I find that when I have clear goals I feel much more energised and focused. What are you working towards?

Negative My sense of direction feels a bit unclear at the moment, I'll be honest. I have things I want — more stability, more creativity in my work — but the path isn't obvious. I think it's a natural phase, but it can feel frustrating when people ask about goals and I don't have a neat answer. Do you have a clear sense of what you're working towards?

Neutral I have some modest goals — improve my English, stay healthy, find more balance between work and personal life. Nothing wildly ambitious, but they feel meaningful and achievable. I'm not really driven by grand life plans — I prefer to work steadily towards things without too much pressure. What kind of goals do you tend to set for yourself?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about my dreams and goals — short-term and long-term. If I say 'travel', push me to be specific: where, when, why. If I say 'success', ask what success means to me." Follow-up: "Ask me: 'Is there a dream you have had since childhood that you still believe in?'"

Expansion "I am a Japanese English learner. Expand: 'My dream is to live abroad for one year.' Include: where, when, why, what I imagine it will be like, and a question back." Follow-up: "Write the same for someone whose dream is career-related rather than travel."

Grammar Check "Check: 'I would love to become fluent in English within three years. If I could have a conversation with anyone in the world in English, I think that would make all the hard work worth it.' Is this natural?" Follow-up: "What phrases do English speakers use when talking about long-term goals they are not sure about?"

Hint Be specific: 'I want to travel' is vague. 'I want to spend three months in South America, especially Argentina' sparks a real conversation.

Common mistake My dream is become an English teacher someday. My dream is to become an English teacher someday. After 'My dream is', always use 'to + base verb' (the infinitive). 'My dream is to + verb' is the standard structure in English.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 26 *You're almost there.*

Day 27

Pets

ペット

Today's question 今日の質問

Do you have a pet, or would you like one? ペットはいますか? いるとしたら何が欲しいですか?

Step 1 — Record now まず録音!

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは?

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

No, I don't have any pets.

MY VERSION ・自分のバージョン

Level 2 — Add a reason 理由を追加

No, I don't have any pets. My apartment doesn't allow them.

MY VERSION ・自分のバージョン

Level 3 — No pet + reason + what you think + future + question

ペットなし+理由+考え+将来+質問

I don't have any pets at the moment — my apartment has strict rules about it. I sometimes visit friends who have cats and I love spending time with them. I think I'd like a cat someday when I'm in a more settled situation. Do you have pets, or would you like one?

MY VERSION ・自分のバージョン

Level 4 Current situation + reason + history + recent visit + reflection + question 現在+理由+過去+最近の経験+考え+質問

I don't have a pet at the moment. My apartment doesn't allow them, and honestly my work schedule isn't ideal for a dog — I leave early and sometimes come home late. But I grew up with a cat and the companionship was something special. Last week I visited a friend who has a cat and spent almost an hour just sitting with it. Owning a pet requires real commitment and I want to make sure the conditions are right before I take that on. I'd love a cat someday. Do you have pets, or have you thought about getting one?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Current situation → Why → My history with pets → A recent memory → Question back

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I have a cat — her name is Hana and she's been with me for four years. She's incredibly good company, especially on quiet evenings. I think having a pet has made me more patient and more attuned to non-verbal communication. She greets me every time I come home, which genuinely lifts my mood. Do you have any pets, or would you like one?

Negative I don't have any pets and I'm not sure I'm cut out for it. I travel occasionally and I worry about the responsibility of caring for an animal when I'm not around. I also live in a small apartment which doesn't feel suitable. I think animals are wonderful, but I'm not in the right situation for one right now. Do you have pets?

Neutral I don't have a pet at the moment, but I've thought about it. I like animals — especially cats — but I'm realistic about the commitment involved. It would depend a lot on my lifestyle at the time. I can see the appeal of that daily companionship. Do you have pets, or do you prefer not to have the responsibility?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about pets — whether I have one, what it is like, or if I don't have one, whether I would like one and what kind. Push for personality descriptions." Follow-up: "Ask me: 'Do you think having a pet changes a person?'"

Storytelling "I want to tell a story about my pet in English. My attempt: 'My cat is cute. She sleeps all day. Sometimes she wakes me up at night.' Turn this into a charming 4-sentence story with personality and humour." Follow-up: "What vocabulary do English speakers use to describe an animal's personality? Give me 8 adjectives with examples."

Translation Comparison "I want to say '

猫は自由で独立心があるから好きです'. My translation: 'I like cats because they are free and independent.' Is this natural? Give me 3 other natural ways to say why you love cats." Follow-up: "How would I say the opposite — why someone might prefer dogs over cats?"

Hint Describe a pet's personality the same way you would a person's — 'She's stubborn but very affectionate' is far more engaging than 'She's cute'.

Common mistake I have a cat. She is very cute cat. I have a cat. She is very cute. Don't repeat the noun when the subject is already clear. 'She is very cute' is enough — adding 'cat' again sounds unnatural.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・ 自分のバージョン

Day 27 *Talking about what you love — a pet, a person, a place — is where English stops feeling like work.*

Day 28

Work & Career

仕事とキャリア

Today's question 今日の質問

What do you do for work?どんなお仕事をしていますか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I work in an office. I'm an accountant.

MY VERSION ・自分のバージョン

Level 2 — Add how long 期間を追加

I work in an office as an accountant. I've been in this role for about three years.

MY VERSION ・自分のバージョン

Level 3 — Job + what it involves + what you like + question

仕事+内容+好きなこと+質問

I work as an accountant at a medium-sized company. It involves a lot of attention to detail and problem-solving, which I actually enjoy. The work can be intense at year-end, but most of the time it's manageable. What kind of work do you do?

MY VERSION ・自分のバージョン

Level 4 Job + what it involves + what surprised you + what you like + future + question 仕事+内容+驚いたこと+好きなこと+将来+質問

I work as an accountant at a mid-sized company. It's a role that requires precision and attention to detail — two things that actually suit my personality quite well. What I didn't expect when I started was how much problem-solving is involved. Each set of accounts tells a story about a business, and I find that genuinely interesting. The year-end period is intense, but the rest of the year has a steady rhythm that I appreciate. I'd like to develop more skills in financial analysis over the next few years. What do you do, and what do you enjoy most about it?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My job → What it involves → What I enjoy → What surprised me

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I work in design — specifically visual communication and brand identity. I love it because every project is different, and there's something deeply satisfying about solving a problem visually. I feel lucky to do something creative every day. The team I work with is great, which makes a big difference. What do you do?

Negative I work in an office role — administrative coordination, mostly. It's stable and the people are fine, but I wouldn't say it's where my passion lies. I'm in it at the moment because it pays the bills and I'm thinking about what I actually want to do next. It's a transitional period, I suppose. Do you feel engaged in your work?

Neutral I work in a fairly typical office environment — project management and coordination. It's okay. Some days are interesting, some are routine. I get satisfaction from completing things well, even if the work itself isn't wildly exciting. I separate my professional life from my passions reasonably comfortably. What kind of work do you do?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about my job or career — what I do, how I ended up in this field, what I enjoy and what I find challenging. Push me to describe work without jargon." Follow-up: "Ask me: 'If you could change your career tomorrow, would you? What would you do instead?'"

Elevator Pitch Practice "I want to describe my job to a foreign business contact in 30 seconds (about 4 sentences). My attempt: 'I work at a technology company. I do system maintenance.' Make this sound natural and impressive." Follow-up: "What vocabulary do English speakers use to describe their work engagingly?"

Role-Play "Let's role-play: We are at an international conference and I am introducing myself professionally. You are a foreign colleague. Ask me about my job, company, and career goals." Follow-up: "Give me feedback: Did I sound professional? Was anything awkward or unclear?"

Hint Go beyond your job title — explain what your work actually involves or what you find meaningful. 'I help clients solve...' is far more interesting than 'I work in sales'.

Common mistake I work from 9 to 6 in a company. I work from 9 to 6 at a company. Say 'at a company' (location) or 'for a company' (employer). 'In a company' is not natural English.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 28 *Two more days.*

Day 29

Stress

ストレス

Today's question 今日の質問

How do you manage stress? ストレスとどう付き合っていますか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

I go for a walk when I feel stressed.

MY VERSION ・自分のバージョン

Level 2 — Add another strategy もう一つ追加

When I'm stressed, I usually go for a walk or listen to music. It helps me reset.

MY VERSION ・自分のバージョン

Level 3 — Main strategy + another one + when serious + question

主な方法+別の方法+深刻なとき+質問

When I'm stressed I find that exercise helps most — even a short walk changes my perspective. I also try to separate work time from rest time more clearly, though I don't always succeed. If the stress is serious, I talk to a close friend. How do you manage stress?

MY VERSION ・自分のバージョン

Level 4 Main strategy + another strategy + something you've learned + reflection + question 主な方法+別の方法+学んだこと+振り返り+質問

I've developed a few strategies for managing stress over the years. The most effective for me is exercise — going for a run completely changes my mental state. I also write in a journal sometimes when I notice my thoughts are going round and round; putting things on paper helps me see them more clearly. I've also learned to recognise when I'm getting close to my limits and to say no to things that don't feel right. I wouldn't say I'm stress-free, but I feel like I have more control over it now. What works best for you when things get difficult?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

My main strategy → Another strategy → Something I've learned

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive I've developed quite a good approach to stress over the years. I exercise regularly — even a 20-minute walk completely changes my mood. I also write things down when my thoughts won't stop going round in circles, which helps me see things more clearly. And I've learned to say no to things that don't feel right. I'm not stress-free, but I feel much more in control of it now. How do you manage stress?

Negative I don't handle stress very well, truth be told. I tend to internalise it and keep going until I burn out. I know the things I should do — exercise, rest, slow down — but under pressure I often neglect exactly those things. I'm working on it, but it's slow progress. Do you have good strategies for managing difficult periods?

Neutral I manage stress with varying degrees of success. Walking helps, and so does just getting away from whatever is causing the pressure for a short while. I don't have a perfect system, but I'm fairly self-aware about when I need to slow down. I try not to let it accumulate too long before addressing it. What works best for you when you're stressed?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

#	Word / Phrase	Japanese idea	My sentence
1			
2			
3			
4			

Step 6 — Memorise Level 4 Level 4を暗唱しよう

Say Level 4 aloud three times — eyes closed on the last one.

3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "You are my English conversation partner. Ask me about stress — what causes it, how I manage it, and whether I think modern life is more stressful than in the past. Push for honest, specific answers." Follow-up: "Ask me: 'What is the one thing that reliably helps you feel better when you are overwhelmed?'"

Vocabulary Expansion "I want to talk about stress with more natural vocabulary. Give me 8 English words or phrases to describe feeling stressed (e.g. 'burned out', 'overwhelmed') with example sentences."

Follow-up: "Which words would I use to tell a colleague I need a break?"

Advice Giving "Let's role-play: I am telling you I am very stressed about work. You respond naturally, ask what is wrong, and gently offer practical English advice. Use phrases like 'Have you tried...?', 'One thing that helps me is...'" Follow-up: "Teach me 5 natural English phrases for offering advice to someone who is stressed."

Hint Name the CAUSE of stress — 'I find back-to-back meetings exhausting' is much richer than 'Work is stressful'.

Common mistake I am very stress because of work. I am very stressed because of work. 'Stressed' is the adjective. 'Stress' is the noun.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 29 *Naming stress honestly is harder in any language. You just did it in your second.*

Day 30

Alone Time

ひとりの時間

Today's question 今日の質問

Do you need alone time to recharge? 一人の時間はエネルギーを回復するために必要ですか？

Step 1 — Record now まず録音！

Before reading anything — press record. Your raw answer is your starting point.

何も読む前に録音してください。

Step 2 — Think in Japanese first 日本語で考えよう

What do I really want to say? Do I have an opinion or a memory?

本当に伝えたいことは？

Step 3 — Build through the levels レベルを積み上げよう

Level 1 — Basic answer 基本的な答え

Yes, I do need some time alone.

MY VERSION ・自分のバージョン

Level 2 — Add when + why いつ+なぜを追加

Yes, I need alone time to recharge. After a busy week I really value having quiet time to myself.

MY VERSION ・自分のバージョン

Level 3 — Yes + why + what you do + question はい+理由+していること+質問

Yes, I definitely need alone time to recharge. After a lot of social interaction I feel genuinely drained and need quiet time to feel like myself again. A quiet evening at home with a book or some music is often exactly what I need. Do you feel the same, or do you get energy from being around people?

MY VERSION ・自分のバージョン

Level 4 Need + why + what you do + what you've learned + quality vs quantity + question 必要性+理由+していること+学んだこと+質と量+質問

Yes, alone time is very important to me. I'm someone who finds a lot of social interaction tiring, and I need quiet time to feel like myself again. A quiet evening at home after a busy week — reading, cooking something simple, no particular plan — is something I genuinely look forward to. I've got better at protecting that time as I've got older and more self-aware. I've also learned that the quality of alone time matters more than the amount — one hour of really focused, quiet reading restores me more than a full day of being half-distracted. Do you need time alone, or do you get energy from being around people?

MY VERSION ・自分のバージョン

Step 4 — Build your own answer 自分の答えを作ろう

Yes + why → What I do → What I've learned → An insight

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

Pick the one closest to your real feeling — then change at least one sentence to make it yours.

Positive Absolutely — alone time is something I genuinely need, not just something I enjoy. I'm quite an introverted person, and after a lot of social interaction I feel properly drained. A quiet evening at home — reading, cooking something slowly, sitting with my thoughts — restores me in a way that nothing else does. I've stopped feeling guilty about it. I think knowing what you need and giving it to yourself is a real form of self-awareness. Do you find that you recharge alone, or do you get energy from being around people?

Negative Not particularly — I find that too much time alone tends to make me overthink. I feel better when I'm around people, even if we're not doing anything particularly exciting. Silence and solitude can feel heavy for me. I need some external energy to feel properly grounded. Do you find solitude energising or draining?

Neutral I need a balance, honestly. I enjoy being with people but I also need regular quiet time to process things. Too much of either feels uncomfortable. I've become more intentional about protecting pockets of solitude even when I'm busy, because I notice the difference in my clarity and mood. Do you have a natural preference one way or the other?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

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Step 6 — Memorise Level 4 Level 4を暗唱しよう

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3回声に出して暗唱しましょう。

Step 7 — Record and listen back 録音して聴き直そう

Record from memory. Does it sound smooth? Does it sound like me?

暗記して録音。

AI practice prompts AIプロンプト

Conversation Practice "How do English speakers describe their need for alone time without sounding antisocial?" Follow-up: "Give me 5 natural phrases I could use to explain to a friend that I need a quiet weekend."

Vocabulary Expansion "I want to describe my need for alone time without sounding negative. Give me 6 natural English expressions for the concept of recharging alone — for example 'decompress' or 'reset' — with an example sentence for each." Follow-up: "Which of these would sound most natural in a casual conversation with a colleague?"

Role-Play "Let's role-play: A friend calls and asks me to come to a party this weekend. I want to say no politely because I need alone time. Help me decline warmly without hurting their feelings. Stay in the role-play for 4 turns." Follow-up: "Give me 3 polite ways to decline a social invitation in English without over-explaining yourself."

Hint Name what you do in your alone time — 'I usually read or just sit quietly with a cup of tea' is far more vivid and relatable than 'I spend time alone'.

Common mistake I want to be alone time today. I want some alone time today. / I want to be alone today. 'Alone time' is a noun — use 'have' or 'want some' with it. 'Be alone' is a separate phrase meaning 'to be by yourself'.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 30 *You came back every day. That is fluency in the making.*

Appendix A — Your Daily Worksheet

付録A・毎日のワークシート

One format. Every day. Copy it into a notebook in this shape, print this page and photocopy it, or lay it out once in your notes app and duplicate it. The format is the same — what changes is you.

ひとつのフォーマット。毎日使います。この形でノートに書き写すか、印刷してコピーするか、メモアプリに一度レイアウトして複製してください。形は同じ——変わるのはあなたです。

Date

日付

Day #

日数

Topic

トピック

Step 1 — Raw recording notes

まず録音のメモ(どう感じた?足りなかった言葉は?)

MY VERSION ・自分のバージョン

Step 2 — What I wanted to say (in Japanese)

言いたかったこと(日本語で)

MY VERSION ・自分のバージョン

Steps 3-4 — My level answer

自分のレベルの答え

MY VERSION ・ 自分のバージョン

Step 7 — Listen-back reflection

聴き返しての気づき(一行でいい)

MY VERSION ・ 自分のバージョン

Step 5 — Vocabulary (4 words)

語彙(4語)

#	Word	Japanese idea	My sentence
1			
2			
3			
4			

Appendix B — AI Prompts Reference

付録B・AIプロンプト集

Every AI prompt in this book, collected here. Use the three modes first — they are the core of the practice. The per-day prompts give you specific starting points when you want variety. On Kindle, long-press any prompt to copy it, then paste it into ChatGPT, Claude, or Gemini.

本書のすべてのプロンプトをここに。まずは3つのモードを——これが練習の中心です。各日のプロンプトは、変化が欲しいときの出発点。Kindleでは長押しでコピーして貼り付けられます。

The three modes

3つのモード

Mode 1 — Kata Check

I am a Japanese English learner. Here is my answer: [paste your answer]. Is this natural English? What would a native speaker say differently?

Mode 2 — Kumite Sparring

You are my English speaking practice partner. I am a Japanese English learner. Today's topic is [TOPIC]. Please respond naturally, ask follow-up questions, and gently point out unnatural English.

Mode 3 — Free Sparring

Have a real conversation with me about [TOPIC]. Respond naturally. Ask follow-up questions. Don't accept short answers — push me to say more.

Per-day practice prompts

各日のプロンプト

Day 1 ・ ☐ Coffee コーヒー

Conversation Practice "You are my English conversation partner. Today's topic is coffee and hot drinks. Ask me 3 natural follow-up questions about my habits. If my answers are short, ask for more detail. Gently correct any grammar mistakes." Follow-up: "Now ask me: 'What would you order in a café right now and why?'" Grammar & Natural English Check "I am a Japanese English learner. Check this sentence: 'I usually drink coffee in the morning because it helps me to wake up.' Is it natural English?" Follow-up: "Give me two more natural ways to say the same thing." Role-Play "Let's role-play: You are a barista at a Tokyo café. I am a customer. Start taking my order naturally. Keep the conversation going for at least 5 turns." Follow-up: "Now do the same role-play, but at an English-speaking café abroad."

Day 2 ・ ☐ Tea お茶

Conversation Practice "Ask me about my tea-drinking habits in Japan — types, times, traditions. Ask 3 follow-up questions." Grammar Check "Check: 'I usually drink green tea after eating dinner.' Is this natural English?" Role-Play "You are a tea shop owner in Kyoto. I am a tourist. Help me choose a tea to take home."

Day 3 ・ ☐ Weekends 週末

Conversation Practice "You are my English speaking partner. Ask me about my ideal weekend — what I do, what I enjoy, and what I try to avoid. If I just say 'relax', ask me to be more specific." Follow-up: "Now ask me to describe my last weekend in detail, step by step." Sentence Expansion "I am a Japanese English learner. Expand this into 3 natural sentences: 'On weekends I usually rest.' Make it sound personal and interesting at B1 vocabulary level." Follow-up: "Show me how to add a reason and a feeling to each sentence." Role-Play "Let's role-play: It's Monday morning and you are my work colleague. Ask me what I did over the weekend. React naturally and share what you did too. Keep it going for 6 turns." Follow-up: "Now do the same, but I had a boring weekend — help

me describe it in an interesting way."

Day 4 • □ Commute 通勤・通学

Conversation Practice "You are my English conversation partner. Ask me about how I get to work or school, how long it takes, and what I do during the journey." Follow-up: "Ask me: 'If you could change one thing about your commute, what would it be?'" Grammar Check "I am a Japanese English learner. Check: 'I commute by train every day. It takes about 40 minutes. I usually read on the way.' Are they natural? Can I connect them better?" Follow-up: "Show me 2 ways to combine those three sentences into one or two smooth sentences." Expansion "I say: 'My commute is long.' Help me expand this into a 4-sentence Level 4 answer that includes: how long, what I do, how I feel, and a question back." Follow-up: "Now make a shorter 2-sentence version for casual conversation."

Day 5 • □ Sports スポーツ

Conversation Practice "You are my English conversation partner. Ask me about sports — whether I play, watch, or follow any. Ask follow-up questions about why I like (or don't like) sport." Follow-up: "Ask me: 'Have you ever watched a live sports event? What was it like?'" Grammar Check "I am a Japanese English learner. Check: 'I don't play sports much, but I enjoy watching football on TV on weekends.' Is this natural?" Follow-up: "How would I say this if I am talking about something I used to do but stopped?" Role-Play "Let's role-play: We are watching a sports event together. You cheer for one team and I cheer for another. Have a natural conversation about the game." Follow-up: "Now teach me 3 natural phrases English speakers use when watching sport."

Day 6 • □ Seasons 季節

Conversation Practice "You are my English speaking partner. Ask me about my favourite season and why. Ask what I typically do in each season. Push for sensory language." Follow-up: "Ask me: 'Is there a season in Japan that is hard to explain to someone from another country?'" Vocabulary Expansion "I am a Japanese English learner. I want to describe autumn in Japan. My sentence: 'In autumn the leaves change colour and it is beautiful.' Give me 5 more natural English adjectives or phrases for describing autumn." Follow-up: "Now help me write a 3-sentence description of my favourite season." Translation Comparison "I want to say "

日本の春は本当に特別です' in English. My version: 'Spring in Japan is really special.' Is this natural? Give me 3 longer ways to express this." Follow-up: "Give me a 3-sentence version I could use as a Level 4 answer."

Day 7 • □ City/Country 都会と田舎

Conversation Practice "You are my English conversation partner. Ask whether I prefer city or country life, where I live now, and what I like or dislike about it. Ask me to compare the two." Follow-up: "Ask me: 'If you could live anywhere in the world for one year, where would you choose and why?'" Grammar Check "I am a Japanese English learner. Check: 'I have lived in Tokyo for most of my life. I love the convenience, but sometimes the city feels too loud and crowded.' Is this natural?" Follow-up: "Suggest one sentence I could add at the end to make it more personal." Expansion "Help me expand: 'I live in the city. I like the convenience.' into a 4-sentence answer including: where, what I like, one thing I miss about nature, and a question back." Follow-up: "Now write the same for someone who prefers the countryside."

Day 8 • □ Cooking 料理

Conversation Practice "You are my English conversation partner. Ask me about cooking — whether I cook, what I make, and how I feel about it. If I say I don't cook, ask what I eat instead." Follow-up: "Ask me: 'What's the most challenging dish you have ever tried to cook or eat?'" Recipe Description "I am a Japanese English learner. I want to describe how to make miso soup in English: 'First boil water. Then put miso. Add tofu.' Make this natural and clear." Follow-up: "What cooking verbs do English speakers use for each step?" Role-Play "Let's role-play: I am teaching you how to make a simple Japanese dish. You are a foreign friend who has never cooked Japanese food. Ask questions as I explain." Follow-up: "Tell me 3 common questions English speakers ask when learning a new recipe."

Day 9 • □ Music 音楽

Conversation Practice "You are my English conversation partner. Ask me about music — what I listen to, when, and why music is (or isn't) important to me. Push for specific songs or artists." Follow-up: "Ask me: 'Can you describe a song that has a strong memory connected to it?'" Vocabulary Expansion "I am a Japanese English learner. I want to describe music without just saying 'good' or 'nice'. Give me 8 natural English adjectives to describe music (e.g. 'upbeat', 'mellow') with a simple example sentence for each." Follow-up: "Which 3 of those words work best to describe J-pop?" Translation Comparison "I want to say "

音楽は私の毎日の一部です' in English. My version: 'Music is part of my everyday life.' Is this natural? Give me 3 other natural ways." Follow-up: "Which version sounds most natural in casual conversation?"

Day 10 • □ Instruments 楽器

Conversation Practice "You are my English conversation partner. Ask me about musical instruments — whether I play one, what I'd like to learn, and what the music scene is like in Japan." Follow-up: "Ask me: 'If you could learn any instrument overnight, what would you choose and why?'" Sentence Expansion "I am a Japanese English learner. Expand this into a Level 4 answer (4–5 sentences): 'I played piano as a child. I stopped when I was in high school.' Include: why I stopped, whether I miss it, and a question back." Follow-up: "Write a version for someone who has never played an instrument but wishes they could." Grammar Check "Check: 'I used to play guitar in a band at university, but I haven't played since I started working.' Is this natural and correct?" Follow-up: "What rule makes 'used to play' and 'haven't played' both correct here?"

Day 11 • □ Favourite Food 好きな食べ物

Conversation Practice "You are my English conversation partner. Ask me about my favourite food — what it tastes like, when and where I eat it, and the memory behind why I love it. Push for sensory detail." Follow-up: "Ask me: 'Have you ever tried to explain a Japanese dish to someone who had never eaten it?'" Description Practice "I want to describe takoyaki to someone who has never tried it. My attempt: 'It is a round ball made from dough with octopus inside.' Make this more vivid and delicious-sounding." Follow-up: "What food adjectives (texture, taste, smell) would make this description better?" Role-Play "Let's role-play: I am recommending my favourite Japanese restaurant to you. You are a foreign friend visiting Japan. Ask me questions about the food, how to order, and what to expect." Follow-up: "Now ask me to help you pronounce the menu item names."

Day 12 • □ Eating Out 外食

Conversation Practice "You are my English conversation partner. Ask me about eating out — how often I do it, what kind of restaurants I like, and one memorable restaurant experience." Follow-up: "Ask me: 'Is eating out different in Japan compared to restaurants in other countries?'" Role-Play "Let's role-play: I am a waiter at an English-speaking restaurant and you are a customer. Order, ask about the menu, and respond to my questions naturally for 8 turns." Follow-up: "Teach me 5 natural phrases I should know when eating at a restaurant in an English-speaking country." Expansion "I say: 'I like eating out. I often go to ramen restaurants.' Expand into a 5-sentence Level 4 answer: how often, who with, what kind of place, why I enjoy it, and a question back." Follow-up: "Write the same for someone who prefers cooking at home."

Day 13 • □ Hobbies 趣味

Conversation Practice "You are my English conversation partner. Ask me about my hobbies. If I say 'I like reading', ask: what kind, how often, last book I loved. Push for specific details." Follow-up: "Ask me: 'Have you ever tried to turn a hobby into a job? Would you want to?'" Vocabulary Expansion "I want to talk about photography with more vocabulary. My current sentence: 'I like taking photos.' Give me 6 more natural ways to describe this hobby." Follow-up: "Which of these works best in a first conversation with someone I just met?" Grammar Check "Check: 'I have been interested in origami since I was a child. I learned it from my grandmother, and now I teach it to my own children.' Is this natural and correct?" Follow-up: "What hobbies could I substitute 'origami' with and keep the same structure?"

Day 14 • □ Photography 写真

Conversation Practice "You are my English conversation partner. Ask me about photography as a hobby or interest — what I photograph, what camera or phone I use, and what I do with the photos afterwards." Follow-up: "Ask me: 'What makes a great photo, in your opinion?'" Description Practice "I want to describe this photo in English: a narrow Tokyo street at night with glowing vending machines. My attempt: 'It is a street at night with vending machines.' Make this more vivid." Follow-up: "Give me 5 English words or phrases to describe the atmosphere of a night scene." Role-Play "Let's role-play: I am showing you my favourite photos on my phone. You ask me about each one — where it was taken, why I like it, what I was trying to capture." Follow-up: "Now ask me to explain why one of the photos is my favourite."

Day 15 • □ Movies & TV 映画とテレビ

Conversation Practice "You are my English conversation partner. Ask me about movies and TV — what genres I like, a recent show, and one film that has stayed with me. Push for feelings, not just plot summaries." Follow-up: "Ask me: 'Do you prefer Japanese films and shows, or do you watch a lot of foreign content?'" Review Writing "I want to write a short English review of a film or show. My draft: 'I watched a drama last month. It was very good. I recommend it.' Rewrite this as a natural 4-sentence recommendation." Follow-up: "What phrases do English speakers use to recommend something without giving spoilers?" Grammar Check "Check: 'I've been watching a Korean drama recently, and I can't stop. The story is really well-written and the acting is impressive.' Is this natural?" Follow-up: "How would I change this if the drama ended and I'm talking about it in the past?"

Day 16 • □ Reading 読書

Conversation Practice "You are my English conversation partner. Ask me about reading — books, magazines, or online content; what genres I prefer; and a book that influenced me. Don't accept 'I don't read much' without follow-up." Follow-up: "Ask me: 'If you could recommend one Japanese book for an English speaker to read in translation, what would it be?'" Book Recommendation "I want to recommend a book in English. My attempt: 'This book is good. The story is interesting.' Help me write a proper 4-sentence recommendation: title, genre, brief plot, why I recommend it." Follow-up: "What phrases do English speakers use to talk about books without giving spoilers?" Translation Comparison "I want to say '

読書は私にとってリラックスする時間です' in English. My version: 'Reading is my relaxing time.' Is this natural? Give me 3 more natural English ways to say reading helps you relax." Follow-up: "Which version sounds best in conversation with a colleague?"

Day 17 ・ □ Learning Something New 新しいことを学ぶ

Conversation Practice "You are my English conversation partner. Ask me about something new I am learning or have recently learned. Ask why I started, how I study, and what the hardest part is." Follow-up: "Ask me: 'What advice would you give to someone who wants to start learning the same thing?'" Sentence Expansion "I am a Japanese English learner. Expand this into 4 natural sentences: 'I am learning to cook.' Include: what I am making, why I started, what I find difficult, and what I have achieved." Follow-up: "Add a question at the end I could use to ask someone about their own learning." Role-Play "Let's role-play: I am teaching you one skill I have been learning recently. You are curious and ask me questions about how to do it, why it is difficult, and how long it takes." Follow-up: "After I explain, give me feedback: Did I explain it clearly in English? Was anything confusing?"

Day 18 ・ □ Travel 旅行

Conversation Practice "You are my English conversation partner. Ask me about travel — where I have been, a favourite memory, and a place I want to visit. Push me to tell stories, not just list places." Follow-up: "Ask me: 'Has travel ever changed the way you think about something?'" Storytelling Practice "I went to Bali. It was good. I liked the food. Help me turn this into a vivid 5-sentence travel story with detail and feeling." Follow-up: "What storytelling phrases do English speakers use to make travel stories interesting?" Grammar Check "Check: 'I've always wanted to visit Iceland. The Northern Lights are on my bucket list. I think I would go in winter.' Are they natural and correct?" Follow-up: "What is 'bucket list' and when do English speakers use this expression?"

Day 19 ・ □ Where You Live 住んでいる場所

Conversation Practice "You are my English conversation partner. Ask me about where I live — the neighbourhood, what I like and dislike, and how long I have lived there. Ask me to describe it as if you are planning to visit." Follow-up: "Ask me: 'If you could move anywhere within Japan, where would you go and why?'" Description Writing "I want to describe my neighbourhood in English. My attempt: 'My neighbourhood is quiet. There are many shops.' Help me write a vivid 4-sentence description that sounds natural." Follow-up: "What sensory details (sounds, smells, sights) could I add to make it more engaging?" Role-Play "Let's role-play: A foreign friend is coming to visit me and asks about my area. I am giving them a virtual tour. Describe my neighbourhood step by step, and you ask questions about what to see and do." Follow-up: "Ask me: 'What is the one thing that makes your neighbourhood special or unique?'"

Day 20 ・ □ Weather 天気

Conversation Practice "You are my English conversation partner. Start a conversation about the weather — ask me about today's weather, my favourite season's weather, and how weather affects my mood or daily plans."

Follow-up: "Ask me: 'Do you think weather affects your personality or energy levels?'" Vocabulary Expansion "I want to describe Japanese weather with more variety. My current words: hot, cold, rainy, sunny. Give me 8 more interesting weather adjectives with example sentences." Follow-up: "Which words would I use to describe a humid Tokyo summer?" Small Talk Practice "In English, weather is a very common conversation starter. Teach me 5 natural English openers about weather I could use at work, at a coffee shop, or with a neighbour. Then practise each one with me." Follow-up: "How do I move a weather conversation naturally into a different topic?"

Day 21 ・ □□□ Family 家族

Conversation Practice "You are my English conversation partner. Ask me about my family — how many members, what we are like, what we do together, and one thing I have learned from my family. Push for stories, not just facts." Follow-up: "Ask me: 'Is there a family tradition you hope to keep or pass on?'" Storytelling "I want to share a short family story in English. My attempt: 'My family is important to me. We eat dinner together.' Help me expand this into a 4-sentence story with a specific memory." Follow-up: "What phrases in English show that a family moment was special or meaningful?" Grammar Check "Check: 'My mother has always encouraged me to try new things. Because of her, I started studying English. I hope I can make her proud one day.' Is this natural and correct?" Follow-up: "How would I say this in a more formal way, for example in a speech?"

Day 22 ・ □□□ Friendship 友情

Conversation Practice "You are my English conversation partner. Ask me about friendship — how I make friends, what I value in a friend, and a story about a friendship that is important to me." Follow-up: "Ask me: 'Is making friends as an adult harder than making friends as a child?'" Expansion "I am a Japanese English learner. Expand this into a Level 4 answer: 'My best friend and I met in high school.' Include: how we became close, what we do together, what I appreciate, and a question back." Follow-up: "What phrases do English speakers use to describe a really good friendship? Give me 5 natural expressions." Role-Play "Let's role-play: I am introducing my best friend to you. Ask me questions about my friend, then ask the friend (me, in role) questions too. Keep it warm and natural." Follow-up: "What questions are natural and polite when you first meet someone's friend?"

Day 23 ・ □ Childhood 子供時代

Conversation Practice "You are my English conversation partner. Ask me about my childhood — where I grew up, what I did for fun, a favourite memory, and how childhood in Japan might differ from other countries."

Follow-up: "Ask me: 'Is there something from your childhood you miss now as an adult?'" Storytelling Practice "I want to share a childhood memory in English. My attempt: 'When I was small, I played near a river with my friends.' Help me expand this into a vivid 5-sentence story using 'used to' and sensory details." Follow-up: "What vocabulary helps make a childhood story more vivid in English?" Grammar Check "Check: 'I used to hate vegetables when I was young, but now I eat everything. My mother used to hide broccoli in my rice, and I always found it.' Is this natural and correct?" Follow-up: "Give me 3 more 'used to' sentences that describe typical Japanese childhood experiences."

Day 24 • □ Relationships 人間関係

Conversation Practice "You are my English conversation partner. Ask me about relationships — what I value, how I balance personal time and time with others, and what I have learned about relationships over time."

Follow-up: "Ask me: 'Do you think relationships in Japan are different from those in other cultures?'" Vocabulary

Expansion "I want to talk about relationships with more nuance. My current vocabulary: 'kind', 'nice', 'good'. Give me 8 natural English adjectives or phrases to describe qualities I value in relationships."

Follow-up: "Which 3 words would I use to describe the most important quality in a close friendship?" Sentence Expansion "Expand: 'I think trust is the most important thing in a relationship.' Write a 4-sentence Level 4 answer: why, an example, and a question back." Follow-up: "Now write the same for someone who says 'communication' is the most important thing."

Day 25 • □ Your Home 今住んでいる場所

Conversation Practice "You are my English conversation partner. Ask me about my home — what it looks like, my favourite space in it, what makes it feel like home, and what I would change if I could." Follow-up: "Ask me: 'Is there an object in your home that tells a story about you?'"

Description Writing "I want to describe my home in English. My attempt: 'I live in an apartment. It is small but cosy.' Help me write a vivid 4-sentence description: location, size, favourite space, one thing that makes it mine."

Follow-up: "What adjectives do English speakers use to describe a home that feels personal and welcoming?" Role-Play "Let's role-play: I am giving you a virtual tour of my home. You are a foreign friend seeing it for the first time. Ask me questions as I take you from room to room."

Follow-up: "After the tour, ask me: 'If you could add one room or space, what would it be?'"

Day 26 • □ Dreams & Goals 夢と目標

Conversation Practice "You are my English conversation partner. Ask me about my dreams and goals — short-term and long-term. If I say 'travel', push me to be specific: where, when, why. If I say 'success', ask what success means to me."

Follow-up: "Ask me: 'Is there a dream you have had since childhood that you still believe in?'" Expansion "I am a Japanese English learner. Expand: 'My dream is to live abroad for one year.' Include: where, when, why, what I imagine it will be like, and a question back."

Follow-up: "Write the same for someone whose dream is career-related rather than travel." Grammar Check "Check: 'I would love to become fluent in English within three years. If I could have a conversation with anyone in the world in English, I think that would make all the hard work worth it.' Is this natural?" Follow-up: "What phrases do English speakers use when talking about long-term goals they are not sure about?"

Day 27 • □ Pets ペット

Conversation Practice "You are my English conversation partner. Ask me about pets — whether I have one, what it is like, or if I don't have one, whether I would like one and what kind. Push for personality descriptions."

Follow-up: "Ask me: 'Do you think having a pet changes a person?'" Storytelling "I want to tell a story about my pet in English. My attempt: 'My cat is cute. She sleeps all day. Sometimes she wakes me up at night.' Turn this into a charming 4-sentence story with personality and humour."

Follow-up: "What vocabulary do English speakers use to describe an animal's personality? Give me 8 adjectives with examples."

Translation Comparison "I want to say "

猫は自由で独立心があるから好きです'. My translation: 'I like cats because they are free and independent.' Is this natural? Give me 3 other natural ways to say why you love cats." Follow-up: "How would I say the opposite — why someone might prefer dogs over cats?"

Day 28 ・ □ Work & Career 仕事とキャリア

Conversation Practice "You are my English conversation partner. Ask me about my job or career — what I do, how I ended up in this field, what I enjoy and what I find challenging. Push me to describe work without jargon." Follow-up: "Ask me: 'If you could change your career tomorrow, would you? What would you do instead?'" Elevator Pitch Practice "I want to describe my job to a foreign business contact in 30 seconds (about 4 sentences). My attempt: 'I work at a technology company. I do system maintenance.' Make this sound natural and impressive." Follow-up: "What vocabulary do English speakers use to describe their work engagingly?" Role-Play "Let's role-play: We are at an international conference and I am introducing myself professionally. You are a foreign colleague. Ask me about my job, company, and career goals." Follow-up: "Give me feedback: Did I sound professional? Was anything awkward or unclear?"

Day 29 ・ □ Stress ストレス

Conversation Practice "You are my English conversation partner. Ask me about stress — what causes it, how I manage it, and whether I think modern life is more stressful than in the past. Push for honest, specific answers." Follow-up: "Ask me: 'What is the one thing that reliably helps you feel better when you are overwhelmed?'" Vocabulary Expansion "I want to talk about stress with more natural vocabulary. Give me 8 English words or phrases to describe feeling stressed (e.g. 'burned out', 'overwhelmed') with example sentences." Follow-up: "Which words would I use to tell a colleague I need a break?" Advice Giving "Let's role-play: I am telling you I am very stressed about work. You respond naturally, ask what is wrong, and gently offer practical English advice. Use phrases like 'Have you tried...?', 'One thing that helps me is...'" Follow-up: "Teach me 5 natural English phrases for offering advice to someone who is stressed."

Day 30 ・ □ Alone Time ひとりの時間

Conversation Practice "How do English speakers describe their need for alone time without sounding antisocial?" Follow-up: "Give me 5 natural phrases I could use to explain to a friend that I need a quiet weekend." Vocabulary Expansion "I want to describe my need for alone time without sounding negative. Give me 6 natural English expressions for the concept of recharging alone — for example 'decompress' or 'reset' — with an example sentence for each." Follow-up: "Which of these would sound most natural in a casual conversation with a colleague?" Role-Play "Let's role-play: A friend calls and asks me to come to a party this weekend. I want to say no politely because I need alone time. Help me decline warmly without hurting their feelings. Stay in the role-play for 4 turns." Follow-up: "Give me 3 polite ways to decline a social invitation in English without over-explaining yourself."

Appendix C — The Full Philosophy

付録C・型と組手の、より深い考え方

Most English education in Japan is kata. Kata — the formal practice patterns of martial arts — is essential. It builds the foundations: structure, grammar, and a library of correct forms. Language schools, textbooks, and classroom study are all kata. They work, and nobody reaches fluency without them. But kata alone produces students who can pass tests and freeze in real conversation. The moment the script disappears — when someone asks an unexpected question, or simply looks at you and waits — kata runs out.

日本の英語教育の多くは「型」です。型——武道の形の練習——は不可欠で、土台をつくれます。語学学校も教科書も教室も、すべて型。けれど型だけでは、試験には合格しても本物の会話で固まってしまう学習者を生みます。台本が消えた瞬間——思いがけない質問をされ、ただ見つめられて待たれたとき——型は尽きます。

That is where kumite begins. Kumite — free sparring — is where kata becomes real. It is not about being perfect; it is about being present: adapting what you know to what is actually happening, trying something, adjusting, trying again, and moving forward even when you are uncertain. This series is the bridge between the two. The structured lessons are your kata; the recordings, the AI conversations, the alternative answers, and the versions you write yourself are your kumite. That is where your real English voice is built. There are no wrong answers here. There is only practice.

そこから組手が始まります。組手——自由な手合わせ——は、型が現実になる場所。完璧であることではなく、その場にいること。知っていることを、実際に起きていることに合わせ、試し、調整し、また試し、迷いながらも前へ進むこと。このシリーズは、その2つをつなぐ橋です。レッスンが型、録音とAI会話と自分で書く答えが組手。そこで、あなたの本当の英語の声が育ちます。ここに間違った答えはありません。あるのは、練習だけです。

The 12 Kumite Reminders

12の組手リマインダー

1The model answer is the kata. Your recorded version is the kumite. Both matter — but yours is the one that will make you fluent.

2Did your answer sound like you? If not, try again. Not to be correct — to be real.

3Close the book. Say your Level 4 from memory. It doesn't have to be perfect — it just has to come out.

4Take today's topic to your AI and say: 'Ask me something about this that isn't in the book.' That moment is kumite.

5A Level 2 answer that is genuinely yours is worth more than a Level 4 you copied. The question isn't 'how good is it?' — it's 'is it actually you?'

6Language schools taught you to wait until you were ready. This book teaches you to go before you're ready. That's the only way readiness ever arrives.

7Record your answer without looking first. Just once. However it comes out, that's your real starting point today.

8Your AI sparring partner is free, available at any hour, and infinitely patient. The only person who can waste that is you. Open it tonight.

9The filler phrases — 'To be honest...', 'That's a good question...' — are small pieces of kata that make kumite possible. Practise them until they arrive without thinking.

10In a real conversation you will make mistakes. The question isn't whether you make them — it's whether you keep going after them.

11Say your answer aloud before you write it. Writing is kata; speaking is kumite. This book is about your voice, not your handwriting.

12Imperfect English that flows is more impressive than perfect English that stops. Every single time. Keep moving.

Continue the journey 学びを続けよう

This book is the first of three in the *Japanese Heart, English Words* system, which also includes a companion guide.

本書は『Japanese Heart, English Words』シリーズ(全3冊+コンパニオンガイド)の1冊目です。

Book 1 — Daily Life in English · A2→B1 · Days 1–30

日常を、英語で

Book 2 — Real Life in English · B1→B2 · Days 31–60

本物の英語力を

Book 3 — Deeper Conversations · B2→C1 · Days 61–90

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