Japanese Heart, English Words Real Life in English

英語で、実生活を語る

Book 2 of 3 · Days 31☒60 · CEFR B1 → B2 Guy Michael Ormiston English Language Teacher · Fukuoka, Japan 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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First edition

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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。

Welcome Back おかえりなさい

You've already built your foundation in Book 1 — thirty days of finding your voice on everyday topics. Book 2 keeps the exact same gentle rhythm, but the conversations grow up a little: real life, real opinions, and a sixth level for the days you feel like reaching. Same kata, deeper kumite.

Book 1で、あなたはすでに土台をつくりました——日常のトピックで自分の声を見つけた30日間。Book 2もまったく同じやさしいリズムですが、会話は少しだけ大人になります——実生活、本音の意見、そして「もう一歩」届きたい日のための6つ目のレベル。型は同じ、組手はより深く。

New in Book 2: the ladder now climbs to Level 6, and your "build your own" target moves up to Level 5. Everything else works exactly as it did in Book 1.

Book 2の新しい点：はしごはLevel 6まで伸び、「自分で作る」目標はLevel 5に上

がります。それ以外はBook 1とまったく同じです。

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 next thirty days of kumite. By Day 60 you won't simply know more English; you'll sound even more 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。この本は次の30日間の組手です。Day 60には、英語で「あなた自身」がさらに自然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 31. Let yourself be surprised on Day 45. And be genuinely proud on Day 60. 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 31では少しぎこちなく録音し、Day 45では成長に驚き、Day 60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、たとえぎこ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、どこも間違っていません。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 six levels
Work through Levels 1 to 6 in order, without skipping. Each level adds just one layer, so the climb always feels manageable.

Step 3 :Level 1〜6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 5
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 5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 6 Levels at a Glance
6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
"I work in finance."

Level 2 — Add a detail 詳細をひとつ加える

"...specifically accounting, for three years."

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

"...I enjoy the detail work. What about you?"

Level 4 — A fuller answer + a noticing + question 気づきを加えて+質問

"...what surprised me is how collaborative it is.

What do you do?"

Level 5 — A rich, personal answer + question 自分らしく豊かに+質問

"...what I enjoy most is the problem-solving. What about yours?"

Level 6 — The deeper, reflective layer + question より深い一歩+質問

"What keeps me motivated is impact... Have you found ways to make work meaningful?"

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、自信がついたら次へ。

Mode 1 — Kata Check 型チェック

When: After building your Level 5 answer

Level 5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、はじめの一歩が楽になります。

You say あなたの入力

I am a Japanese English learner. Here is my Level 5 answer about my work: 'I work as an accountant at a mid-sized company. What I enjoy most is the problem-solving — every set of numbers tells a story about how a business is really doing. What surprised me is how collaborative it is; I imagined it would be a solitary job, but I talk to people all day. What do you do, and what do you enjoy most about it?' Is this natural English? What would a native speaker say differently?

The AI responds AIの返答

Your answer is clear, natural, and sounds like a real person rather than a textbook. Two small things a native speaker might change: (1) 'I imagined it would be a solitary job' is correct, but in speech many people would say 'I thought it would be a solitary job' — a touch warmer. (2) You could link your two observations with 'and honestly' to make it flow even more naturally: '...how collaborative it is, and honestly, that's become one of my favourite parts.' The question at the end is perfect; it hands the conversation straight back.

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。だからこの本のお願いはひとつ——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せん。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 5 is your heavier weight.

Level 5は、その「重いダンベル」です。

Quick Level 5 recipe

レベル5の簡単レシピ 1. Give your basic answer (Level 1 style). 基本の答えを言う。

2. Add three pieces of extra information — when? where? why? how often? with whom?

プラス3つの情報。

3. Add your opinion or how you feel.

意見や気持ちを加える。

4. 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言ってみて。

「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 31☒60

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っきりした絵になります。

Day 31 Work

Day 32 Commuting

Day 33 Colleagues

Day 34 Meetings

Day 35 Work-Life Balance

Day 36 Money

Day 37 Shopping

Day 38 Health

Day 39 Exercise

Day 40 Sleep

Day 41 Food and Eating Habits

Day 42 Cooking

Day 43 Smartphones

Day 44 News

Day 45 Technology

Day 46 Social Media

Day 47 Learning

Day 48 Languages

Day 49 Your Home

Day 50 City Life

Day 51 Seasons

Day 52 Weather

Day 53 Important Relationships

Day 54 Someone You Admire

Day 55 Kindness

Day 56 A Challenge You Faced

Day 57 Change

Day 58 Personal Growth

Day 59 The Future

Day 60 Your Voice Check

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 31

Work

Today's question 今日の質問

What do you do for work?お仕事は何をされていますか?

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 finance.

MY VERSION ・自分のバージョン

Level 2 Add your field 分野を追加

I work in finance — specifically accounting. I've been in this role for about three years.

MY VERSION ・自分のバージョン

Level 3 Field + role + one feeling 分野+役割+気持ち

I work as an accountant at a mid-sized company. I handle financial reports and budgeting. I enjoy the detail work, though year-end is intense. What kind of work do you do?

MY VERSION ・自分のバージョン

Level 4 Role + what I enjoy + something I've noticed + question
役割+好きなこと+気づいたこと+質問

I work as an accountant at a mid-sized company. My role involves financial reporting, budgeting, and working closely with different departments. The detail-focused nature of the work suits me well. What I didn't expect was how collaborative it would be — that's actually become one of the best parts. What do you do?

MY VERSION ・自分のバージョン

Level 5 Role + team + what you enjoy most + question
役割+チーム+一番好きなこと+質問

I work as an accountant at a mid-sized company. My role involves financial reporting and budgeting, and what I enjoy most is the problem-solving — every set of numbers tells a story about how a business is really doing. The work requires precision, which suits my personality. I also work closely with different departments, and those relationships have become genuinely satisfying. What do you do, and what do you enjoy most about it?

MY VERSION ・自分のバージョン

Level 6 What keeps you motivated vs what drains you + question
やりがいと消耗の違い+質問

What keeps me genuinely motivated is when my work has a clear impact — when I can show a team that a budget decision actually changed an outcome. What drains me is repetitive reporting that disappears into a system nobody reads. Have you found ways to make your work feel meaningful, even in the routine parts?

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

Your role → Your field → What you enjoy → One thing you've learned → 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 work as a project coordinator at a mid-sized company. My role involves managing timelines, connecting teams, and making sure things don't fall through the gaps — which sounds small but actually matters a great deal.

What I enjoy most is the moment a project comes together after weeks of small decisions. The people I work with are genuinely good, and that changes everything. What do you do for work?

Negative I work in administration at a company — scheduling, documents, coordination. It's stable and the hours are reasonable, but I'll be honest: it's not where my passion lives. I do it well and I take pride in doing it well, but I think about what I actually want to do next more often than I'd like. Do you find your work fulfilling, or is it

more of a practical choice?

Neutral I work in sales support at a manufacturing company. My job is to help the sales team with documentation, client communication, and internal coordination. Some parts I find genuinely interesting — especially when I can see directly how my work helped close a deal. Other parts are routine. I've made peace with that balance. 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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what part of my work I would keep if I could only choose one — and why."

Hint Name the specific part of your job you enjoy most — 'I love the moment when a client understands something I've explained' is far more memorable than 'I like my job.'

Common mistake I work from 9 o'clock to 6 o'clock every day. I work from 9 to 6 every day.

In English, 'o'clock' is used with a single, precise time — not with ranges. 'From 9 to 6' or 'from 9 a.m. to 6 p.m.' is the natural form.

Today's reflection 今日のふり返り

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 31 Talking about work well is one of the most useful English skills you can build.

Day 32

Commuting

Today's question 今日の質問

How do you get to work?通勤はどうやって行きますか?

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 take the train.

MY VERSION ・自分のバージョン

Level 2 Add time + detail 時間+詳細を追加

I take the train to work. It takes about 35 minutes each way.

MY VERSION ・自分のバージョン

Level 3 How + how long + what you do on the way + question 手段+時間+途中でしていること+質問

I commute by train every weekday. It takes about 35 minutes. The morning trains are crowded, but I've got used to it. I usually listen to podcasts on the way, which makes it feel shorter. How do you get to work?

MY VERSION ・自分のバージョン

Level 4 How + time + what I do + how it's changed + question
手段+時間+していること+変化+質問

I commute by train every weekday — about 35 minutes each way. I used to find it draining, but I've started using the time deliberately. I listen to English podcasts in the morning and decompress with music on the way home.

What's your commute like?

MY VERSION ・自分のバージョン

Level 5 Route + time + how you use it + what you think about commuting
ルート+時間+使い方+通勤への考え

I take the train to work — about 35 minutes door-to-door. What changed for me was starting to think of the commute as my transition time rather than dead time. I read in the morning, which clears my head before work, and I use the journey home to let go of the day. The commute has become a kind of ritual. How do you get to work, and what do you do with that time?

MY VERSION ・自分のバージョン

Level 6 Commute as thinking time vs dead time + what you'd change + question 通勤＝考える時間か無駄な時間か+変えたいこと+質問

I've been thinking about commuting as a metaphor lately. When I treat it as thinking time, I arrive at both ends of the day in better shape. But when it's just dead time — scrolling, zoning out — I notice the difference in my mood.

Do you think commuting affects your mental state in ways you've noticed?

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 you travel → How long → What you do → What you think about it → 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 commute by train — about 35 minutes each way — and I've genuinely come to value that time. I use it deliberately: podcasts in the morning to ease into the day, and quiet music on the way home to decompress. It's one of the few times in the day when nobody can reach me easily, and I've stopped resenting it. The commute has become my transition ritual. How do you get to work?

Negative I commute by train and it takes nearly 50 minutes each way, which I find genuinely draining. The morning rush is crowded and uncomfortable, and by the time I arrive I sometimes already feel tired. I listen to music to get through it, but I wouldn't call it enjoyable. I'd work from home more often if I could. How long is your commute?

Neutral I take the train — about 30 minutes — and I treat the time as a transition between home and work. I usually listen to something, but I'm not religious about it. Some mornings I read, some mornings I just look out the window and think. It's neither my favourite nor least favourite part of the day. What's your commute like?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what I'd do with an extra hour every day if my commute suddenly disappeared."

Hint Add what you do during the commute — 'I listen to podcasts on the train' immediately makes the answer more specific and interesting.

Common mistake I take 40 minutes to go to my office. It takes me 40 minutes to get to the office.

Use 'It takes me [time] to [do something]', not 'I take [time] to go.' This structure is one of the most commonly confused patterns for Japanese learners.

Today's reflection 今日のふり返り

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 32 Small daily moments like commuting are perfect English conversation topics.

Day 33

Colleagues

Today's question 今日の質問

Do you get on well with your colleagues?同僚とはうまくやっていますか?

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

Yes, generally well.

MY VERSION ・自分のバージョン

Level 2 Add a detail 詳細を追加

Yes, I get on well with most of my colleagues. The team atmosphere is fairly relaxed.

MY VERSION ・自分のバージョン

Level 3 Overall + one person or moment + question
全体的に+一人か一場面+質問

Yes, overall I get on well with my colleagues. We have a cooperative team atmosphere and there's a lot of mutual respect. There's one person in particular I work closely with who I genuinely consider a friend. Do you get on well

with your colleagues?

MY VERSION ・自分のバージョン

Level 4 Overall atmosphere + one relationship + what I value + question
全体的な雰囲気+一つの関係+大切にしていること+質問

Generally, yes. My workplace has a respectful, cooperative culture. Most relationships are collegial — professional rather than deeply personal, but genuinely warm. I do have one colleague I've grown quite close to. We started having lunch together and realised we had a lot in common. What are your colleagues like?

MY VERSION ・自分のバージョン

Level 5 Team atmosphere + one relationship + what you value + question
チームの雰囲気+一つの関係+大切にしていること+質問

Generally, yes — I work in a cooperative team and I'm fortunate that the atmosphere is respectful and fairly low-drama. Most of the relationships are professional, but warmly so. There's one colleague in particular I've become genuinely close with — we started having lunch together and found we had a lot in common outside work. What are your colleagues like?

MY VERSION · 自分のバージョン

Level 6 Work friendship vs real friendship + what changes when you leave + question 職場の友情vs本当の友情+転職後に変わること+質問

I think about the difference between work friends and real friends quite a bit. At work, proximity creates connection. But when people leave, most of those relationships dissolve quickly. The colleagues who have stayed in my life after job changes are the ones I would have found anyway. Do you think work friendships are different in kind, or just in context?

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/no + overall atmosphere → One specific relationship → What you value → 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 get on well with my colleagues — I'd say the atmosphere in my team is genuinely warm. We work hard but there's also room for humour and real conversation. There's one colleague in particular I've become close to — we usually eat lunch together and she's the kind of person who notices when something's off and asks without making it awkward. Good colleagues make a huge difference to how you feel about your job. Do you have good relationships at work?

Negative It's mixed, honestly. Most colleagues are fine — professional and reasonably friendly. But the relationships don't go very deep. I find that work friendships often stay at a surface level, especially in larger teams where people don't naturally mix. I have one or two people I genuinely like, but I wouldn't describe the atmosphere

as warm. How are things in your workplace?

Neutral I get along with my colleagues well enough. The team is professional and cooperative, which is what matters most at work. We don't socialise much outside the office, but there's a mutual respect that makes daily life comfortable. I think I keep work and personal friendships fairly separate. Do you become close with people at 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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what makes someone a good colleague — and whether I have one like that."

Hint Describe one small, specific moment with a colleague rather than a general quality — specific details always show character better than adjectives.

Common mistake My colleague is very kind with me. My colleague is very kind to me.

Kind, generous, and helpful are always followed by 'to' in English, not 'with.' 'She was kind to me' — never 'kind with me.'

Today's reflection 今日のふり返り

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 33 Talking about people at work is natural small talk and real conversation territory.

Day 34

Meetings

Today's question 今日の質問

How do you feel about meetings at work?職場の会議についてどう思いますか?

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

Honestly, I find most of them too long.

MY VERSION ・自分のバージョン

Level 2 Add your honest feeling 本音を追加

I have mixed feelings. Some are useful, but many could have been an email.

MY VERSION ・自分のバージョン

Level 3 Your honest view + when they work + question 本音+機能する時+質問

I find meetings useful when they have a clear agenda and a specific decision to make. Otherwise, they tend to run long and drain energy. How do you feel about meetings at work?

MY VERSION ・自分のバージョン

Level 4 My view + when they work + when they don't + question
全体的な考え+効果的な時+そうでない時+質問

My honest view is that meetings are only as good as the preparation behind them. When there's a clear agenda and a decision to be made, they work well. When there's none of that — status updates for the sake of it, no real outcome — they're exhausting. What's your experience with meetings?

MY VERSION ・自分のバージョン

Level 5 When they work vs when they don't + what you do in bad ones + question 効果的な時とそうでない時+対処法+質問

My honest view is that most meetings could be shorter or replaced by a clear written update. The ones that work have a specific decision to make, the right people present, and someone who keeps things moving. I think how a team runs meetings says a lot about how it thinks. What's your experience — do you find them useful?

MY VERSION ・自分のバージョン

Level 6 Meetings as culture vs tool + what they signal about a company + question 会議=文化かツールか+組織への示唆+質問

I've started to think that the quality of meetings in an organisation is a diagnostic. If every meeting is long, unfocused, and required — it tells you something about authority and decision-making. Good teams tend to have fewer, shorter, sharper meetings. What does the meeting culture in your workplace tell you about how it functions?

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

Your overall view → When meetings work vs when they don't → What you actually do → 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 don't mind meetings, as long as they have a clear purpose. When a meeting is well-run — a focused agenda, the right people in the room, a decision made by the end — I find them genuinely useful and sometimes energising. The problem is that not all meetings are run that way. The good ones leave me feeling clearer; the bad ones leave me wondering why I wasn't just sent an email. How do you feel about meetings at work?

Negative I find most meetings at my workplace too long and not focused enough, if I'm honest. We often spend the first ten minutes settling in and the last ten without a clear conclusion. I've started bringing a notebook so I can at least use the time productively. A well-run meeting is rare but genuinely valuable — I just don't experience them often enough. What are meetings like where you work?

Neutral My view on meetings is that they're necessary but easy to misuse. They work well when there's a specific decision to make and everyone who needs to be there is there. They become a problem when they're used for sharing information that could be an email, or when they go on without anyone steering them. I try to be prepared so I can contribute efficiently. What's your experience?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe the best meeting I ever attended — and what made it different."

Hint Share how you personally feel about meetings — most people have a strong opinion. 'I work best when there's a clear agenda' is a specific, honest Level 5 detail.

Common mistake The meeting was very long and boring. The meeting ran over by 20 minutes — I found it quite draining. 'Ran over' means the meeting went longer than scheduled. Being specific about time ('ran over', 'lasted two hours') is far more natural than just 'long.'

Today's reflection 今日のふり返り

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 34 Expressing opinions about work life is Level 5 territory — and you just did it.

Day 35

Work-Life Balance

Today's question 今日の質問

How do you balance work and personal life?仕事とプライベートのバランスはどう取っていますか?

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 try to keep them separate.

MY VERSION ・自分のバージョン

Level 2 Add how どうやってかを追加

I try to leave work at work. I don't check email after I get home.

MY VERSION ・自分のバージョン

Level 3 What you do + whether it works + question
していること+うまくいっているか+質問

I try to maintain a clear boundary between work and personal time. I don't check emails after leaving the office. It doesn't always work perfectly, but protecting that time has made a real difference. How do you manage the balance?

MY VERSION ・自分のバージョン

Level 4 What I protect + when it's hard + what I've learned + question
守っていること+難しい時+学んだこと+質問

I've become quite deliberate about work-life balance over the past year. I set a firm time to stop working and I don't look at emails in the evenings. I've also learned that rest actually makes me more productive. What works for you?

MY VERSION ・自分のバージョン

Level 5 What you protect + where it gets hard + what you've learned + question 守っていること+難しい時+学んだこと+質問

My approach has evolved over the years. I now set a firm stopping time and protect my evenings as non-negotiable.

I've learned that rest isn't a reward for finishing work — it's part of performing well. It's not a fixed state — it's something you have to maintain actively. How do you manage the balance between work and personal life?

MY VERSION · 自分のバージョン

Level 6 Rest as productivity vs guilt about resting + what balance really means + question 休息と罪悪感+バランスの本当の意味+質問

I've been thinking lately about rest as a form of productivity — and how guilty we feel when we're not busy.

Sustainable performance seems to require treating recovery as seriously as output. Do you find that guilt around rest is something you experience — and how do you manage 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

What you protect → Where it gets difficult → What you've learned → 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've worked hard to protect my evenings and weekends, and I think I've mostly succeeded. I don't check work email after 8 p.m., and I try to plan something enjoyable every week — even if it's small. I've learned that if I don't protect rest time deliberately, it disappears. The work will always expand to fill the time available, so the boundaries have to come from me. How do you manage your own balance?

Negative My work-life balance isn't great at the moment, I'll admit. There are periods — especially around deadlines — where work takes over completely and I stop doing the things that restore me. I know what I should do, but knowing and doing are different things. I'm trying to get better at it, and I've made some progress, but it's an ongoing challenge.

How do you handle it?

Neutral I manage it reasonably well most of the time. I try to leave work at work — mentally as well as physically — and I protect certain habits like evening walks and weekend cooking. It doesn't always work perfectly, but having those anchors helps. I've found that even one hour of genuine rest is better than four hours of half-rest. What do you do to switch off?

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			

#	Word / Phrase	Japanese idea	My sentence
2			
3			
4			

Step 6 Memorise Level 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what I gave up to get better balance — and whether it was worth it."

Hint Give a concrete example of what 'balance' looks like for you — 'I never check email after 9pm' is much stronger than saying you 'try to relax.'

Common mistake I try to keep balance between work and life. I try to maintain a good work-life balance.

'Work-life balance' is a fixed compound noun in English — always written as one hyphenated phrase. Use 'maintain a good work-life balance' as the natural form. Avoid breaking it apart.

Today's reflection 今日のふり返り

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 35 Work-life balance is one of the most real and universal conversation topics.

Day 36

Money

Today's question 今日の質問

How important is money to you?あなたにとってお金はどれだけ重要ですか?

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

It's important, but not everything.

MY VERSION ・自分のバージョン

Level 2 Add why 理由を追加

Money matters to me, but mainly as security rather than luxury.

MY VERSION ・自分のバージョン

Level 3 Important but not everything + what matters more + question 大切だけどすべてではない+もっと大切なもの+質問

Money is important to me in the sense that it provides security and options. I worry less about luxuries than about having enough to not worry. Do you think about money much?

MY VERSION ・自分のバージョン

Level 4 What it means now + how my view has changed + question
今の意味+考えの変化+質問

My view of money has changed a lot since my twenties. Now I'm more conscious of what I'm actually buying — security, experiences, or just things. I'm careful with some things and deliberately spend freely on others. How has your view of money changed?

MY VERSION ・自分のバージョン

Level 5 Security vs freedom vs luxury + how your thinking has changed + question 安心 vs 自由 vs 贅沢+考え方の変化+質問

Money matters to me primarily as a source of security and freedom rather than status or luxury. What I've noticed over the years is that what I want from money has shifted — I care less about accumulating it and more about what it allows me to do. I still have a complicated relationship with saving versus spending on experiences. How do you think about money?

MY VERSION ・自分のバージョン

Level 6 Money as proxy for security vs freedom — which are you really after? + question 安心・自由のどちらを求めているか+質問

I think most of us use money as a proxy for something else — security, freedom, status, proof of value. When I examine what I actually want from money, it's usually the feeling of having options. What do you think you're really after when you think about financial goals?

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 money means to you → Why → How your view has changed → 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 Money matters to me primarily as a source of security and freedom — not luxury. I want enough to live comfortably, handle emergencies without panic, and occasionally do something special. I grew up in a household where money was tight, so financial stability has always felt important rather than taken for granted. I save consistently and I'm careful, but I don't think about money constantly. What's your relationship with money like?

Negative I have to admit — money causes me more stress than I'd like. I'm not extravagant, but I find it hard to save consistently and I sometimes feel anxious about the future. I think my relationship with money is something I'm still trying to sort out. I know what I should do; doing it is harder. Do you find managing money straightforward?

Neutral Money is important to me in a practical sense — I want enough to live well and not worry. Beyond that, it matters less to me than time, health, and relationships. I try to be sensible without being obsessive about it. My view has shifted over the years — I used to think earning more would solve everything, but now I focus more on how I spend what I have. How important is money 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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what I would do differently with money if I started over — and what I'd keep the same."

Hint Be specific about what you save for or spend freely on — 'I'm very careful with clothes but spend freely on food' reveals your values instantly.

Common mistake I save money for my future. I'm saving up for a trip to Europe. 'Save up for' is more natural when talking about a specific goal. 'Save for my future' is fine but vague — specificity always makes your answer stronger.

Today's reflection 今日のふり返り

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 36 Talking about money honestly is something most people avoid — you just did it.

Day 37

Shopping

Today's question 今日の質問

Do you enjoy shopping?買い物は好きですか?

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

It depends on what I'm shopping for.

MY VERSION ・自分のバージョン

Level 2 Add what you enjoy vs don't 好きなものと苦手なものを追加

I enjoy browsing online, but I find shopping in crowded stores tiring.

MY VERSION ・自分のバージョン

Level 3 What you like + what you don't + your style + question 好きなもの+苦手なもの+スタイル+質問

My relationship with shopping is mixed. I enjoy it when I'm looking for something specific, but I find aimless browsing exhausting. I've become much more deliberate. What's your shopping style?

MY VERSION ・自分のバージョン

Level 4 How I approach it + what I've changed + what I've noticed + question アプローチ+変えたこと+気づいたこと+質問

I've become a fairly deliberate shopper. I rarely buy things on impulse anymore. I buy fewer things overall but spend more time thinking about each one. What about you — do you shop online or prefer stores?

MY VERSION ・自分のバージョン

Level 5 What you buy vs how + online vs physical + what it says about you + question 何を買うか・どう買うか+感じること+質問

My shopping style has changed significantly. I used to be quite impulsive — especially online — but I've become much more deliberate. I now think carefully before buying anything, and I've started asking myself whether I actually want something or just want the feeling of getting it. What's your shopping style like?

MY VERSION ・自分のバージョン

Level 6 Shopping as recreation vs need + what it says about a culture + question 娯楽としての買い物vs必要性+文化への示唆+質問

I find shopping as recreation interesting to think about. There's a moment of genuine pleasure in it — the search, the decision, the novelty — but it's rarely lasting. What do you think shopping actually gives people beyond the object itself?

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 you like and don't like → How you shop → What you've noticed about your habits → 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 enjoy shopping, but I've become much more deliberate about it over the years. I love browsing for books and stationery — there's something genuinely satisfying about finding exactly the right thing. For clothes, I buy less but choose more carefully. I've moved away from impulse buying online and I actually enjoy shopping more now that I do it less. I think what I really enjoy is the discovery, not the accumulation. What's your approach to shopping?

Negative I don't enjoy shopping much, honestly. I find it tiring — particularly crowded shops and decision fatigue when there are too many options. I buy what I need, try to do it efficiently, and then leave. Online shopping is better in theory, but I end up returning things or buying things I didn't really want. I'm trying to be more

intentional. Do you enjoy it?

Neutral I'm fairly practical about shopping. I enjoy it occasionally — especially food markets and bookshops — but I don't think of it as a hobby or recreation. I try to buy things I genuinely need or will use for a long time rather than things that just feel good in the moment. I've gotten better at waiting before buying. What do you most enjoy shopping for?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me about the last thing I bought that I genuinely don't regret — and why."

Hint Describe your relationship with shopping in one honest sentence — 'I'm a classic impulse buyer online but very careful in stores' is the kind of self-aware answer native speakers love.

Common mistake I bought it with half price. I bought it at half price.

Use 'at' with prices and discounts: 'at half price', 'at 30% off', 'at a discount.' Never 'with half price.'

Today's reflection 今日のふり返り

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 37 Everyday topics like shopping lead naturally to deeper values conversations.

Day 38

Health

Today's question 今日の質問

How do you look after your health?健康管理はどのようにしていますか?

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 try to exercise regularly and sleep enough.

MY VERSION ・自分のバージョン

Level 2 Add more detail 詳細を追加

I exercise a few times a week and try to eat reasonably well. Sleep is what I focus on most.

MY VERSION ・自分のバージョン

Level 3 What you do + why + what you've noticed + question
していること+理由+気づいたこと+質問

I approach health mainly through sleep, movement, and food. I've noticed that when my sleep is poor, everything else suffers. How do you approach your health?

MY VERSION ・自分のバージョン

Level 4 What I focus on + why + what I've noticed + question
重視すること+理由+気づいたこと+質問

My approach to health has become less dramatic over the years. I focus on consistency: moving most days, sleeping seven hours, eating mostly unprocessed food. What I've found is that reasonable, sustainable habits do more than heroic efforts that don't last. What do you focus on?

MY VERSION ・自分のバージョン

Level 5 What works for you + what you've learned about your body + question 自分に合うもの+体について学んだこと+質問

Health has become something I think about in terms of systems rather than willpower. The habits I've built feel automatic now, which is exactly what I was aiming for. I've also become more attentive to mental health — stress management, protecting quiet time. What does looking after your health look like for you?

MY VERSION ・自分のバージョン

Level 6 Health as prevention vs reaction + what the research says + question 予防としての健康vs反応+研究が示すこと+質問

I've been thinking about health as prevention versus reaction. The evidence on sleep, movement, and chronic stress is pretty striking. What's interesting is how little most of us genuinely prioritise prevention until something goes wrong. Do you think your approach to health is more preventive or reactive?

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 you do → Why it matters to you → What you've learned → 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 take my health seriously — not obsessively, but consistently. I try to exercise three or four times a week, sleep at least seven hours, and eat home-cooked meals most days. The thing I've learned is that small, consistent habits matter far more than dramatic changes. I also try to look after my mental health — limiting screen time in the evenings and making space for quiet time. What do you do to stay healthy?

Negative I know what I should do for my health — exercise, sleep well, eat better — but I'm honest enough to admit I don't always follow through. Work gets busy, evenings get short, and the habits I planned to build slip. I've made some improvements recently: I walk more than I used to and I drink less coffee. Progress is slow but it's real. How do you manage it?

Neutral I look after the basics — regular sleep, reasonably balanced meals, and enough movement. I don't have a strict health regime, but I pay attention to how I feel and adjust when something is off. I've found that sleep is the single thing that most affects everything else — my energy, my mood, my focus. If I prioritise that, most other things fall into place. What do you find most important for your health?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what one health habit I wish I had started earlier — and why."

Hint Share one specific health habit that you've noticed makes a real difference to you — 'I sleep much better when I stop using my phone an hour before bed' is far more interesting than 'I try to sleep early.'

Common mistake I have a headache from yesterday. I've had a headache since yesterday.

For ongoing states that started in the past, use the present perfect with 'since', not 'from.' 'Since' shows continuous time; 'from' shows a starting point for future events.

Today's reflection 今日のふり返り

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 38 Health is one of the most personal and universal conversation topics.

Day 39

Exercise

Today's question 今日の質問

Do you exercise regularly?定期的に運動していますか?

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

Yes, I try to run a few times a week.

MY VERSION ・自分のバージョン

Level 2 Add what + how often 何を・どのくらいの頻度かを追加

Yes, I run two or three times a week and do some stretching in the evenings.

MY VERSION ・自分のバージョン

Level 3 What + how often + why you do it + question 何を+頻度+なぜするか+質問

I run two or three times a week, usually in the morning before work. I started about two years ago when I wanted to manage stress better. I'm not fast, but consistency is what matters to me. Do you exercise regularly?

MY VERSION ・自分のバージョン

Level 4 What + how often + how it started + what it gives me + question
何を+頻度+始めたきっかけ+効果+質問

Running is a regular part of my week — two or three mornings before work. What I've found is that the mental benefit is as significant as the physical one. On the days I run, I'm noticeably clearer-headed. It's now something I genuinely protect in my schedule. What's your relationship with exercise like?

MY VERSION ・自分のバージョン

Level 5 What you do + how it started + what it gives you beyond fitness + question している こと+始めたきっかけ+フィットネス以外の

効果+質問

Running has become one of the most consistent habits in my life — two or three times a week, early morning. What I love about it is that it's unambiguously mine. My mind wanders and I often work through things I've been stuck on. When the habit slips, my mood and focus deteriorate in ways I can now identify clearly. What's your relationship with exercise like?

MY VERSION ・自分のバージョン

Level 6 Exercise as identity vs tool + why consistency is harder than motivation + question 習慣としての運動+一貫性とモチベーション

の違い+質問

I've been thinking about what makes an exercise habit actually stick versus feeling like obligation. For me it was finding something that gave me something beyond fitness — the solitude of running, the thinking time. Have you found something that feels that way — or are you still looking?

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 you do → How often → Why it matters → What you've noticed → 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 exercise regularly — I run three mornings a week and go for longer walks at the weekend. I started running two years ago when I was feeling overwhelmed by work, and the effect was immediate and significant. What I get from it goes beyond fitness: it clears my head, stabilises my mood, and gives me a sense of control over my day. Even a 20- minute run changes how I feel. Do you have a regular exercise habit?

Negative I exercise less regularly than I'd like to admit. I go through periods where I'm consistent and then fall off. The intention is always there, but the follow-through is inconsistent. I know how much better I feel when I exercise regularly — that's the frustrating part. I've started trying to make it smaller and more manageable: even a short walk counts. What do you find helps with staying consistent?

Neutral I exercise moderately — a few times a week, usually walking or light jogging. I'm not training for anything specific and I don't push myself hard, but I value the habit and I notice when I skip it. Exercise for me is less about fitness and more about mental clarity. A thirty-minute walk genuinely changes how the rest of my day feels. Do you exercise regularly?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe what exercise feels like when I'm really in the habit — versus when I've stopped."

Hint Mention how you started your exercise habit — 'I started running two years ago to clear my head after work' gives context and personality. Starting stories are always compelling.

Common mistake I am doing exercise every morning. I exercise every morning.

For regular habits, use simple present — not the present continuous. 'I'm exercising' means right now. 'I exercise every morning' describes a routine.

Today's reflection 今日のふり返り

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 39 Exercise is one of the most honest windows into how someone looks after themselves.

Day 40

Sleep

Today's question 今日の質問

How important is sleep to you?睡眠はあなたにとってどれほど重要ですか?

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

I usually sleep about seven hours.

MY VERSION ・自分のバージョン

Level 2 Add why 理由を追加

I sleep around seven hours and try to go to bed at the same time each night.

MY VERSION ・自分のバージョン

Level 3 How much + what bad sleep does to you + question
どのくらい+睡眠不足の影響+質問

I aim for seven to eight hours and try to keep a consistent bedtime. The consistency matters more to me than the total hours. How do you sleep?

MY VERSION ・自分のバージョン

Level 4 How much I need + what disrupts me + what I've changed + question 必要な量+乱れる原因+変えたこと+質問

Sleep is something I've started taking seriously. I keep a consistent bedtime, I stop looking at screens about an hour before sleeping, and I keep my room cool and dark. The cumulative effect on my energy and focus is noticeable.

How do you sleep?

MY VERSION ・自分のバージョン

Level 5 How much you need + what disrupts you + what you've changed + question 必要な量+乱れる原因+変えたこと+質問

Sleep is something I've invested real thought into. I keep a consistent schedule — same bedtime, same wake time, even on weekends. I wind down deliberately: no screens for an hour before bed, sometimes reading. When I protect it, my mood, focus, and patience are noticeably better. What does your sleep look like?

MY VERSION ・自分のバージョン

Level 6 Sleep debt myth + performance culture + what society gets wrong about rest + question 睡眠負債の誤解+パフォーマンス文化+休息について社会が誤解していること+質問

Sleep is probably the most underrated performance tool most of us have. The research on sleep deprivation is striking — impaired cognition, worse emotional regulation. Yet most people treat it as optional. Do you think your relationship with sleep reflects something about how you value yourself?

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 much you need → What disrupts it → What you've changed → What you've noticed → 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 Sleep is genuinely one of my top priorities. I try to get seven to eight hours and I protect that time fairly carefully — no screens after ten, a consistent bedtime, a quiet room. I've noticed that everything else in my life — my mood, my focus, my energy — depends heavily on how well I slept. When I'm well-rested I'm a noticeably better version of myself. How do you approach sleep?

Negative Sleep is important to me in theory, but in practice I don't always get enough. I tend to stay up too late — on my phone or watching something — and then struggle in the morning. I know the habits I need to change, but the evenings are often when I feel most free, which makes it hard to give that up. Do you find it easy to get consistent sleep?

Neutral I need around seven hours to function well, and I usually get close to that. I'm not strict about sleep hygiene, but I've learned a few things that help: not eating too late, avoiding my phone in bed, and keeping the same rough schedule. Sleep doesn't feel like a discipline for me — it's more like something I've gradually gotten better at respecting. How important is sleep 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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what my perfect evening routine would look like if I had no constraints."

Hint Share what happens when you don't sleep well — 'The next day I can't concentrate and I crave sugar' is a specific detail that immediately connects with any listener.

Common mistake I sleep at 11 o'clock every night. I usually go to bed around 11.

'Go to bed' is far more natural than 'sleep at [time]' for talking about your bedtime routine.

Today's reflection 今日のふり返り

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 40 Sleep is both personal and universal — the perfect Level 5 territory.

Day 41

Food and Eating Habits

Today's question 今日の質問

Do you care about what you eat?食べるものにこだわりますか?

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

I eat Japanese food most of the time.

MY VERSION ・自分のバージョン

Level 2 Add how どう気をつけているかを追加

I eat mainly Japanese food at home and try to keep meals simple on weekdays.

MY VERSION ・自分のバージョン

Level 3 What you try to eat + what you try to avoid + why + question 意識して食べるもの+避けるもの+理由+質問

Most of my weekday meals are simple and Japanese — miso soup, rice, vegetables. On weekends I cook something more experimental. I've been paying more attention to eating less processed food. How would you describe your

eating habits?

MY VERSION ・自分のバージョン

Level 4 What I eat + what I've changed + why it matters + question
食べていること+変えたこと+大切な理由+質問

My eating habits are fairly consistent. I eat mostly Japanese food at home on weekdays. Weekends are when I give myself more freedom to experiment or eat out. I've gradually reduced convenience food and I've noticed I feel genuinely better for it. What are your eating habits like?

MY VERSION ・自分のバージョン

Level 5 What you eat + what you've changed + how food connects to wellbeing + question 食べていること+変えたこと+健康との関係+質問

My eating habits have evolved quite a bit. Weekdays are simple and consistent — Japanese food at home, mostly cooked from fresh ingredients. Weekends I enjoy cooking something more involved, or exploring restaurants.

Meals I associate with strong memories are often simple ones. How would you describe your relationship with food?

MY VERSION ・自分のバージョン

Level 6 Food as culture + identity + what Japanese food culture taught you + question 食文化+アイデンティティ+日本食から学んだこと+質問

I find the relationship between food and identity fascinating. The choices we make about what we eat carry a kind of self-narrative. What role does food play in your daily life beyond fuel — and has that changed as you've got older?

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 you eat → What you've changed → Why it matters → What you've noticed → 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 care quite a lot about what I eat — not in a strict or restrictive way, but I think about it. I cook at home most days using seasonal vegetables and fish, and I try to avoid processed food as much as I can. I've noticed that what I eat genuinely affects my energy and my mood. Japanese food culture has taught me a lot about eating in balance — small portions of many things rather than large amounts of one thing. What about you — do you pay attention to what you eat?

Negative I care about it in principle but not always in practice. When work is busy, I default to convenience store food or quick meals, and I feel the difference. I know that I eat better when I make time to cook, but that's the challenge — time. I'm trying to build better habits slowly. Do you find it easy to eat well consistently?

Neutral I care moderately — I try to eat reasonably well without being rigid about it. I cook at home several times a week, which helps. I'm not calorie-counting or following any diet, but I pay attention to how different foods make me feel. I've found that cutting back on sugar made a noticeable difference to my energy levels. Do you think much about what you eat?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me about a food or eating habit that changed because of where I live."

Hint Name a specific dish and what you love about it — 'I love tonkatsu because the contrast of crispy and tender is perfect' is so much more interesting than 'I like Japanese food.'

Common mistake I don't like eating spicy foods. I don't like spicy food.

'Food' is usually uncountable in

Today's reflection 今日のふり返り

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 41 Food connects to culture, identity, and values — rich Level 5 territory.

Day 42

Cooking

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 really enjoy it.

MY VERSION ・自分のバージョン

Level 2 Add what you make 何を作るかを追加

Yes, especially on weekends when I have more time to try something new.

MY VERSION ・自分のバージョン

Level 3 Yes/no + what you make + how you learned + question
はい・いいえ+作るもの+学んだ経緯+質問

I genuinely enjoy cooking, especially when I have time to experiment. Weekdays I keep it simple. Weekends I try recipes I've saved during the week. I find the process genuinely relaxing. Do you cook much at home?

MY VERSION ・自分のバージョン

Level 4 What I make + when + why I enjoy it + question
作るもの+いつ+楽しむ理由+質問

Cooking is one of my favourite ways to unwind. I keep weekday meals simple by design, but weekends are when I enjoy trying something more ambitious. There's something very satisfying about eating something that took real effort. Do you cook at home?

MY VERSION ・自分のバージョン

Level 5 What you cook + when + what you've learned + what cooking gives you beyond food + question 作るもの+いつ+学んだこと+

料理が与えてくれるもの+質問

Cooking has become one of the activities I most look forward to. It started as practical and became genuinely expressive. I cook simple things on weekdays and save the more involved dishes for weekends. The moment I stopped being anxious about getting it wrong, the food got better. Do you cook, and do you enjoy it?

MY VERSION · 自分のバージョン

Level 6 Cooking as care + what it means to cook for someone + skill vs recipe + question 料理=ケア+誰かのために作る意味+スキルと レシピの違い+質問

I've been thinking about what cooking actually gives us beyond the food. For me, cooking is one of the few activities where I'm completely in the present — I can't check my phone when my hands are busy. What does cooking represent for you, if anything beyond the practical?

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

Do you enjoy it → What you make → How you learned → What cooking gives you → 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 genuinely enjoy cooking — it's one of my most reliable ways to decompress. I cook at home most evenings, usually Japanese food but sometimes Italian or something I've seen online. The part I enjoy most is actually the process: the chopping, the smells, the gradual transformation of ingredients. It's meditative in a way that's hard to describe. And eating something you made yourself is a different kind of satisfaction. What about you — do you cook?

Negative I cook because I have to, not because I love it. I have five or six reliable meals I rotate through the week, and that works for me. On weekends I sometimes try something new — which I enjoy more than weekday cooking — but honestly, the effort-to-reward ratio feels imbalanced. I admire people who find it relaxing. Do you

enjoy cooking?

Neutral I cook regularly and I do it reasonably well, but I wouldn't say it's a passion. It's functional for me most of the time, though occasionally I try something more ambitious and find that genuinely satisfying. I've noticed that the more I cook, the more confident I get — not just in the kitchen but in being comfortable with improvisation. What do you usually make at home?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to teach you one dish I make well — step by step."

Hint Share what cooking does for you emotionally — 'Cooking is the one hour of the day where I'm completely in the present' is a Level 5 insight that will surprise any conversation partner.

Common mistake I made my family to eat my cooking. I cooked for my family.

'Make someone to do something' is incorrect in

Today's reflection 今日のふり返り

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 42 Cooking connects to memory, care, and culture — this is rich conversational territory.

Day 43

Smartphones

Today's question 今日の質問

How do you feel about your smartphone use?スマートフォンの使い方についてどう思いますか？

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 use it a lot, probably too much.

MY VERSION ・自分のバージョン

Level 2 Add details 詳細を追加

I use it constantly — for work, communication, entertainment. I've been trying to be more intentional.

MY VERSION ・自分のバージョン

Level 3 How much + what for + what you've noticed + question
どのくらい+何に使うか+気づいたこと+質問

My phone is central to my daily life — and that concerns me slightly. I use it for work, navigation, reading, and staying connected. But I've noticed I pick it up habitually even when there's nothing to check. Do you have a good

relationship with your phone?

MY VERSION ・自分のバージョン

Level 4 What I use it for + what I've tried to change + what I've noticed + question 何に使うか+変えようとしたこと+気づいたこと+質問

My relationship with my phone is something I've started to think about more consciously. I use it for almost everything, which makes it both indispensable and a problem. I've turned off most notifications and try not to look at it for the first thirty minutes of the morning. How do you manage your phone use?

MY VERSION ・自分のバージョン

Level 5 What you use it for + what you've tried to change + what it's taken from you + question 何に使うか+変えようとしたこと+奪われたもの+質問

I have a complicated relationship with my smartphone. It's genuinely useful — I rely on it for work, communication, navigation, entertainment. But the same features that make it useful also make it compulsive. I've done a few experiments: deleting apps for a week, leaving the phone outside the bedroom. The results were noticeable — more focus, less ambient anxiety. How do you manage your relationship with your phone?

MY VERSION ・自分のバージョン

Level 6 Attention as the real cost + design vs willpower + what we lose + question 注意力こそが本当のコスト+設計vs意志力+失っているもの+質問

I've been thinking about what smartphones have actually changed in terms of attention and solitude. We've made it almost impossible to be bored, which sounds like a good thing — but boredom was apparently where a lot of thinking and creativity happened. Do you think your smartphone has changed the way you think, beyond just how you spend 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

How much you use it → What for → What you've noticed → What you've tried → 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 use my phone a lot — it's genuinely useful for maps, communication, learning, and work. But I've also become more deliberate about how I use it. I've turned off most notifications, I keep it out of my bedroom, and I try not to check it first thing in the morning. Those small changes have made a real difference to my focus and my ability to be present. I feel like I'm using it rather than it using me — most of the time. How do you manage your phone use?

Negative I use my phone more than I'd like, truthfully. I know the habits that would help — no phone in bed, time limits on certain apps — but I don't always follow through. It's designed to keep my attention, and it works. I notice I'm more anxious and distracted on days when I've been on it a lot. It's something I'm actively working on,

with mixed results. Do you have a good relationship with your phone?

Neutral My relationship with my phone is complicated. It's essential for my daily life, but I'm aware of how much time I spend on it and how that affects my focus. I've made some changes — I check social media less, I've deleted a few apps — and I do feel better for it. I think the goal isn't to use it less, exactly, but to use it more intentionally. What's your relationship with your phone like?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe what my ideal relationship with my phone would actually look like."

Hint Be honest about your relationship with your phone — 'I check it within 30 seconds of waking up and I'm not

proud of it' is exactly the kind of self-aware observation that makes great conversation.

Common mistake I use my smartphone to check the SNS. I use my phone to check social media.

Japanese learners often say 'SNS' — the natural English term is 'social media.' Also 'smartphone' can usually be shortened to 'phone' in natural everyday speech.

Today's reflection 今日のふり返り

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 43 Smartphones and attention are some of the most relevant topics of our generation.

Day 44

News

Today's question 今日の質問

Do you follow the news?ニュースは追いかけていますか?

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 check the news online most mornings.

MY VERSION ・自分のバージョン

Level 2 Add how + what kind 方法+ジャンルを追加

I read news online in the morning and sometimes listen to a podcast during my commute.

MY VERSION ・自分のバージョン

Level 3 How + what you follow + how it makes you feel + question 方法+追うもの+気持ち+質問

I follow the news daily — mainly through a couple of trusted websites and a news podcast. Too much news makes me anxious without making me better informed. Do you follow the news closely?

MY VERSION ・自分のバージョン

Level 4 How I follow it + what I've changed + why + question
追い方+変えたこと+理由+質問

My approach to news has changed. I used to check constantly. Now I read a few trusted sources in the morning and consciously avoid news in the evenings. I've noticed I'm better informed on fewer things and feel less overwhelmed. How do you keep up with what's happening?

MY VERSION ・自分のバージョン

Level 5 What you follow + why + what you've changed + what you've noticed about information + question 追うもの+理由+変えたこ

と+情報について気づいたこと+質問

My relationship with news has been through several phases. I used to be quite absorbed — multiple apps, social media feeds, constant checking. Now I'm much more selective. I have two or three trusted sources I read in the morning and I avoid news in the evenings. The change was partly about managing anxiety. How do you follow what's happening in the world?

MY VERSION · 自分のバージョン

Level 6 News literacy + the difference between informed and anxious + what you actually learn + question ニュースリテラシー+情報

通と不安の違い+本当に学んでいること+質問

I've been thinking about the difference between being informed and being engaged with the news. I know people who consume enormous amounts of news and feel powerless, and people who consume very little and are deeply involved in their communities. What draws you to follow the news — is it civic duty, genuine curiosity, or something else?

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

Do you follow it → How → What you've changed → What you've noticed → 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 follow the news — selectively. I read a few trusted sources in the morning and I try to stay informed without becoming overwhelmed. I've found that quality matters more than quantity: reading one long, well-reported article is more valuable than scrolling through thirty headlines. I'm particularly interested in international news and environmental issues. I think staying informed is a kind of responsibility. How do you get your news?

Negative I follow the news, but I've had to set limits on how much. I found that too much news — especially online — was making me anxious without making me better informed. I've switched to checking once a day rather than constantly, and I feel significantly better. I'm still aware of what's happening in the world, but I'm no longer

letting it dominate my mood. Do you find news consumption affects how you feel?

Neutral I follow the news moderately. I check headlines in the morning and occasionally read deeper into topics that interest me. I don't obsess over it, but I like to have a sense of what's happening. I've become more selective about sources over the years — I try to read journalism rather than just opinion. How do you stay informed?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what news story or issue I've been thinking about most recently — and why it matters to me."

Hint Name one specific topic you follow closely and explain why it matters to you personally — showing critical engagement, not just passive news consumption, is a Level 6 move.

Common mistake I read the news from the internet every morning. I get my news online every morning.

'Get news from' or 'check the news on [device/platform]' sounds more natural than 'read news from.'

Today's reflection 今日のふり返り

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 44 How you follow the news says a lot about how you process the world.

Day 45

Technology

Today's question 今日の質問

How much has technology changed your daily life?テクノロジーはあなたの日常をどのくらい変えましたか?

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

It has changed almost everything.

MY VERSION ・自分のバージョン

Level 2 Add one specific example 具体例を追加

It's changed how I work, communicate, and spend my free time — completely, really.

MY VERSION ・自分のバージョン

Level 3 How + what specifically + what you think about it + question どう変えたか+具体的に+考え方+質問

Technology has reshaped my daily life more than any other single factor. What I appreciate is the access and convenience. What concerns me is the dependency. Do you feel technology has made your life better, worse, or just

different?

MY VERSION ・自分のバージョン

Level 4 How it changed my life + what I appreciate + what concerns me + question 生活の変化+感謝すること+心配なこと+質問

Technology has changed almost everything about how I live and work. The changes I appreciate most are access to information and the ability to connect with people across distance. What concerns me is the attention economy.

How has technology changed your daily life?

MY VERSION ・自分のバージョン

Level 5 Most impactful change + what you appreciate + what worries you + question 最も大きな変化+感謝していること+心配なこと+質問

Technology has transformed my daily life so thoroughly that it's difficult to imagine the alternative. What I've come to appreciate most is access: information, communities, and possibilities that didn't exist for previous generations.

What concerns me is the speed of change and the difficulty of knowing which changes are genuinely beneficial versus just novel. What aspects of technology do you find most valuable — and what worries you?

MY VERSION ・自分のバージョン

Level 6 Technology as infrastructure vs tool + what changes with AI + question インフラとしての技術vsツール+AIが変えること+質問

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 it changed your life → What you appreciate → What concerns you → How you approach it → 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 Technology has changed my daily life enormously, and mostly for the better. The ability to learn almost anything online, communicate instantly with people anywhere, and access information in seconds still feels remarkable to me. What I appreciate most is how it's democratised learning — I've taught myself things I never could have twenty years ago. My concern is the pace: things change so fast that it's hard to develop a healthy relationship with any one tool before the next one appears. What impact has technology had on your daily life?

Negative Technology has changed my life significantly, but not always in the ways I expected. The convenience is real, but so is the cost: I'm more reachable, more distracted, and more dependent on my devices than I'd like. I

appreciate what technology makes possible, but I think we often adopt new tools without thinking clearly about what we're trading away. How do you feel about how much technology has changed things?

Neutral Technology has changed almost everything about how I work and communicate. It's made many things faster and more convenient, and I'm genuinely grateful for that. At the same time, I've become more aware of what it costs — in attention, in privacy, in the depth of certain experiences. On balance, I think the changes are positive, but they deserve more thought than most people give them. Has technology improved your daily life, or are you more ambivalent?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what technology I couldn't live without — and what I could happily give up."

Hint Name the single piece of technology you would be most disrupted without — then explain why. Specificity always beats general statements about 'technology.'

Common mistake Technology make our lives easier. Technology makes our lives easier.

'Technology' is an uncountable noun and takes the third-person singular verb.

Today's reflection 今日のふり返り

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 45 Technology is a gateway to talking about values, change, and the future.

Day 46

Social Media

Today's question 今日の質問

Do you use social media?ソーシャルメディアは使っていますか?

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 use it, but I've cut back a lot.

MY VERSION ・自分のバージョン

Level 2 Add which platforms + how often プラットフォーム+頻度を追加

I use Instagram and LINE daily, but I've deleted most other platforms.

MY VERSION ・自分のバージョン

Level 3 Which + how + what you get from it + question
何を+どう+何を得ているか+質問

My relationship with social media has changed significantly. I use LINE for communication and Instagram occasionally, but I noticed my attention and mood improved when I stepped back from some platforms. Do you

use social media much?

MY VERSION ・自分のバージョン

Level 4 What I use + how + what I've noticed + question
使うもの+使い方+気づいたこと+質問

I've become quite selective about social media. I use LINE because it's how people communicate here. I keep Instagram for visual inspiration. But I've moved away from platforms designed to maximise time-on-platform. How do you use social media?

MY VERSION ・自分のバージョン

Level 5 Which + why + what you've found useful and not + question
何を+なぜ+役に立つものとそうでないもの+質問

My relationship with social media has gone through a few cycles. I was quite active across multiple platforms, then became very aware of the way they affected my attention and self-perception, and gradually withdrew. What I've noticed is that being less present online has made me more present offline. What's your relationship with it like?

MY VERSION ・自分のバージョン

Level 6 Social media as performance + loneliness paradox + connection vs audience + question SNS= パフォーマンス+孤独のパラドッ
クス+つながりvs観客+質問

What I keep returning to is the paradox at the centre of it — platforms built to connect us often leave people feeling more alone, because what they reward isn't connection, it's performance. You're not really talking to friends; you're addressing an audience, and an audience is a lonely thing to have. The accounts I value now are the small, private ones — a group chat with three people, not a feed for three hundred. I've started asking whether something is worth posting or just worth living. Do you feel social media connects you to people, or mostly to an audience?

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

Which platforms → How you use them → What you get and don't get → What you've changed → 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 use social media — mainly Instagram and Twitter — but I've become quite deliberate about how. I follow accounts related to photography, language learning, and Japanese culture, and I find genuine value in those communities. What I've cut back on is passive scrolling — consuming without any real purpose. Used intentionally, I think social media can be a real tool for learning and connection. How do you use it?

Negative I use social media but I have a complicated relationship with it. I've noticed that it leaves me feeling worse more often than better — more anxious, more aware of what I'm not doing, more distracted. I've deleted two apps in the past year and I don't miss them. The ones I still use I check rarely and deliberately. I think the honest answer is that I'd be better off without most of it. What's your experience?

Neutral I use social media moderately — mainly LINE for messaging and occasionally Instagram. I don't spend a lot of time on it, but I find it useful for staying connected with people and occasionally discovering things I enjoy. I try to use it deliberately rather than habitually. I think social media is what you make of it — the problem is that most of it is designed to make you use it more than you mean to. How do you manage your use?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe my ideal version of social media — what it would look like if it were designed well."

Hint Share one specific thing you've decided to stop doing on social media and why — this shows self-awareness and generates real conversation.

Common mistake I use LINE and Instagram for communicate with friends. I use LINE and Instagram to communicate with friends. After 'use [X]', we need an infinitive (to + verb), not 'for + verb.' 'I use it to communicate' — never 'for communicate.' This is one of the most common preposition errors.

Today's reflection 今日のふり返り

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 46 Social media is one of the defining topics of modern life — and you just handled it well.

Day 47

Learning

Today's question 今日の質問

Are you learning anything new at the moment?今、新しく学んでいることはありますか?

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

I enjoy learning about history and language.

MY VERSION ・自分のバージョン

Level 2 Add another thing or more detail 他のことや詳細を追加

I'm interested in history and I've recently started learning about economics.

MY VERSION ・自分のバージョン

Level 3 What + how + why now + question 何を+どうやって+なぜ今+質問

I enjoy learning, and I find myself drawn to history and psychology. Recently I've been reading about behavioural economics. I learn mostly through books and podcasts. What do you enjoy learning about?

MY VERSION ・自分のバージョン

Level 4 What + how + what drives me + question 学んでいること+方法+動機+質問

I learn continuously and genuinely enjoy it. I'm particularly interested in history, psychology, and the intersections between them. I've been reading about decision-making recently, which started as intellectual curiosity and quickly became practical. What do you find yourself drawn to learning?

MY VERSION ・自分のバージョン

Level 5 What you're learning + how + what drives you + what you've noticed about how you learn + question 学んでいること+方法+動機+自分の学び方の発見+質問

At the moment I'm working through a book on cognitive biases, mostly in short bursts on my commute. What drives me isn't usefulness exactly — it's that I keep noticing the ideas afterwards, in conversations and in my own thinking. What I've realised about how I learn is that I need a reason to care before anything sticks; abstract study never holds, but anything tied to a real question stays with me. Studying English works the same way — it's not memorising, it's chasing something I actually want to say. What are you most drawn to learning, and how do you learn best?

MY VERSION ・自分のバージョン

Level 6 Learning as identity vs performance + curiosity vs obligation + what real understanding feels like + question 学び=アイデン

ティティかパフォーマンスか+好奇心vs義務感+本当の理解とは+質問

I've started to think there are two completely different kinds of learning. One is performance — learning to pass, to look capable, to tick a box — and it evaporates the moment the pressure lifts. The other is identity — learning because the subject is quietly becoming part of how you see the world. Real understanding, for me, feels less like knowing more facts and more like a shift in attention: I start noticing things I was blind to before. The trick is keeping it curiosity rather than obligation, because the moment learning becomes a duty it stops changing me.

When does learning feel most alive to 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

What you're learning → How → What drives you → What you've noticed about how you learn → 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 Definitely — English, as you can tell! But beyond that, I've been learning more about cooking — specifically fermentation and Japanese traditional techniques. I find that learning something with a physical, practical element keeps me engaged in a way that purely academic study doesn't. I've also noticed that I learn best when there's a real goal: a meal I want to cook, a conversation I want to have. What are you learning at the moment?

Negative Not as much as I'd like, to be honest. I go through phases where I'm consistently curious and learning new things, and phases where work takes over and I stop. I'm in a quieter phase right now. I know what I want to learn — I have a list — but motivation has been harder to find. Do you find it easy to keep learning outside of work?

Neutral English is the main thing I'm actively studying right now. Beyond that, I pick things up informally — reading about topics I'm curious about, trying new things in the kitchen, paying attention to things I'd normally rush past. I'm not sure that counts as 'learning' in a formal sense, but I think curiosity is its own kind of education. What's something you've learned recently that surprised 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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what subject I'd study seriously if I could start any course tomorrow."

Hint Share the specific moment when you realised you were genuinely learning something — that moment of connection is a Level 5 observation that only real learners can make.

Common mistake I am interesting in learning new things. I am interested in learning new things.

'Interested' (past participle as adjective) describes the person's feeling. 'Interesting' describes the thing. 'I am interesting'

means other people find you interesting — a very different sentence!

Today's reflection 今日のふり返り

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 47 Talking about what you're learning shows curiosity — one of the best qualities to express.

Day 48

Languages

Today's question 今日の質問

What do you think about learning languages?語学学習についてどう思いますか?

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 it's one of the best things you can do.

MY VERSION ・自分のバージョン

Level 2 Add why 理由を追加

I think it's incredibly rewarding, but genuinely difficult. It requires patience.

MY VERSION ・自分のバージョン

Level 3 Your view + your experience + what surprised you + question 考え+経験+驚いたこと+質問

Learning another language is one of the most challenging and rewarding things I've done. The difficulty isn't just vocabulary or grammar — it's accepting the discomfort of not being able to express yourself the way you can in your

mother tongue. Do you speak any languages other than Japanese?

MY VERSION ・自分のバージョン

Level 4 My experience + what it taught me + what's hardest + question
経験+教えてくれたこと+難しいこと+質問

Language learning has taught me a lot about how I learn in general. The persistent effort, the plateaus, the moments of sudden breakthrough — they've made me more patient. English has shown me that fluency is not binary — it's a spectrum, and there's always another level of naturalness to reach. How do you feel about language learning?

MY VERSION ・自分のバージョン

Level 5 Your experience + what it taught you + what's hardest + what speaking well actually requires + question 経験+教えてくれたこと+難しいこと+話せるとはどういうことか+質問

Learning English has taught me more than vocabulary — it's taught me patience with myself. The hardest part isn't grammar; it's the gap between what I can think and what I can yet say, and learning to tolerate that gap without going silent. What I've come to believe is that speaking well isn't about perfection — it's about flow, about being willing to be slightly wrong out loud. The people I admire in any language are the ones who keep talking through their mistakes. What's been the hardest part of language learning for you?

MY VERSION ・自分のバージョン

Level 6 Language and identity + what you lose and gain + thinking in another language + question 言語とアイデンティティ+失うものと得るもの+別の言語で考えること+質問

There's a strange thing that happens once a language gets deep enough — you become slightly different inside it. In English I notice I'm a little more direct, a little more willing to say what I mean; something in the language gives me permission. You gain a second self, but you also lose something — there are feelings I can only really say in Japanese, and they don't quite survive translation. The day I caught myself thinking in English without trying, I felt I'd crossed a border I couldn't uncross. Have you ever felt like a slightly different person in another language?

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

Your view → Your experience → What it's taught you → What it's changed → 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 think learning a language is one of the most rewarding things a person can do — not just for communication, but for how it changes the way you think. English has given me access to ideas, people, and experiences I couldn't have reached otherwise. The hardest part for me isn't grammar — it's the courage to speak before I feel ready. But I've learned that waiting until you're ready means waiting forever. What's your experience of language learning?

Negative I find language learning genuinely difficult, and I think I've always underestimated how long it takes. I've been studying English for years and I still feel the gap between what I understand and what I can say. That gap is frustrating but also, I've come to think, normal. The hardest moment is when you know exactly what you want to

express and can't find the words. Have you experienced that?

Neutral I think learning a language is important and worthwhile, but harder than most people expect. What has surprised me most is that grammar and vocabulary are the smaller part — the real challenge is being comfortable using imperfect English in real situations. I've had to learn to tolerate mistakes as part of the process rather than signs of failure. What do you find hardest about language learning?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe a moment when English felt like my language — not a second one."

Hint Describe the specific feeling of understanding something in a foreign language for the first time — that moment of connection is universally relatable.

Common mistake My English is not so good yet. My English is still a work in progress, but I'm getting there. Negative self-assessments close conversations. A forward-looking reframe — 'a work in progress', 'still improving', 'getting there' — is honest and keeps the energy positive.

Today's reflection 今日のふり返り

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 48 Talking about language learning in English is itself a remarkable achievement.

Day 49

Your Home

Today's question 今日の質問

What is your home like?あなたの家はどんな感じですか?

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 live in a small apartment near the station.

MY VERSION ・自分のバージョン

Level 2 Add where + who you live with 場所+誰と住んでいるかを追加

I live in a one-room apartment, compact but well-located and comfortable.

MY VERSION ・自分のバージョン

Level 3 Size + location + who with + what you like about it + question 広さ+場所+誰と+好きなところ+質問

I live in a small apartment about ten minutes from the station. It's not large, but I've made it comfortable — good lighting, some plants, a reading corner I use every day. Is there a part of your home you especially like?

MY VERSION ・自分のバージョン

Level 4 Where + what I've done + what makes it mine + question
場所+工夫+自分らしさ+質問

I live in a compact one-room apartment and I've invested real thought into making it feel like mine. I've arranged the space so that different areas serve different functions. Lighting was the single biggest improvement I made. Is there an aspect of your home you're particularly happy with?

MY VERSION ・自分のバージョン

Level 5 Size + neighbourhood + what you love + what you'd change + question 広さ+場所+好きなところ+変えたいところ+質問

I live in a fairly small apartment in a quiet part of the city — close enough to everything, far enough to sleep. What I love is the light in the mornings and a café two minutes away that already knows my order. What I'd change is space; I've learned to live carefully with what I have, but I'd like one room that's only for thinking. Even so, I've come to believe a home is made more by attention than by square metres. Is there a part of your home you're especially happy with, and something you'd change?

MY VERSION ・自分のバージョン

Level 6 What makes a home vs a house + belonging + what home actually means + question 家vs住居の違い+帰属感+家の本当の意味 +質問

I've started to think a house is where you keep your things and a home is where you stop performing. A house can be impressive and still feel like nowhere; a home can be tiny and feel like the centre of the world. For me the difference is belonging — the sense that I can exhale here, that nothing is being asked of me. I've realised home isn't really a place at all but a feeling I sometimes find in places, and occasionally in people. What does home actually mean to you — a place, or something else?

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

Size → Location → What you love → What you'd change → What makes it feel like 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 comfortable apartment — I've lived here for three years and it genuinely feels like mine now. I've put effort into making it feel personal: plants on the windowsill, a good reading corner, things that mean something to me on the shelves. The neighbourhood is quiet and I know a few of the local shops well enough to be recognised. I've come to think that a home is less about size and more about whether you feel settled in it. What's your home like?

Negative My home is functional but not somewhere I feel deeply attached to. I rent and the landlord has strict rules about what I can change, which makes it hard to make it feel personal. I sometimes feel like I'm living in someone else's space. I'd like to find somewhere I can really invest in eventually — somewhere that feels like mine in

a real way.

Do you feel at home where you live?

Neutral I live in a one-room apartment near the station — small, practical, well-located. I've made it comfortable without making it elaborate. I have a few things I love: a good lamp, some books, a space that feels calm. I don't need much space, but I need the space I have to feel right. What matters most to you in a home?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe the one corner of my home that feels most like me — and why."

Hint Describe one thing about your home that is specifically, meaningfully yours — a corner, an object, a view.

'My favourite spot is the small balcony where I drink my morning coffee' tells a real story.

Common mistake I live in a apartment near the station. I live in an apartment near the station.

Use 'an' before words starting with a vowel sound: an apartment, an office, an hour, an umbrella. The rule is about sound, not spelling — 'an hour' because the 'h' is silent.

Today's reflection 今日のふり返り

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 49 Describing your home reveals who you are — this is personal and real territory.

Day 50

City Life

Today's question 今日の質問

What do you like and dislike about living in a city?都市に住むことの好きな点と嫌いな点は何ですか?

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

I love the convenience.

MY VERSION ・自分のバージョン

Level 2 Add detail 詳細を追加

I love the access to everything — transport, restaurants, culture. But it can feel overwhelming.

MY VERSION ・自分のバージョン

Level 3 Pros + cons + what you've made peace with + question
メリット+デメリット+受け入れたこと+質問

What I love about city life is the density of options. What I find hard is the noise and the sense that you're never quite alone. Do you like living where you live?

MY VERSION ・自分のバージョン

Level 4 What I love + what's tiring + how I reset + question
好きなこと+疲れること+リセット方法+質問

What I love about the city is the sheer possibility — you can find almost anything, meet almost anyone, change your evening on a whim. What tires me is that the city never fully switches off; there's no natural quiet, so stillness has to be manufactured. I reset by walking early, before the noise starts, or by leaving entirely for a day. I've had to learn that the city won't hand me rest unless I take it deliberately. Do you find where you live energising or draining?

MY VERSION ・自分のバージョン

Level 5 What you love + what exhausts you + what surprised you + city vs nature + question 好きなこと+疲れること+驚いたこと+都市vs自然+質問

I love how the city compresses life — opportunity, culture, people, all within reach. What exhausts me is the constant low hum of stimulation; something is always asking for attention. What surprised me is how lonely density can be — being surrounded by people is not the same as being known. When I spend time in nature I feel something slow down that the city keeps permanently sped up, and I wonder why I don't choose it more often. If you could choose freely, would you pick the city or somewhere quieter?

MY VERSION ・自分のバージョン

Level 6 City as infrastructure for possibility + density and loneliness + what you sacrifice for access + question 可能性のインフラとしての都市+密度と孤独+アクセスのために犠牲にするもの+質問

I've come to see the city as infrastructure for possibility — you pay rent not really for the apartment but for proximity to everything that might happen. The strange cost is loneliness: density should connect people, yet it often does the opposite, because closeness without relationship is just crowding. So the real trade is access for intimacy — I can reach a thousand things and know very few people well. I keep asking whether the possibility is worth what it quietly takes. What do you think you sacrifice for the kind of place you live in?

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 you love → What you find hard → What you've noticed → What trade-offs you've made → 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 genuinely love city life — the energy, the convenience, the sense that something is always happening. What I love most is that everything I need or want is reachable: good food, culture, parks, people. The noise and crowds are the trade-off, but I've made peace with them. What I didn't expect when I moved here was how quickly I'd feel anonymous in a good way — free from the pressure to know everyone and explain myself. Do you prefer city or countryside living?

Negative City life has real advantages — convenience, access, variety — but I find the noise and pace genuinely draining. After a busy week I need silence and space, and the city doesn't make that easy. I love visiting quieter places and always come home a little reluctant. I think I'd thrive somewhere smaller, but I stay for practical reasons. Does

the city energise you or exhaust you?

Neutral I like city life for the practical reasons — transport, shops, opportunities — and I've adapted to the pace. What I didn't expect was how isolated it's possible to feel in a crowded place. The city gives you proximity without connection, which I find interesting and occasionally unsettling. I've learned to create my own sense of community in smaller circles. What do you find surprising about living in a city?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what I think I'd miss most if I moved away from where I live now."

Hint Compare your city to one other place you know — the contrast immediately creates interesting content.

'Compared to Tokyo, Fukuoka feels like you can actually breathe' is far more vivid than a list of city features.

Common mistake The city has many convenience. The city has a lot of conveniences.

'Convenience' as a countable noun means a convenient feature (plural: conveniences).

Today's reflection 今日のふり返り

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 50 Where you live and why reveals a great deal about your values.

Day 51

Seasons

Today's question 今日の質問

What is your favourite season?一番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

Autumn, without question.

MY VERSION ・自分のバージョン

Level 2 Add why 理由を追加

Autumn, definitely. The temperature is perfect and the light changes completely.

MY VERSION ・自分のバージョン

Level 3 Which + why + a specific memory + question
どの季節+理由+思い出+質問

Autumn is when I feel most alive. The air is crisp, the light turns golden, and there's a kind of energy in the season that summer and winter don't have for me. Which season do you feel best in?

MY VERSION ・自分のバージョン

Level 4 Season + why + sensory detail + how it affects me + question
季節+理由+感覚的詳細+影響+質問

Autumn is definitely my season. I feel more motivated and energised in autumn than any other time of year.

There's also something about the awareness that the days are shortening that makes me want to be outside more, not less. Which season feels best to you?

MY VERSION ・自分のバージョン

Level 5 Season + why + sensory detail + what it does to you + question
季節+理由+感覚的詳細+与える影響+質問

Autumn is the season I feel most myself in. It's partly the temperature — cool enough to think clearly — and partly the light, which goes low and gold in a way that makes ordinary streets look considered. There's a particular smell, cooling leaves and woodsmoke, that pulls up memories I can't quite name. Something about the shortening days makes me want to be more deliberate, to gather myself before winter. Which season feels most like you, and why?

MY VERSION ・自分のバージョン

Level 6 Seasons and mood + what seasonal change tells you about yourself + question 季節と気分+季節の変化が教えてくれること+質問

What seasons have taught me is how little of my mood is actually mine to control. I used to think I was steady; then

I noticed how reliably the grey end of winter flattens me and how spring lifts me almost against my will. There's something humbling in that — being reminded that I'm an animal responding to light, not just a mind making decisions. Now I try to work with the rhythm instead of against it: less ambition in winter, more in spring. Do you notice the seasons changing you, or do you stay fairly constant?

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

Your favourite season → Why → Sensory details → What it does to your mood → 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 My favourite season is autumn — it's when Japan feels most beautiful to me. The light changes quality, the air becomes genuinely comfortable, and the colours in parks and on mountainsides are extraordinary. I feel more energised in autumn than in any other season. I sleep better, think more clearly, and feel more inclined to be outside.

It's the season where I feel most like myself. What's your favourite season?

Negative I find it hard to have a favourite, honestly — each season has something I struggle with. Summer is exhausting with the humidity, winter feels grey and slow, spring brings allergies, and autumn feels like it ends too quickly. If I had to choose I'd say autumn — it's the most tolerable — but the enthusiasm many people feel for

seasons has always been a little mysterious to me. Do you feel strongly about seasons?

Neutral I appreciate each season for different reasons, but if I had to pick I'd say autumn. The temperature suits me, the light is beautiful, and I find the gentle melancholy of the season actually quite pleasant. It makes me reflective and quieter in a good way. I notice that my mood and energy genuinely shift with the seasons — autumn suits my natural pace. What season feels most like 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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe my favourite season day in as much sensory detail as I can."

Hint Share something specific that only happens in your favourite season — a smell, a sound, a feeling. Sensory details put the listener right there with you.

Common mistake I like the spring most. I like spring the most.

Seasons in English don't take 'the' when speaking generally: 'I love spring', 'in summer', 'during autumn.' Use 'the' only for specific instances: 'the spring of 2020.'

Today's reflection 今日のふり返り

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 51 Seasons reveal something personal — energy, mood, memory, and what you need.

Day 52

Weather

Today's question 今日の質問

How does the weather affect your mood?天気はあなたの気分にどう影響しますか?

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

It affects me a lot, actually.

MY VERSION ・自分のバージョン

Level 2 Add specifically how どう影響するかを追加

Weather affects my energy significantly — grey days make me quieter, bright days make me more active.

MY VERSION ・自分のバージョン

Level 3 Sunny vs grey + what you notice + whether that bothers you + question 晴れvs曇り+気づいたこと+気になるか+質問

Bright days make me noticeably more energetic, and long grey stretches make me quieter and slower. I do notice it, and yes, it bothers me a little — I'd rather my mood were more under my own control. But I've stopped fighting it

and started planning around it instead. Does the weather affect you much?

MY VERSION ・自分のバージョン

Level 4 How it affects me + what changes + how I respond + question
影響+変わること+対処法+質問

Weather affects my energy more than I used to admit. On clear mornings I'm optimistic and get more done; through long overcast spells a kind of flatness settles in. What changes most is my motivation, not my schedule, so I respond by being gentler with myself on grey days and saving demanding work for bright ones. Treating it as information rather than a flaw has helped. How does the weather change your day, if at all?

MY VERSION ・自分のバージョン

Level 5 How it affects you + whether you resist or accept it + what you do in bad weather + question どう影響するか+抵抗するか受け入れるか+悪天候でしていること+質問

Weather has a real and fairly predictable effect on me — cool, clear mornings make me genuinely hopeful, and still grey days have a quietly draining effect that builds over time. For years I resisted it, treating low days as failures of will; now I mostly accept it as part of being human. On bad-weather days I lower the bar deliberately — easier tasks, a walk anyway, good light indoors — and the acceptance itself seems to soften the effect. Do you resist the weather's pull on your mood, or work with it?

MY VERSION ・自分のバージョン

Level 6 Seasonal affective patterns + accepting natural rhythms vs productivity pressure + question 季節性感情パターン+自然なリズムを受け入れること+質問

What I've slowly understood is that my dips aren't random — they follow the light, and fighting them with sheer productivity only adds guilt to tiredness. There's a quiet conflict between natural rhythm and the modern expectation that output should be constant regardless of season or sky. I've started to think the healthier move is to honour the rhythm: rest more when the light is low, push when it returns, and stop treating my own seasonality as a defect. The pressure to be equally productive every day might be the least natural thing about modern life. Do you think we're allowed to slow with the seasons, or do we just push through?

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 it affects you → What specifically changes → How you respond → What you've accepted → 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 The weather affects me significantly and I've stopped fighting it. On clear, bright days I feel energised and sociable — I want to be outside, to move, to do things. On grey or rainy days I tend to turn inward — I read more, think more slowly, cook something warm. I've come to value that rhythm rather than resisting it. A rainy day used to feel like something going wrong; now it feels like permission to slow down. How does weather affect you?

Negative I'm quite sensitive to weather — perhaps more than I'd like. Grey, overcast days genuinely lower my mood and make it harder to feel motivated. Japan's rainy season is the most challenging period for me — weeks without sun affects my energy and my outlook. I try to compensate with exercise and light, but it doesn't fully work. Do you find weather affects how you feel?

Neutral Weather affects me more than I used to admit. Bright mornings genuinely lift me; grey skies make me quieter.

I've started thinking of these as natural rhythms rather than problems to overcome — lower energy in grey weather, higher energy in bright weather. I try to work with whatever the day offers rather than against it. Do you notice weather affecting your mood?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what kind of weather makes me feel most creative — and to explain why I think that is."

Hint Share how your mood genuinely changes with the weather — 'I'm a completely different person on a clear autumn morning' shows self-awareness and gives the listener something to agree with.

Common mistake The weather is very hot in Japan in summer. Summers in Japan are incredibly humid — it hits you the moment you step outside. Move from general statements to specific, sensory descriptions. 'Very hot' tells the listener nothing new. A specific detail — humidity, the feeling, the moment — makes them feel it.

Today's reflection 今日のふり返り

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 52 A simple question about weather opened into something genuinely interesting.

Day 53

Important Relationships

Today's question 今日の質問

Who are the most important people in your life?あなたの人生で最も大切な人は誰ですか?

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 mother is the most important person in my life.

MY VERSION ・自分のバージョン

Level 2 Add who specifically + why 誰か具体的に+理由を追加

My mother means the most to me. She's always supported my choices and given me confidence when I doubted myself.

MY VERSION ・自分のバージョン

Level 3 Family + friends + what those relationships give you + question 家族+友人+その関係がくれるもの+質問

The most important person in my life right now is my mother. She supported me through the hardest period of my life without making me feel like a burden. Is there someone in your life who feels especially important right now?

MY VERSION ・自分のバージョン

Level 4 Who + what those relationships give me + what makes them special + question 誰か+もたらすもの+特別な理由+質問

The most important people in my life right now are my family and one close friend from university. What those relationships give me is the feeling of not having to perform — I can be unsure, tired, wrong, and still be met with warmth. What makes them special is honesty; we don't pretend things are fine when they aren't. Who feels most important in your life at the moment?

MY VERSION ・自分のバージョン

Level 5 Family + close friends + what makes those relationships special + what you've learned about connection + question 家族+親友+その関係の特別さ+つながりについて学んだこと+質問

My family anchors me, and a small handful of close friends keep me honest — chief among them a friend I've known since university. What makes those relationships special is that they've survived change; we've watched each other become different people and stayed. What I've learned about connection is that depth isn't built in big moments but in small, repeated attention — remembering, showing up, asking the real question. Is there someone in your life who feels especially important right now?

MY VERSION ・自分のバージョン

Level 6 The value of long friendships + what depth requires + how relationships change with time + question 長い友情の価値+深さに必要なもの+時間とともに変わる関係+質問

The friendships I value most are the long ones, and I've come to think their value is precisely the time in them — they hold versions of me I've otherwise forgotten. Depth, I've realised, requires staying through the unglamorous stretches, the seasons where there's nothing dramatic to bond over and you keep showing up anyway.

Relationships change with time whether you tend them or not; the only choice is whether they deepen or quietly fade. What I want now is fewer, truer relationships rather than many easy ones. What do you think long friendships give you that newer ones can't?

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

Who → What those relationships give you → What makes them special → What you've learned → 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 The most important people in my life are my family and two or three close friends. My family provides a kind of steady, unconditional presence that I don't take for granted. My close friends are the people who know me well enough to say the thing I need to hear, not just the thing I want to hear. Those relationships took years to build and I protect them carefully. What I've learned is that depth in a relationship doesn't happen automatically — it requires showing up consistently. Who are most important to you?

Negative The most important people in my life are my family, though our relationships aren't without difficulty. We're not always good at communicating, and there are things I find hard to say to them. I have one or two friends I'm genuinely close to, but I've found it harder to build deep friendships as an adult than I expected. I

value connection deeply but I don't always find it easy. How important are close relationships to you?

Neutral My family and a small circle of close friends are the most important people in my life. I don't have a large social network, but the relationships I do have feel genuine and nourishing. I've found that a few deep connections are more sustaining than many surface-level ones. I'm also fortunate to have one or two people in my life who I can be completely honest with — that's rarer than it sounds. Who matters most 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
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Step 6 Memorise Level 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe what makes one of my most important relationships feel different from others."

Hint Describe what makes this relationship irreplaceable in one very specific sentence — not 'she's kind' but 'she's the only person who tells me the truth even when I don't want to hear it.'

Common mistake She is a person who I can tell everything. She's someone I can tell everything to.
Relative clauses in English need 'to' at the end when the original sentence has a preposition: 'I can tell everything to her' → 'someone I can tell everything to.' Never end without the preposition.

Today's reflection 今日のふり返り

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 53 Talking about what matters most is where language learning meets real life.

Day 54

Someone You Admire

Today's question 今日の質問

Is there someone you really admire?心から尊敬している人はいますか?

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 admire my father a great deal.

MY VERSION ・自分のバージョン

Level 2 Add why 理由を追加

I admire my father for the quiet consistency with which he's lived his life.

MY VERSION ・自分のバージョン

Level 3 Who + what they did + what quality you admire + question

誰か+何をした+どの資質を尊敬するか+質問

The person I admire most is my father. He's worked steadily at something he believes in for thirty years, without drama or complaint. What I admire is the quiet consistency of it — the way he kept his word to himself over

decades. Is there someone you really look up to?

MY VERSION ・自分のバージョン

Level 4 Who + what they showed me + how it influences me + question
誰か+教えてくれたこと+影響+質問

I admire my father most — not for anything spectacular, but for thirty years of quiet consistency. What he showed me is that character is mostly what you do when no one is watching or applauding. It influences me more than I like to admit; whenever I'm tempted to quit something hard, I think of how undramatically he simply continued.

Who has shown you something just by how they live?

MY VERSION ・自分のバージョン

Level 5 Who + what they showed you + what that quality means to you + how it influences you + question 誰か+教えてくれたこと+その資質の意味+影響+質問

The person I admire most is my father, though it took me years to see why. What he showed me wasn't talent but constancy — the discipline of staying faithful to something ordinary for decades. That quality, consistency, has come to mean more to me than brilliance, because I've watched a lot of brilliance burn out. It influences how I measure myself now: not by my best day, but by whether I keep showing up on the average ones. What quality do you most admire in someone, and where did you first see it?

MY VERSION ・自分のバージョン

Level 6 Admiration for consistency vs brilliance + what admiration teaches you about your own values + question 一貫性への敬意vs才能+敬意が教える自分の価値観+質問

I used to admire brilliance — the dramatic, visible kind of excellence — and now I almost distrust it. What's lasted, for me, is admiration for consistency: people who are quietly the same on an ordinary Tuesday as they are in a crisis. I've started to think admiration is a kind of mirror; what we admire in others is usually what we most want to develop in ourselves. So when I notice I admire steadiness, it tells me where I still feel unsteady. What does the thing you admire most reveal about what you value?

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

Who → What they did → What quality stands out → How it influences you → 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 The person I admire most is my former teacher from university. She was brilliant, but what I admired most wasn't her knowledge — it was her patience and the way she listened. She made every student feel like their question mattered. I think about her when I'm in situations that require patience I don't naturally have. The quality I most want to develop is that ability to be fully present with someone — to make them feel genuinely heard. Is there someone who has influenced how you want to be?

Negative Admiration is something I feel cautiously, honestly. I've had experiences of admiring people who turned out to be more complicated than they appeared. The person I feel most enduring admiration for is someone ordinary — a family member who handled years of quiet difficulty with dignity and without complaint. That kind

of consistency is harder than brilliance, I think. Do you have someone you genuinely admire?

Neutral There are several people I admire for different qualities. I admire one close friend for her directness — she says difficult things kindly and clearly, which I find genuinely hard. I admire my father for his steadiness — nothing dramatic, just reliable, consistent care over decades. I think what we admire says more about what we're working towards than about the person we're admiring. What quality do you most want to develop?

Step 5 Vocabulary 語彙（最大4語）

Think in Japanese first → ask AI → record here.

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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

"Ask me what quality of the person I admire I most want to develop in myself."

Hint Share one specific thing this person said or did that has stayed with you — a single real anecdote is always more powerful than a list of qualities.

Common mistake I respect him very much because he is successful. I admire him very much because of his resilience.

'Respect' is for rules, authority, or boundaries. 'Admire' is for people you look up to and find inspiring.

Today's reflection 今日のふり返り

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 54 Admiration reveals values — this is some of the richest conversational territory.

Day 55

Kindness

Today's question 今日の質問

What does kindness mean to you?あなたにとって親切さとはどういう意味ですか?

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

Kindness means noticing when someone needs something and doing it without being asked.

MY VERSION ・自分のバージョン

Level 2 Add more より詳しく追加

To me, kindness is paying attention — really noticing what another person needs and responding to it.

MY VERSION ・自分のバージョン

Level 3 Your definition + an example + why it matters + question 定義+例+なぜ大切か+質問

To me, kindness is paying attention — really noticing what another person needs and responding to it. A small example: a colleague once quietly covered a task for me on a day I was overwhelmed, and never mentioned it. It

matters because that kind of noticing is rare, and it tells you you're not invisible. What does kindness mean to you?

MY VERSION ・自分のバージョン

Level 4 What it means to me + an example + what it requires + question
意味+具体例+必要なもの+質問

Kindness, to me, is attention turned outward — noticing what someone needs before they have to ask. The kindest thing anyone's done for me was small and unannounced: a friend who simply showed up during a hard week and asked for nothing. What it requires, I think, is a kind of self-forgetting — setting your own needs aside long enough to actually see someone else. What's your sense of what kindness really is?

MY VERSION ・自分のバージョン

Level 5 Definition + a specific example + what kindness requires + what it gives + question 定義+具体例+必要なもの+もたらすもの+質問

I think of kindness as attention made active — not just feeling for someone but doing something about it, often something small. The act of kindness that has stayed with me longest was tiny and private: someone noticed I was struggling before I'd said a word. What it requires is paying attention beyond what's convenient; what it gives, oddly, is to the giver as much as the receiver — a sense of being connected rather than separate. Is there a specific act of kindness that's stayed with you?

MY VERSION ・自分のバージョン

Level 6 Kindness vs niceness + active vs performed + what kindness costs + question 親切vs表面的な優しさ+能動的vs演じられたもの+親切さのコスト+質問

I've come to draw a hard line between kindness and niceness. Niceness is smooth and often performed — it wants to be seen and to avoid friction; kindness is sometimes inconvenient and frequently invisible. Real kindness costs something — time, comfort, the risk of being rebuffed — and I think that cost is exactly what makes it real. The kindnesses that have moved me most were the ones where someone clearly had nothing to gain. Do you think there's a difference between being kind and being nice?

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

Your definition → An example → What it requires → What it's taught you → 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 Kindness to me means paying attention — noticing what someone needs and responding to it, often without being asked. The kindest acts I can think of were small and specific: a colleague who brought me tea on a difficult day without saying anything, a friend who remembered something I mentioned once and followed up months later. True kindness requires paying close enough attention to see what's actually needed rather than what's convenient to offer.

What does kindness look like to you?

Negative Kindness is something I think about often, partly because I don't always find it easy. I can be impatient and direct, and I sometimes confuse efficiency with unkindness. I try to be more deliberate about small

gestures — checking in, expressing appreciation, noticing when someone seems off. It's a skill I'm actively trying to develop. Do you find kindness comes naturally to you?

Neutral Kindness to me means active care — not just being pleasant, but actually doing something that helps. The distinction I find important is between kindness and niceness: niceness is surface, kindness costs something. The most meaningful kindness I've experienced came from people who gave up something — time, comfort, convenience — to help. That's what I try to aim for. What does kindness 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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me to describe the kindest thing anyone has ever done for me — and what it meant."

Hint Describe the smallest act of kindness that had the largest impact on you — the contrast between size and impact makes for a genuinely memorable story.

Common mistake Someone did a kind for me last week. Someone did something kind for me last week.

'Kind' is an adjective, not a noun.

Today's reflection 今日のふり返り

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 55 Kindness is a value conversation — one of the deepest kinds you can have.

Day 56

A Challenge You Faced

Today's question 今日の質問

Tell me about a challenge you have faced.乗り越えた困難について話してください。

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

The hardest period of my life was when I changed careers.

MY VERSION ・自分のバージョン

Level 2 Add what made it hard 何が難しかったかを追加

Changing careers in my late twenties was very difficult. The uncertainty lasted over a year.

MY VERSION ・自分のバージョン

Level 3 What + what made it hard + how you got through it + question 何か+難しかった理由+乗り越え方+質問

The hardest thing I've faced was changing careers in my late twenties. What made it hard wasn't only the money but the constant self-doubt — the voice asking whether I'd ruined everything. I got through it by breaking the

uncertainty into small problems I could actually solve, one week at a time. Have you been through something that really tested you?

MY VERSION ・自分のバージョン

Level 4 What it was + what made it hard + how I got through it + question
困難の内容+難しかった理由+乗り越え方+質問

The biggest challenge I've faced was leaving a stable job to change careers in my late twenties. What made it hard was the sustained uncertainty — not one bad moment but a year of not knowing if I'd been brave or foolish. I got through it by being systematic, turning a vague fear into concrete steps, and by leaning on a couple of people who didn't flinch. Looking back, the doubt was worse than the difficulty. Have you faced something that changed how you see yourself?

MY VERSION ・自分のバージョン

Level 5 What + what made it hard + how you got through it + what it taught you + question 何か+難しかった理由+乗り越え方+学んだこと+質問

The most formative challenge of my life was changing careers in my late twenties — leaving security for something completely uncertain. What made it genuinely hard was the duration: not a single crisis but a long stretch of self-doubt I had to live inside. I got through it by separating productive worry from useless rumination, and by acting in small, concrete steps even when I felt paralysed. What it taught me is that staying somewhere out of fear has its own quiet cost, often larger than the risk I was avoiding. Is there a challenge you'd describe as truly formative?

MY VERSION ・自分のバージョン

Level 6 How challenges change your self-image + what difficulty teaches + surviving vs growing + question 困難が自己イメージを変える+困難が教えること+生き延びることと成長することの違い+質問

What strikes me now about that period is that it changed my self-image more than my circumstances — I came out the other side knowing I could survive uncertainty, and that knowledge quietly underwrites everything since. I've started to think difficulty is one of the few things that genuinely teaches, but only if you let it; you can survive something without growing from it, just by gritting your teeth and forgetting. The difference seems to be reflection — whether you ask what it was trying to show you. The hardest things I've been through are, oddly, the ones I'd least undo. Do you think your hardest experiences changed who you are, or just what happened to 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

What the challenge was → What made it hard → How you got through it → What it taught you → 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 One of the most significant challenges I faced was changing careers in my late twenties. I had a stable job but I wasn't happy, and starting over felt genuinely frightening. What made it hard was the uncertainty — I didn't know if I'd made the right decision for months. What got me through was a small group of people who believed in me when I wasn't sure I believed in myself. Looking back, it was the best decision I ever made and it taught me that discomfort is rarely a sign you're doing the wrong thing. Have you faced a challenge that turned out to be important?

Negative A challenge I faced was a long period of work-related burnout a few years ago. I kept going past the point I should have stopped, partly from habit and partly from not wanting to admit I was struggling. By the time I

addressed it, I was genuinely depleted. What I learned was to pay more attention to early warning signs — and to ask for help sooner. It's not something I'd want to repeat, but it changed how I approach my limits. Have you experienced something that taught you something about your own resilience?

Neutral A significant challenge for me was learning to live alone for the first time. I'd always been around family or housemates, and the silence and self-reliance required were harder than I'd expected. It took longer than I thought to find a routine that felt sustainable. What it taught me was that I'm more capable of creating my own structure than I realised — but also that I genuinely need connection and shouldn't go too long without it. Have you faced a challenge that surprised you with what it required?

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
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2			
3			
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Step 6 Memorise Level 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what I know now that I wish I had known at the start of my biggest challenge."

Hint Focus on what you learned, not just what happened — 'What surprised me was how much I could handle when I had no choice' elevates a challenge story to a Level 6 answer.

Common mistake I could overcome the problem finally. I managed to overcome the problem.

'Could' describes past ability, not achievement.

Today's reflection 今日のふり返り

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 56 Talking about difficulty honestly is a mark of conversational courage.

Day 57

Change

Today's question 今日の質問

How do you feel about change?変化についてどう感じますか?

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 find it difficult at first, but I usually adapt.

MY VERSION ・自分のバージョン

Level 2 Add your general tendency 傾向を追加

I find change difficult at first — I tend to resist it almost instinctively — but once I've adjusted I usually realise it was for the better.

MY VERSION ・自分のバージョン

Level 3 Chosen vs unchosen change + your natural reaction + what you've learned + question 選んだ変化vs選ばなかった変化+自然な反応+学んだこと+質問

My relationship with change depends a lot on whether I chose it. Change I choose I can handle; change that arrives uninvited triggers an instant, almost physical resistance in me. What I've learned, though, is that most of the changes I fought hardest turned out better than the stability I was protecting. How do you usually respond when something big changes?

MY VERSION ・自分のバージョン

Level 4 My pattern + what helps me adapt + what I've noticed + question
パターン+適応に役立つもの+気づき+質問

My pattern with change is pretty consistent: initial resistance, a messy adjustment period, and eventually a quiet appreciation for whatever it brought. What helps me adapt is naming the resistance early instead of acting on it — recognising it as a reflex rather than a judgement. What I've noticed is that my fear of change is almost always worse than the change itself. Does change tend to unsettle you, or do you take it in your stride?

MY VERSION ・自分のバージョン

Level 5 Your pattern with change + what's helped you adapt + what you've noticed about the process + question 変化へのパターン+適応に役立ったこと+プロセスへの気づき+質問

My pattern is reliable enough that I can almost predict it now — resistance first, then a period of disorientation, then, usually, gratitude. What's helped me adapt is learning to distrust the resistance; it shows up for good changes and bad ones alike, so it isn't useful information. What I've noticed about the process is that the discomfort is front-loaded — the hardest part is almost always the anticipation, not the change itself. These days I try to move toward the thing I'm resisting, on the assumption that the resistance is the clue. How do you typically move through a big change?

MY VERSION ・自分のバージョン

Level 6 Change as growth vs stability as safety + identity through change + what stays the same + question 変化=成長vs安定=安全+変化を通じたアイデンティティ+変わらないもの+質問

I used to frame it as change versus stability, as if safety lived in things staying still — but I've come to think stability is mostly an illusion we maintain by not looking too closely. Change is simply the condition; the only real question is whether I meet it asleep or awake. What's strangely reassuring is discovering, through all of it, what doesn't change — a few values, a few people, a certain way of paying attention that has survived every version of me. So I worry less now about staying the same and more about staying recognisable to myself. What in you stays constant, no matter what changes around 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

Your general feeling → Your pattern with change → What you've learned → What helps you adapt → 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've come to genuinely welcome change, though it wasn't always that way. I used to find it unsettling — I liked knowing what to expect. But some of the best things in my life came from changes I didn't choose, and that's changed my relationship with uncertainty. Now when something changes unexpectedly, my first instinct is still resistance, but I've learned to wait before reacting — because it's rarely as bad as it first appears. How do you feel about change?

Negative Truthfully — I find change difficult. I like stability and routine, and unexpected change makes me anxious before I can adapt. I've gotten better at it over the years, but my first response is still usually resistance. What

helps me is having one or two things that stay constant while everything else changes — an anchor, even a small one. Do you find change difficult or energising?

Neutral My response to change depends on whether I chose it. Change I've initiated feels exciting; change that happens to me feels more challenging. What I've learned is that both kinds eventually become the new normal if I give them enough time. The transition period is the hardest, and I've gotten better at trusting that it will pass. Have you noticed patterns in how you respond to change?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me about the change in my life that surprised me the most — and whether it was good or bad."

Hint Share one change you resisted but are now grateful for — the irony of resisting something that turned out well is immediately relatable and makes excellent conversation.

Common mistake Everything has been changing recently. A lot has been changing in my life recently.

'Everything has been changing' sounds overly dramatic.

Today's reflection 今日のふり返り

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 57 How you handle change tells a lot about how you face life.

Day 58

Personal Growth

Today's question 今日の質問

Do you feel like you're growing as a person?人として成長していると感じますか?

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 think so — gradually.

MY VERSION ・自分のバージョン

Level 2 Add in what way どの面でかを追加

Yes. I feel like I'm more self-aware and less reactive than I was a few years ago.

MY VERSION ・自分のバージョン

Level 3 How + what changed + what prompted it + question
どのように+何が変わったか+きっかけ+質問

I feel like I've grown meaningfully in the last few years — I'm more patient, more honest about my limits, and less easily rattled. The changes are mostly invisible to others but clear to me. Do you feel like you've been growing?

MY VERSION ・自分のバージョン

Level 4 How I've grown + what prompted it + what it feels like + question
成長の仕方+きっかけ+感覚+質問

I think I've grown most in becoming less reactive — criticism used to wound me for days, and now it mostly lands as information. What prompted it was a stretch of difficulty that forced me to stop performing and look honestly at myself. What it feels like isn't triumph; it's quieter than that — a kind of steadiness I didn't have before. Do you feel like you've been growing lately?

MY VERSION ・自分のバージョン

Level 5 How you've grown + what catalysed it + what growth actually feels like + question どう成長したか+きっかけ+成長とはどんな感覚か+質問

The clearest way I've grown is in equanimity — I stay present now in situations that used to destabilise me completely. What catalysed it was less any achievement and more a hard period that stripped away some illusions about myself. What I've realised is that growth rarely feels like growth in the moment; it feels like discomfort, and only in hindsight do you notice you're handling something effortlessly that once cost you everything. Are there areas where you feel you've genuinely changed?

MY VERSION ・自分のバージョン

Level 6 Growth as discomfort vs achievement + what 'better' actually means + the role of failure + question 成長=不快感か達成か+より良いとはどういう意味か+失敗の役割+質問

I've stopped picturing growth as a staircase of achievements and started seeing it as a tolerance for discomfort — the capacity to stay in situations that used to make me flee. 'Better,' I think, doesn't mean more successful; it means more honest, less reactive, more able to want what I actually want rather than what I'm supposed to. Failure has been the real teacher in all of it — every genuine change I can point to was preceded by something not working.

The growth I trust least is the kind that felt good the whole way. What do you think 'becoming a better person' actually means?

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

Whether you feel growth → In what way → What prompted it → What growth feels like → 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 do feel like I'm growing — slowly, and not always in the ways I expected. What's changed most is how I respond to difficulty: I used to avoid uncomfortable things and now I try to move toward them, at least a little. I'm more patient with myself and with others. I'm better at asking for what I need. None of this happened dramatically — it was gradual and cumulative, often through mistakes. Looking back five years I can see the distance clearly, even if I can't always see it in the present. Do you feel like you're changing as a person?

Negative I want to say yes, but I'm honest about the fact that I'm not sure. I sometimes feel like I'm going round in circles — making the same mistakes, having the same struggles. I think real growth is harder to see from the inside than we'd like. What I can say is that I'm more aware of my patterns than I used to be, and awareness feels like the

first step even if it's not the whole story. Do you feel you're growing?

Neutral I think I'm growing, though not in a straight line. What I notice is that things that used to destabilise me completely now just unsettle me — that's a form of growth, even if it doesn't feel dramatic. I'm more honest with myself, more willing to sit with uncertainty, and more capable of letting go of things I can't control. I wouldn't describe it as transformation — more like gradual, quiet becoming. What does growth feel like 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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what I think is the most significant way I've changed in the last three years."

Hint Name the single version of yourself you've most consciously left behind — 'I used to need everyone's approval before making any decision' is specific, honest, and instantly relatable.

Common mistake I become more confident over the years. I've become more confident over the years.

When talking about change that started in the past and continues now, always use the present perfect: 'I've become', 'I've learned', 'I've realised.' Simple past ('I became') suggests the change is finished.

Today's reflection 今日のふり返り

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 58 Growth is one of the most personal and reflective conversations you can have.

Day 59

The Future

Today's question 今日の質問

How do you think about the future?未来についてどのように考えていますか?

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

With cautious optimism, mostly.

MY VERSION ・自分のバージョン

Level 2 Add why 理由を追加

I try to stay optimistic while being realistic. I focus more on what I can control than on what I can't.

MY VERSION ・自分のバージョン

Level 3 Optimistic + uncertain + what you can control + question 楽観的+不確か+コントロールできること+質問

I approach the future with cautious optimism. I try to focus on what I can influence rather than what I can't. How do you think about the future?

MY VERSION ・自分のバージョン

Level 4 My general outlook + what I hope for + what I've stopped worrying about + question 全体的な見方+希望+心配しないこと+質問

My general outlook is optimistic, but it's an optimism I've had to cultivate. I try to hold hopes specifically — particular things I want to create or become — rather than vague ideas about things being better. What's your overall relationship with the future?

MY VERSION ・自分のバージョン

Level 5 Your general outlook + specific hopes + what you've learned to not worry about + question 全体的な見方+具体的な希望+心配しないことにしたこと+質問

My relationship with the future is something I've worked on consciously. I'm a natural planner — which has advantages, but also means I can spend a lot of time in my head rather than in the present. What I've tried to develop is a kind of directed optimism: holding specific, concrete hopes while staying genuinely open to how things actually unfold. How do you hold the future in your mind?

MY VERSION · 自分のバージョン

Level 6 Personal vs collective future + hope as an active choice + what optimism actually requires + question 個人的な未来vs集合的な未来+能動的な選択としての希望+楽観主義が必要とするもの+質問

I find myself thinking about the difference between personal future — what I want my life to look like — and collective future — what kind of world we're creating. I can feel genuinely hopeful about one and genuinely anxious about the other simultaneously. Does the wider future occupy your thinking — and if so, how?

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

Your outlook → What you hope for → What you've stopped worrying about → What you can influence → 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 think about the future with cautious optimism. I have specific things I'm working toward — developing my English to a level where it feels truly mine, travelling more intentionally, finding work that matters to me. I've stopped worrying about timelines as much as I used to. I've learned that the best futures are built from good present days, not from perfectly laid plans. What I hope for more than anything is to feel, looking back, that I used my time well. How do you think about the future?

Negative I think about the future with some anxiety, I'll be honest. There's a lot of uncertainty — personally and in the wider world — and I find it hard to plan confidently when so much feels unpredictable. What helps me is

focusing on what I can control and letting go of what I can't. I'm working on that balance. Do you find the future a source of excitement or worry?

Neutral I hold the future lightly — I have hopes and loose plans, but I've learned not to grip them too tightly. Things rarely unfold the way I imagine, and the unexpected has brought some of the best things in my life. What I want, broadly, is to keep learning, maintain the relationships that matter, and stay curious. That feels like enough of a direction. How do you think about the future?

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 5 Level 5を暗唱しよう

Say Level 5 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

"Ask me what I hope to be different about my life in five years — and what I'm doing now to make it possible."

Hint Describe your ideal future in one specific, sensory detail rather than a general statement — 'In five years I want to be sitting at a desk by a window, doing work that actually matters' is far more compelling than 'I want to be successful.'

Common mistake I will going to travel abroad next year. I'm going to travel abroad next year.

Never combine 'will' and 'going to' — they are two separate future forms. Use 'I'm going to' for definite plans and 'I'll' for decisions made in the moment. 'Will going to' does not exist in English.

Today's reflection 今日のふり返り

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 59 Talking about the future in your own voice is the most forward-looking thing you can do.

Day 60

Your Voice Check

60日間のふり返り

Sixty days. That is who you are now.

60日間。それが、今のあなたです。

Level 5 felt impossible on Day 31. Now you know something you didn't before: staying in the conversation is a skill you

genuinely have. You built it the only way it can be built — through repetition, through imperfect answers spoken aloud, through simply showing up. That is not kata anymore. That is kumite, and it is yours.

Day 31では、Level 5は無理だと感じたかもしれません。今のあなたは、以前は知らなかったことを知っています——会話にとどまることは、あなたが本当に持っている力だと。くり返しと、声に出した不完全な答えと、続けてきたことで築いたものです。それはもう型ではありません。組手であり、あなたのものです。

Take five minutes and record the same three questions you answered at the very start — who you are, what you love, the conversations you want to have. Then listen back to your very first recording from Book 1. The distance between them is the proof of how far you've travelled.

5分だけ取って、いちばん最初に答えた3つの質問——あなたは誰で、何が好きで、どんな会話がしたいか——にもう一度答えて録音しましょう。そして、Book
1の最初の録音を聴き返してください。その差が、どれだけ進んだかの証明です。

Book 3 takes you to the deepest conversations — culture, beauty, dreams, and who you are becoming. You are ready for it.

Book 3は、最も深い会話へ——文化、美しさ、夢、そしてなりつつあるあなたへ。準備はできています。

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☒5 — 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 31 · Work

"Ask me what part of my work I would keep if I could only choose one — and why."

Day 32 · Commuting

"Ask me what I'd do with an extra hour every day if my commute suddenly disappeared."

Day 33 · Colleagues

"Ask me what makes someone a good colleague — and whether I have one like that."

Day 34 · Meetings

"Ask me to describe the best meeting I ever attended — and what made it different."

Day 35 · Work-Life Balance

"Ask me what I gave up to get better balance — and whether it was worth it."

Day 36 · Money

"Ask me what I would do differently with money if I started over — and what I'd keep the same."

Day 37 · Shopping

"Ask me about the last thing I bought that I genuinely don't regret — and why."

Day 38 · Health

"Ask me what one health habit I wish I had started earlier — and why."

Day 39 · Exercise

"Ask me to describe what exercise feels like when I'm really in the habit — versus when I've stopped."

Day 40 · Sleep

"Ask me what my perfect evening routine would look like if I had no constraints."

Day 41 · Food and Eating Habits

"Ask me about a food or eating habit that changed because of where I live."

Day 42 · Cooking

"Ask me to teach you one dish I make well — step by step."

Day 43 · Smartphones

"Ask me to describe what my ideal relationship with my phone would actually look like."

Day 44 · News

"Ask me what news story or issue I've been thinking about most recently — and why it matters to me."

Day 45 · Technology

"Ask me what technology I couldn't live without — and what I could happily give up."

Day 46 · Social Media

"Ask me to describe my ideal version of social media — what it would look like if it were designed well."

Day 47 · Learning

"Ask me what subject I'd study seriously if I could start any course tomorrow."

Day 48 · Languages

"Ask me to describe a moment when English felt like my language — not a second one."

Day 49 · Your Home

"Ask me to describe the one corner of my home that feels most like me — and why."

Day 50 · City Life

"Ask me what I think I'd miss most if I moved away from where I live now."

Day 51 · Seasons

"Ask me to describe my favourite season day in as much sensory detail as I can."

Day 52 · Weather

"Ask me what kind of weather makes me feel most creative — and to explain why I think that is."

Day 53 · Important Relationships

"Ask me to describe what makes one of my most important relationships feel different from others."

Day 54 · Someone You Admire

"Ask me what quality of the person I admire I most want to develop in myself."

Day 55 · Kindness

"Ask me to describe the kindest thing anyone has ever done for me — and what it meant."

Day 56 · A Challenge You Faced

"Ask me what I know now that I wish I had known at the start of my biggest challenge."

Day 57 · Change

"Ask me about the change in my life that surprised me the most — and whether it was good or bad."

Day 58 · Personal Growth

"Ask me what I think is the most significant way I've changed in the last three years."

Day 59 · The Future

"Ask me what I hope to be different about my life in five years — and what I'm doing now to make it possible."

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、土台をつくります。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 1 The model answer is the kata. Your recorded version is the kumite. Both matter — but yours is the one that will make you fluent.

2 Did your answer sound like you? If not, try again. Not to be correct — to be real.

3 Close the book. Say your Level 5 from memory. It doesn't have to be perfect — it just has to come out.

4 Take today's topic to your AI and say: 'Ask me something about this that isn't in the book.' That moment is kumite.

5 A Level 2 answer that is genuinely yours is worth more than a Level 5 you copied. The question isn't 'how good is it?' — it's 'is it actually you?'

6 Language 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.

7 Record your answer without looking first. Just once. However it comes out, that's your real starting point today.

8 Your AI sparring partner is free, available at any hour, and infinitely patient. The only person who can waste that is you. Open it tonight.

9 The 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.

10 In a real conversation you will make mistakes. The question isn't whether you make them — it's whether you keep going after them.

11 Say your answer aloud before you write it. Writing is kata; speaking is kumite. This book is about your voice, not your handwriting.

12 Imperfect 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 second of three in the *Japanese Heart, English Words* system, which also includes a companion guide.

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