

Japanese Heart, English Words

Deeper Conversations

英語で、深い会話を

Book 3 of 3 · Days 61–90 · CEFR B2 → C1

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

頭でわかっている英語を、心から話せるようになりたいすべての学習者へ。

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This book uses British spelling.

本書はイギリス式のスペルを使用しています。

Introduction

はじめに

Does any of this sound familiar?

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

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

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

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

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

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

Kata got you here. Kumite will take you further.

型がここまで連れてきた。組手が、その先へ。

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

conversation, adapting what you know, and letting your real self come through. This book is your final thirty days of kumite. By Day 90 you won't simply know more English; you'll sound fully like yourself in English.

型は、整えられた条件では見事にできるのに、条件が変わると固まってしまう学習者を生みます。本物の会話とは、変わり続ける条件そのもの。次に来るのが組手です——台本も採点もなく、完璧な答えでもなく、会話にとどまり、知っていることを応用し、本当の自分をにじませること。この本は最後の30日間の組手です。Day 90には、英語で「あなた自身」が完全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、評価もいらい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 61. Let yourself be surprised on Day 75. And be genuinely proud on Day 90. 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 61では少しぎこちなく録音し、Day 75では成長に驚き、Day 90では心から誇りに思ってください。あなたはもう準備ができています——英語が完璧だからではなく、やってみようと思えているから。その気持ちこそが、すべてです。

— Guy, Fukuoka

ガイ、福岡にて

Kata & Kumite — the two sides of speaking English

型と組手

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

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

Kata (型) — learning the forms

型を学ぶ

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

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

Kumite (組手) — actually speaking

実際に話す

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

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

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

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

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

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

型をやる。そして型を忘れる。本当に言いたいことを言う。

How to Use This Book

この本の使い方

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

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

Step 1 — Record your raw answer first

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

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

Step 2 — Think in Japanese first

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

Step 2

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

Step 3 — Build through all 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、はじめの一步が楽になります。

You say あなたの入力

I am a Japanese English learner. Here is my Level 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。だからこの本の願いはひとつ——自分自身の声を聴くこと。録音し、聴き返し、「自然に話す自分らしく聞こえる？」と問いかけましょう。答えはもう、あなたの耳が知っています。

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

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

Don't Know What to Say?

「何て言えばいいの...」と思ったとき

Hey — it's completely normal.

ねえ、大丈夫。それは普通のことだよ。

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

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

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

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

Level 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

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

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

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

Book 3

Welcome to Book 3

ようこそ、最終巻へ

You've come a long way — sixty days across Books 1 and 2, from everyday life to real opinions. Book 3 is the final volume, and it goes to the deepest places: beauty, dreams, gratitude, and who you're becoming. The rhythm is exactly the same as before; only the conversations grow more personal. Same kata, deepest kumite.

ここまで長い道のりでした——Book 1と2で60日間、日常から本音の意見まで。Book 3は最終巻。最も深い場所へ向かいます——美しさ、夢、感謝、そしてなりつつあるあなた。リズムは今までとまったく同じ。会話だけが、より個人的になります。型は同じ、組手は最も深く。

Everything works exactly as it has all along: the same seven steps, the same six-level ladder, the same gentle climb. This is the last stretch — and the most rewarding.

これまでとまったく同じ流れです:同じ7つのステップ、同じ6段階のはしご、同じゆるやかな上り。最後のひと区切り——そして、いちばん実りある区間です。

My Progress Tracker

進捗トラッカー・Days 61–90

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 61 Manga

Day 62 Films

Day 63 Concerts

Day 64 Music in Life

Day 65 Art

Day 66 Museums

Day 67 Celebrations

Day 68 Festivals

Day 69 Sports Watching

Day 70 Rainy Days

Day 71 International Travel

Day 72 Dream Destination

Day 73 Accommodation

Day 74 Mountains or Beach

Day 75 Nature

Day 76 Favourite City Spot

Day 77 Walking

Day 78 Animals

Day 79 Most Beautiful Place**Day 80 Photography****Day 81 Gratitude****Day 82 Learning****Day 83 Biggest Dream****Day 84 Who You Want to Become****Day 85 What You Want to Change****Day 86 Happiness****Day 87 Life Goals****Day 88 Personal Pride****Day 89 Advice to Past Self****Day 90 The Future You Want****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 61

Manga

Today's question 今日の質問

Do you like manga? 漫画は好きですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

Yes, I love manga.

MY VERSION ・自分のバージョン

Level 2 — Add type 種類を追加

Yes, I like manga. My favourite is One Piece.

MY VERSION ・自分のバージョン

Level 3 — Why + question 理由+質問

Yes, I enjoy manga — especially action and slice-of-life stories. The art style draws me in. What about you?

MY VERSION ・自分のバージョン

Level 4 — What I love + why it's special + a favourite + question

好きなもの+特別な理由+好きな作品+質問

Yes, I love manga — especially stories with rich world-building and quiet, introspective characters. I find manga very easy to get absorbed in, even for just 30 minutes before bed. There's something about the combination of art and story that feels unique. Do you read manga?

MY VERSION ・自分のバージョン

Level 5 — What you love + why manga is special + question

好きな理由+漫画ならではの良さ+質問

Yes, I love manga — especially titles with rich world-building or quiet, introspective stories like Yotsuba& or Mushishi. Manga does something novels can't: atmosphere through art. A single panel can stop time. I find myself rereading favourite chapters for mood, not plot. What draws you to manga, and is there a series that's stayed with you?

MY VERSION ・自分のバージョン

Level 6 □ Art vs text + what manga does uniquely + question

絵vs文字+漫画ならではのもの+質問

The single-panel stopping-time point is important — no other medium does that quite the same way. I've thought about why manga feels different from Western comics and I think it's partly the pacing: the reader controls time in a way animation doesn't allow. There are chapters of *Mushishi* I've read twenty times and find something different each time. Is there a series you were too young for when you first read it but came back to later and understood differently?

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 like it? → Your favourite and why → What makes it special → Question back

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

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

Positive I love manga, and I don't think I'll ever grow out of it. What draws me in is how much a single panel can hold — silence, weather, a feeling a character can't say out loud. I go back to certain series the way other people go back to favourite albums, for the mood more than the plot. Lately I've been rereading older titles slowly, a chapter a night. Is there a series that has stayed with you over the years?

Negative I'll be honest — manga has never really pulled me in. I've tried a few famous series because everyone recommends them, but I find I lose patience with long stories told in instalments, and I'd usually rather read a novel or watch a film. I do admire the artistry, and I understand why people love it — it's simply never become mine. Is there a series you'd say could change my mind?

Neutral I read manga now and then, but I wouldn't call myself a fan in the deep sense. If a friend lends me something, I'll happily read it, and I've enjoyed a few series properly — but I don't follow new releases or keep a collection. For me it's one pleasure among many rather than a passion. What about you — is manga a big part of your life, or more of an occasional thing?

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 manga or series best represents how I see the world and why."

Hint Name a specific panel or scene from a manga that has stayed with you — 'There's a moment in Yotsuba& where she sees snow for the first time. I've never forgotten it' is a Level 6 answer in one sentence.

Common mistake I like to read manga since I was a child. I've liked manga since I was a child. For states that started in the past and continue now, use the present perfect: 'I've liked', 'I've been a fan', 'I've enjoyed.' Simple present 'I like since' is incorrect.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 61 *Manga and comics are where many of us first fell in love with storytelling — bring that energy into your English.*

Day 62

Films

Today's question 今日の質問

What kind of films do you like? どんな映画が好きですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

I like dramas and thrillers.

MY VERSION ・自分のバージョン

Level 2 — Add examples 例を追加

I enjoy drama films and occasionally a good thriller.

MY VERSION ・自分のバージョン

Level 3 — Why + recent example + question 理由+最近見たもの+質問

I mainly watch dramas and character-driven films. I prefer stories that stay with me after. What kind of films do you like?

MY VERSION ・自分のバージョン

Level 4 — What I prefer + why + recent favourite + question

好きなもの+理由+最近の好き+質問

I'm drawn to films that focus on characters rather than action — slow dramas and slice-of-life stories. I find it much easier to watch a series at home one episode at a time. Recently I watched a quiet Japanese film that I still think about. What kind of films do you like?

MY VERSION ・自分のバージョン

Level 5 — Genre preference + what you look for + recent favourite + question

ジャンル+探すもの+最近の好き+質問

I'm drawn to films that prioritise character over plot — slow dramas, slice-of-life, sometimes documentary. I want to finish a film and feel like I understand something about a person or situation I didn't before. Japanese directors like Hirokazu Koreeda do this beautifully. What kind of films stay with you after watching?

MY VERSION ・自分のバージョン

Level 6 □ Film vs novel + what cinema can do uniquely + question映画**vs**小説+映画ならではのもの+質問

The difference between a film that stays with you and one you forget is usually whether you cared about the character, not whether the plot was clever. I find I remember almost nothing about films with elaborate plots but can describe shot-for-shot a quiet scene from something I loved. There's a Koreeda film where nothing happens and everything happens. Do you watch films differently alone versus with others — do you notice more, or less?

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

Genre you like → What you look for in a film → An example you loved → 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 Films are one of my great loves. I'm drawn to quiet, character-driven stories — the kind where nothing dramatic happens on the surface, but by the end something in you has shifted. I still remember sitting in the cinema after a film finished, not wanting the lights to come up. I try to see something new every couple of weeks, and I keep a little list of everything I've watched. What was the last film that really stayed with you?

Negative I find it hard to love films the way some people do, to be honest. Committing to two hours in one sitting feels difficult these days — my attention drifts, and I often pause halfway and never come back. I tend to prefer series, where I can take a story in smaller pieces. I sometimes envy people who can lose themselves completely in a cinema. Do you find it easy to give a film your full attention?

Neutral I like films, though I wouldn't call myself a film person exactly. I don't follow directors or festivals, but when someone recommends something with real feeling, I'll usually watch it — and more often than not I enjoy it more than I expected. My taste is broad rather than deep. I'd rather watch one good film a month than three forgettable ones. Do you have a genre you always come back to?

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 film scene that has stayed with me — and what it made me feel."

Hint Describe the specific feeling a film left you with after the credits ended — 'I sat in the car for ten minutes. I couldn't explain why I felt so unsettled' is the kind of detail that makes film conversations memorable.

Common mistake That movie made me feel very moved. That movie was deeply moving. 'Moving' (adjective) means emotionally affecting. 'I was moved' and 'it was moving' are both natural. 'Made me feel moved' sounds awkward — restructure to 'left me feeling moved' if needed.

Today's reflection 今日のふり振り返り

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 62 *Film and emotion — Level 5 goes deep here.*

Day 63

Concerts

Today's question 今日の質問

Do you like going to concerts?コンサートに行くのは好きですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

Yes, I enjoy them.

MY VERSION ・自分のバージョン

Level 2 — Add type 種類を追加

Yes, I enjoy smaller concerts and live music venues.

MY VERSION ・自分のバージョン

Level 3 — Why live is different + question ライブが違う理由+質問

Yes, I enjoy concerts — there's an energy at live events that recordings can't capture. Have you been to any concerts recently?

MY VERSION ・自分のバージョン

Level 4 — What I enjoy + what makes it special + question

楽しむこと+特別な理由+質問

Yes, I enjoy concerts — especially smaller venues in Fukuoka where the atmosphere feels intimate and close. I've been to a few shows where I felt genuinely connected to the music in a way that streaming never gives me. Do you enjoy live music?

MY VERSION ・自分のバージョン

Level 5 — Small venues + Fukuoka scene + shared energy + question

小さな会場+福岡の音楽シーン+共有されるエネルギー+質問

Yes, I enjoy concerts — especially smaller venues in Fukuoka where the atmosphere feels intimate. I go a few times a year, usually for J-pop or indie bands. It's tiring with crowds, but the live sound and shared energy make it completely worth it. Have you been to any concerts recently, or is there an artist you'd love to see live?

MY VERSION ・自分のバージョン

Level 6 □ Shared experience + being there vs recording + question共有体験+そこにいること **vs** 録音+質問

The intimacy of smaller venues is something that can't be designed in a stadium — the best concerts I've been to felt like a shared secret. There's something about being physically present for music that changes your relationship to it forever; certain songs become inseparable from the moment you heard them live. I heard a band at a small Fukuoka venue a few years ago and every time that album plays now I'm briefly back in that room. Is there a live music moment that works like that for 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

Yes/no + how often → Type of music/event → What you love 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 Yes — live music does something to me that recordings never quite manage. There's a moment at a good concert when the whole room is feeling the same thing at the same time, and it's honestly one of my favourite feelings in the world. I still remember the first live show I ever went to; I couldn't sleep afterwards. I try to go a few times a year, even if it's just a small local gig. What's the best live performance you've ever seen?

Negative Not really, if I'm honest. I love music, but concerts themselves wear me out — the crowds, the standing, the journey home late at night. I've been to a few and enjoyed moments of them, but I always find myself thinking I'd be just as happy listening at home with good headphones and a cup of tea. I suspect I'm simply not built for crowds. Do you find the atmosphere worth the exhaustion?

Neutral I go occasionally — maybe once or twice a year, usually when someone invites me. I enjoy them while I'm there, especially the energy of the crowd, but I rarely organise tickets myself. For me a concert is more of a social occasion than a musical pilgrimage. I'm glad they exist; I just don't seek them out. Are you the kind of person who plans concerts months ahead, or more spontaneous?

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 most memorable live music experience I have ever had and what made it feel alive."

Hint Share what live music does to you physically or emotionally that recorded music doesn't — 'There's something about feeling the bass in your chest at a live show that you simply cannot replicate through headphones' is a genuinely interesting observation.

Common mistake The live was amazing last night. The concert was amazing last night. 'Live' is an adjective in English, not a noun. You cannot say 'the live' as a noun. Say 'the concert', 'the show', 'the performance', or 'the gig' instead. 'Live' as an adjective works fine: 'a live performance', 'live music' — but never as a standalone noun.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 63 *Three days in a row.*

Day 64

Music in Life

Today's question 今日の質問

What kind of music do you listen to? どんな音楽を聴きますか?

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

Pop and rock.

MY VERSION ・自分のバージョン

Level 2 — Add mood 気分による使い分け

I listen to pop and rock, changing with my mood.

MY VERSION ・自分のバージョン

Level 3 — Mood + function + question 気分+機能+質問

I listen to different music for different moods — upbeat for mornings, calm instrumental while working. What varieties do you enjoy?

MY VERSION ・自分のバージョン

Level 4 — What I listen to + when + how it helps + question

聴くもの+いつ+役割+質問

I listen to music every day and it shifts with my mood. Upbeat J-pop in the morning, calm lo-fi while I work, something more atmospheric in the evening. I have a playlist I've been building for years that feels very personal to me. What kind of music do you listen to daily?

MY VERSION ・自分のバージョン

Level 5 — Music changes with mood + what it does for you + question

音楽が気分で変わる+音楽がしてくれること+質問

I listen to music every day and it shifts with my mood — upbeat J-pop in the morning, calm lo-fi while working, something more reflective at night. It helps me focus, relax, or feel something deeper. I love how music makes even ordinary moments feel meaningful. What kind of music do you listen to depending on how you feel?

MY VERSION ・自分のバージョン

Level 6 □ Music tied to memory + albums = periods of life + question

音楽と記憶のつながり+アルバム＝人生の時期+質問

Certain albums are so tied to specific periods of my life that I can't hear them without being pulled right back.

There's a particular record that takes me to a difficult winter in my mid-twenties every time — not unpleasantly, more like briefly visiting somewhere I used to live. Music does something to memory that nothing else quite manages. Is there a song that works like that for you — one that is an instant portal to a specific 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 often you listen → How your choices change with mood → What music does for 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 Music runs through almost every part of my day. I listen while I cook, while I work, on every train journey — different music for different moods, and I take real care over my playlists. What fascinates me is how a song can hold a whole period of your life: three notes and you're twenty again, standing somewhere you'd forgotten. Recently I've been exploring older jazz, one album at a time. What does your listening say about you, do you think?

Negative I've realised I don't actually listen to much music, which sometimes feels like admitting something shameful. I find it distracting when I'm working, and in my free time I tend to choose podcasts or simple quiet. I enjoy music when it's around — in a café, at a friend's house — but I rarely reach for it myself. Perhaps I've just never found the music that's truly mine. How did you find yours?

Neutral I listen to music in a fairly ordinary way — a playlist for the commute, something familiar while doing housework. Mostly J-pop and whatever was popular when I was a student, if I'm honest. I don't hunt for new artists, but when a song catches me, it really catches me. Music is a companion for me rather than a passion. Is discovering new music something you actively enjoy?

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 song that most represents a particular period of my life."

Hint Describe the song or album that got you through a specific hard time — naming music and connecting it to a real memory creates immediate intimacy in conversation.

Common mistake Music gives me power to do my best. Music gives me energy and lifts my mood. 'Gives me power' sounds like a direct translation and is slightly unnatural in this context.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 64 *Music and memory — rich territory for real English conversation.*

Day 65

Art

Today's question 今日の質問

Do you like art? アートは好きですか?

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.

MY VERSION ・自分のバージョン

Level 2 — Add type 種類を追加

Yes, I appreciate paintings and traditional Japanese art.

MY VERSION ・自分のバージョン

Level 3 — Expression + question 表現+質問

I like art for its ability to say things words can't. What art forms appeal to you?

MY VERSION ・自分のバージョン

Level 4 — What I enjoy + what I find in it + question 楽しむもの+感じること+質問

Yes, I enjoy art — especially traditional Japanese pieces like ukiyo-e prints. I find them very calming and beautiful. I've started visiting galleries more recently rather than just looking online. Standing in front of the real thing feels completely different. Do you enjoy art?

MY VERSION ・自分のバージョン

Level 5 — Traditional Japanese + what it does for you + question

伝統的な日本アート+してくれること+質問

Yes, I enjoy art — especially traditional Japanese pieces like ukiyo-e prints and modern minimalist paintings. Art helps me see the world differently, even if I'm not an artist myself. I like how it invites thinking without needing to be fully understood. Do you enjoy art, and what type speaks to you most?

MY VERSION ・ 自分のバージョン

Level 6 □ Sitting with confusion + art that doesn't resolve + question

混乱と向き合う+解決しないアート+質問

Deciding to stay with something confusing rather than walk past it is actually quite rare. I used to feel slightly defensive in front of anything I didn't understand, as though the art was asking a question I couldn't answer. Now those are the pieces I find most interesting — the ones that don't resolve. I read once that art isn't meant to be understood but experienced, and that shift changed how I move around galleries. Do you prefer going to galleries alone or with someone?

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 + favourite type → How it makes you feel → A personal connection → 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, more and more as I get older. I used to think art galleries were for other people — quieter, cleverer people — but at some point I stopped worrying about understanding and just let myself look. Now standing in front of a painting I love feels like a conversation with someone I'll never meet. I even keep postcards of favourite works on my desk. Is there a painting or artist that means something particular to you?

Negative Honestly, art is something I've never quite connected with. I've been to galleries and found myself walking faster than everyone else, wondering what I was supposed to be feeling. I don't dislike it — I just seem to be missing whatever it is that moves other people to tears in front of a canvas. I keep meaning to give it another proper try. What do you actually feel when you look at a painting you love?

Neutral I appreciate art without being devoted to it. A good exhibition can absorb me for an hour, and certain images stay with me for years — but I don't study artists or follow the art world. I think of it the way I think of fine cooking: I'm grateful it exists, I enjoy it when I meet it, and I leave the expertise to others. Do you go to exhibitions often, or only when something special comes to town?

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 piece of art that confused me — and what I thought about it."

Hint Describe the physical reaction you get in front of art that genuinely moves you — 'My breathing slows down in front of certain paintings in a way I can't fully explain' is the kind of observation that creates real connection.

Common mistake I don't understand modern art at all. I don't always understand modern art, but I find that uncomfortable feeling quite interesting. Flat statements close conversations. Adding 'but' + a thought shows you're thinking, not just judging. In English conversation, adding nuance after 'but' signals intellectual engagement.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 65 *Art invites opinion — exactly what Level 5 needs.*

Day 66

Museums

Today's question 今日の質問

Do you like going to museums?美術館や博物館に行くのは好きですか?

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 visit sometimes.

MY VERSION ・自分のバージョン

Level 2 — Add type 種類を追加

Yes, I enjoy history and art museums.

MY VERSION ・自分のバージョン

Level 3 — What you enjoy + question 楽しみ方+質問

I enjoy museums for the learning and the atmosphere. Have you explored any interesting ones recently?

MY VERSION ・自分のバージョン

Level 4 — How often + what I like + how I visit + question

頻度+好きなこと+見方+質問

I enjoy museums a few times a year — especially history museums like the Kyushu National Museum near Fukuoka. I like going slowly and reading everything carefully rather than rushing through. It always leaves me feeling like I've learned something real. Do you visit museums?

MY VERSION ・自分のバージョン

Level 5 — Favourite museum + how you visit + question

好きな美術館+見方+質問

I enjoy museums a few times a year — especially history ones like the Kyushu National Museum near Fukuoka. I wander slowly with an audio guide, discovering artefacts that always surprise me. The peaceful atmosphere is a welcome contrast to city life. Do you visit museums often, and what's your favourite kind?

MY VERSION ・自分のバージョン

Level 6 □ Audio guide debate + first lap with nothing + knowledge vs discovery question オーディオガイド論争+まず何も持たずに+知識 vs 発見の質問

The audio guide question is one I've gone back and forth on. Sometimes it transforms a visit — there was an exhibition where the guide was narrated by an actor and it was genuinely theatrical. Other times it creates distance, like I'm consuming the museum rather than inhabiting it. I've started doing one lap with nothing — just responding to what catches my eye, then going back. It slows everything down in a good way. Do you remember more from exhibits you've researched beforehand, or ones you walked into knowing nothing?

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 + how often → Your favourite type → What you enjoy about the experience → Question back

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

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

Positive I love museums — they might be my favourite way to spend a free afternoon. There's something about standing in front of an object that's survived five hundred years that puts my own week into perspective. I especially love the quiet rooms nobody else visits, where you can take your time. When I travel, the museum is usually the first thing I look up. Do you prefer big famous museums or small strange ones?

Negative I find museums harder work than I'd like to admit. My feet ache, my attention fades after the first few rooms, and I end up reading the café menu more carefully than the exhibits. I think the problem is trying to see everything — I've never learned to walk past things. I want to enjoy them the way other people seem to. Do you have a method that makes museums actually enjoyable?

Neutral I go to museums a few times a year, usually when there's a special exhibition or a visitor to entertain. I enjoy them in moderate doses — an hour or two is perfect, and after that I'm ready for coffee. I don't feel the pull that real museum lovers describe, but I always leave having learned one thing I didn't know that morning. What was the last exhibition that genuinely 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 which museum or gallery changed the way I saw something."

Hint Share what type of museum you would never skip in a new city — and explain why that type matters to you specifically. This reveals personality instantly.

Common mistake I go to museum sometimes when I have time. I go to museums sometimes when I have time. 'Museum' without 'the' needs the plural 'museums' when speaking generally. Use 'I go to museums' for the general habit, or 'I went to the museum' for a specific visit.

Today's reflection 今日のふり振り返り

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 66 *Your Level 6 answers are getting more natural.*

Day 67

Celebrations

Today's question 今日の質問

What's your favourite holiday?好きな祝日は何ですか?

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

New Year's.

MY VERSION ・自分のバージョン

Level 2 — Add why 理由を追加

My favourite is New Year's for the fresh start feeling.

MY VERSION ・自分のバージョン

Level 3 — Fresh start + traditions + question 新たなスタート+伝統+質問

I love New Year's for the fresh start. The traditions feel meaningful. Which holiday do you cherish?

MY VERSION ・自分のバージョン

Level 4 — Favourite + why + the traditions + question

好きな休日+理由+伝統+質問

My favourite holiday is New Year's. I love the feeling of a clean start — family traditions, osechi food, and visiting a shrine on the first morning. It's a time when everything slows down in a good way and life feels more deliberate. Do you have a favourite holiday?

MY VERSION ・自分のバージョン

Level 5 — Clean start + osechi + shrine + rituals + question

清潔なスタート+おせち+神社+儀式+質問

My favourite holiday is New Year's. It feels like a clean start — family traditions, osechi food, a visit to our local shrine, and that hopeful feeling for the year ahead. I love rituals that connect you to something bigger than daily life. What's your favourite holiday or celebration?

MY VERSION ・自分のバージョン

Level 6 □ Hollow vs genuine warmth + omotenashi + family traditions + question 空虚vs本物の温かさ+おもてなし+家族の伝統+質問

I've been at events where everything was perfectly organised but felt hollow, and others where things went slightly wrong but the warmth was completely real. I think the Japanese concept of omotenashi is about that difference — not perfection, but genuine care. It's embedded in rituals families carry across generations, often without examining them. Did you grow up with strong traditions around celebrations, or did the ones you have now come more from your own adult choices?

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 holiday → Family traditions or activities → Why it feels special → 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 New Year, without question. I love everything about it — the quiet of the last days of December, the food that only appears once a year, the feeling that the whole country is pausing together. Visiting the shrine on the first morning, breath visible in the cold air, is one of my favourite moments of any year. It's the one holiday that feels genuinely restful rather than busy. Which holiday do you look forward to most?

Negative I have a slightly complicated relationship with holidays, to be honest. The big ones often mean obligations — travel at the most crowded time of year, gatherings that need managing, a schedule that isn't really mine. I usually enjoy moments of them, but I'm often quietly relieved when ordinary life resumes. My favourite day might actually be the first normal Monday afterwards. Do holidays genuinely relax you, or do you understand what I mean?

Neutral I don't have a strong favourite — I take holidays as they come. New Year has the food and the family time, summer has its festivals, and a quiet national holiday with no plans at all has its own appeal. If anything, I've come to value the small ones nobody makes a fuss about, where the only tradition is a slow morning. What makes a holiday feel special to you — the traditions, or the rest?

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 favourite celebration memory is and who was there."

Hint Share the celebration moment that felt most genuinely meaningful to you rather than most impressive — the personal, quiet moments often make the best stories.

Common mistake We celebrated my father's birthday very big. We threw a big party for my father's birthday. 'Celebrated big' is not natural English. To describe a big event, use: 'threw a big party', 'had a big celebration', 'celebrated in style', or 'went all out for the occasion'. In English, 'celebrate' is not typically modified by size adjectives directly — say how you celebrated, not just how big it was.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 67 *You're talking about culture and identity — deep, real topics.*

Day 68

Festivals

Today's question 今日の質問

Do you like festivals? お祭りは好きですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

Yes, I love them.

MY VERSION ・自分のバージョン

Level 2 — Add type 種類を追加

Yes, I love local summer festivals.

MY VERSION ・自分のバージョン

Level 3 — Community feeling + question コミュニティの感覚+質問

I enjoy festivals for the communal energy and the traditions. Do you attend many?

MY VERSION ・自分のバージョン

Level 4 — What I love + a specific one + why it matters + question

好きなこと+具体例+理由+質問

I love local summer festivals — the food stalls, yukata, music, and the energy of everyone together. The Hakata Gion Yamakasa in Fukuoka is incredible — it feels like the whole city comes together for something real. Do you have a favourite festival?

MY VERSION ・自分のバージョン

Level 5 — Hakata Gion Yamakasa + food stalls + heritage + question

博多祇園山笠+屋台+文化遺産+質問

I love local summer festivals — food stalls, yukata, music, and communal energy all together. Hakata Gion Yamakasa is especially exciting, with teams racing through the streets at dawn. It makes me feel deeply connected to where I live and the city's heritage. Do you enjoy festivals? Which one stands out for you?

MY VERSION ・自分のバージョン

Level 6 □ Preservation vs aliveness + communal role + organised vs community events + question

保存**vs**活力+共同体の役割+企画イベント**vs**コミュニティ+質問

The balance between preserving tradition and keeping it genuinely alive is what I find most fascinating about Japanese festivals. Hakata Gion Yamakasa has been running for eight hundred years and yet it feels urgent and present, not like a museum piece. I think it's because the preparation is so deeply communal — everyone has a role. Compare that to events professionally organised with no community involvement and you feel the difference immediately. Is there a local festival from your childhood that you still feel connected to?

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 + favourite festival → What happens there → Why you feel connected → Question back

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

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

Positive I love festivals — summer doesn't feel complete without at least one. The lanterns, the sound of the drums carrying down the street, the smell of yakisoba from the stalls — it's the same every year, and that's exactly why I love it. My local festival is small and slightly chaotic, and I wouldn't change a thing about it. There's a moment when the fireworks start and everyone looks up together. Do you have a festival you return to every year?

Negative Festivals are something I appreciate more in theory than in person, I'm afraid. The crowds overwhelm me quickly — the noise, the heat, the slow shuffle of thousands of people. I usually last about an hour before I start dreaming of a quiet room. I do love seeing photographs afterwards, which probably says everything. Are you someone who comes alive in a crowd, or do you understand the urge to escape it?

Neutral I enjoy festivals in a mild way — I'll go if friends are going, and I always enjoy the food stalls more than I expect to. But I don't plan my summer around them, and I've never minded missing one. For me the best part is often the walk home afterwards, when the noise fades and the night feels soft. What draws you to festivals — the atmosphere, the food, or the company?

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 festival tradition I grew up with and whether I still value it the same way."

Hint Describe what festivals feel like from the inside rather than describing them from the outside — 'There's a moment at every summer festival when it gets dark and the lanterns come on and I feel something I can't quite name' puts the listener right there with you.

Common mistake I always enjoy very much the festivals in Japan. I always really enjoy festivals in Japan. Word order with 'very much': it must follow the direct object. 'I enjoy festivals very much' is correct. 'Really' or 'absolutely' go before the verb: 'I really enjoy festivals.' Both are fine.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 68 *Eight days in and steady.*

Day 69

Sports Watching

Today's question 今日の質問

Do you like watching sports? スポーツ観戦は好きですか?

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.

MY VERSION ・自分のバージョン

Level 2 — Add favourite 好きなスポーツを追加

Yes, baseball.

MY VERSION ・自分のバージョン

Level 3 — Which team + question チーム+質問

I like watching sports events, especially baseball. What teams do you support?

MY VERSION ・自分のバージョン

Level 4 — What I follow + why I enjoy it + live experience + question

観るスポーツ+楽しむ理由+現地体験+質問

I enjoy watching sports casually — especially SoftBank Hawks baseball in Fukuoka. Going to the dome with friends is a really fun experience. The collective energy of a live game is something that streaming has never quite replaced for me. Do you follow any sports?

MY VERSION ・自分のバージョン

Level 5 — SoftBank Hawks + the dome experience + collective joy + question

ソフトバンクホークス+ドームの体験+集合的喜び+質問

I enjoy watching sports casually — especially SoftBank Hawks baseball in Fukuoka. Going to the dome with friends, cheering with popcorn and beer, and feeling the tension during close plays is hard to beat. The collective joy of a home run is an energy you can't get alone. Do you enjoy watching sports, and what's your favourite to follow?

MY VERSION ・自分のバージョン

Level 6 □ Live vs streaming + being converted + Fukuoka stadium energy + question ライブvsストリーミング+転向した経験+福岡スタジアムの熱気+質問

There's something about watching sport collectively that streaming has never quite replaced. Even with friends in a living room, it's not the same as a stadium. I went to a Hawks game having no real connection to baseball and came away completely converted — not by the baseball, but by the chanting, the call-and-response, the orderliness of the crowd followed by pure collective joy. Have you ever been converted to a sport or team just by the experience of watching it live?

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 + favourite sport or team → How you watch → What excites you 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 really do — probably more than is sensible. There's nothing quite like the last five minutes of a close match, when you realise you've been holding your breath. I follow baseball properly, keep half an eye on football, and during the Olympics I'll suddenly become an expert on sports I've never played. Watching with friends, everyone shouting at the screen together, is one of life's simple pleasures. Which team or sport has your heart?

Negative Not particularly, though I've learned to keep quiet about it at work. I can see that something dramatic is happening, but I don't feel it the way real fans do — the rules confuse me and the matches feel long. I'll watch a final if everyone else is watching, mostly for the company. I sometimes wish I had a team to care about; it looks like fun. What made you start following yours?

Neutral I watch the big moments — finals, the Olympics, anything the whole country seems to be talking about — but I don't follow a season week by week. I enjoy sport most as a shared occasion: the atmosphere in a room when everyone cares is contagious, even if I couldn't name the players. It's social watching more than true fandom. Are you a devoted follower, or an occasional one like me?

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 which sport I find most worth watching and what draws me to it."

Hint Share the most memorable sporting moment you've ever witnessed — the build-up, the moment, and how you felt. Even non-fans have these memories and they make wonderful stories.

Common mistake I watched the baseball for three hours yesterday. I watched baseball for three hours yesterday. 'Baseball' without 'the' when talking about the sport generally.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 69 *Sports talk is social glue.*

Day 70

Rainy Days

Today's question 今日の質問

How do you like to spend a rainy day? 雨の日はどうやって過ごすのが好きですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

I stay home.

MY VERSION ・自分のバージョン

Level 2 — Add what you do することを追加

I like staying home and relaxing with tea and something to read.

MY VERSION ・自分のバージョン

Level 3 — Cosy atmosphere + question 居心地の良い雰囲気+質問

I usually stay inside and read or watch something. What do you do on rainy days?

MY VERSION ・自分のバージョン

Level 4 — What I do + why I enjoy it + question すること+楽しむ理由+質問

On rainy days I love staying cosy at home. I make tea, put on calm music, and either read manga or watch something. It feels like a good excuse to slow down and rest properly without feeling guilty about it. What do you enjoy doing on a rainy day?

MY VERSION ・自分のバージョン

Level 5 — Cosy routine + ramen + permission to rest + question

居心地のよいルーティン+ラーメン+休む許可+質問

On rainy days I love staying cosy at home — tea, calm music, and either manga or an episode of something I've been meaning to watch. Sometimes I'll cook ramen or enjoy the sound of rain from inside. It's the perfect excuse to do nothing productive and recharge. What's your ideal rainy-day routine?

MY VERSION ・自分のバージョン

Level 6 □ Enforced unscheduled quality + moral permission + grey light + creativity question 強制的な予定なし時間+休む許可+灰色の光+創造性の質問

The quality that rainy days enforce is something I've genuinely come to value. There's almost moral permission in it — you couldn't go out even if you wanted to, so you don't have to justify staying in. I've started trying to create that feeling deliberately on clear days, which is surprisingly hard. Something about grey light changes my relationship with time entirely. Do you find you're more creative on those days, or more restful?

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 typically do → Why you enjoy it → How it makes you feel → 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 Honestly, I look forward to rainy days. They're the only days that give you permission to do nothing — the world lowers its expectations, and I lower mine happily to meet it. My ideal rainy day is a pot of tea, a book I've been saving, and the sound of rain on the window doing most of the talking. If I'm feeling ambitious, I'll cook something slow. What's your perfect rainy-day routine?

Negative Rainy days and I have never got along. The greyness sits on my mood, my plans fall apart, and everything — the train, the shopping, the walk home — becomes slightly harder work. I know some people find rain romantic; I mostly find it damp. I've learned to fight back with good lighting and something warm to drink, but I'm always glad when the sky clears. Does weather affect your mood as much as it affects mine?

Neutral It depends entirely on the day. If I had outdoor plans, rain is an annoyance; if I didn't, it's almost a gift — a reason to stay in without guilt. I usually end up doing the small tasks I've been avoiding, with something playing in the background. Rain is neither friend nor enemy to me; it's just a change of rhythm. Do you fight rainy days or surrender to them?

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 ideal rainy day would look like from start to finish."

Hint Describe what a perfect rainy day looks like to you — rainy days reveal a lot about someone's inner life. 'My ideal rainy day is a blanket, a long film, and no reason to check my phone' is immediately relatable.

Common mistake Rain makes me feel very depressed. Rain really affects my mood. 'Depressed' has clinical connotations in English — it suggests a medical condition, not just a mood. For everyday use, try: 'Rain really affects my mood', 'I find grey days gloomy', 'rainy weather makes me feel a bit flat', or 'I tend to feel low on overcast days'. Save 'depressed' for when you mean it seriously.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 70 *Talking about the weather is rarely just about the weather. Notice what you reached for.*

Day 71

International Travel

Today's question 今日の質問

Do you like travelling abroad? 海外旅行は好きですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

Yes.

MY VERSION ・自分のバージョン

Level 2 — Add where you've been 行ったところを追加

Yes, I've been to Seoul and Taiwan.

MY VERSION ・自分のバージョン

Level 3 — What travel gives you + question 旅行がくれるもの+質問

Yes, I enjoy travelling abroad when I have time. It broadens your perspective completely. Where have you gone?

MY VERSION ・自分のバージョン

Level 4 — Why I love it + where I've been + what I noticed + question

好きな理由+行った場所+気づき+質問

Yes, I love travelling abroad — it changes how I see things. I've been to Seoul and Taiwan, and both trips introduced me to new foods and ways of doing everyday things. Even small differences feel interesting and thought-provoking. Where would you like to travel?

MY VERSION ・自分のバージョン

Level 5 — Seoul + Taiwan + genuine shift + question

ソウル+台湾+本物の視点の変化+質問

Yes, I love travelling abroad — it broadens my perspective by introducing me to new foods and ways of life. I've been to Seoul and Taiwan, trying street food and wandering night markets. It's not just a holiday — it's a genuine shift in how you see daily life back home. Have you travelled abroad much, and where was your most memorable destination?

MY VERSION ・自分のバージョン

Level 6 □ The feeling around day three + disorientation as gift + question**3日目頃の感覚+方向感覚の喪失を贈り物として+質問**

That sense of a place beginning to exist independently of you — usually around day three — is one of the things I keep travelling for. People have routines there that predate your arrival and will continue after you leave. That perspective shift is harder to find the more you travel — you get better at adapting but sometimes miss the rawness of genuine disorientation. Where was the place that most consistently surprised you every single day you were there?

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 + where you've been → What you experienced → What travel means to 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 love it — for me it's the closest thing to pressing a reset button on how you see the world. The first morning in a new country, when even buying coffee is a small adventure, is a feeling I never tire of. Travel has made me more patient and more curious, and honestly more appreciative of home too. I save all year for one proper trip. Where has travel changed the way you think?

Negative I find travelling abroad more stressful than I'd like, truthfully. The long flights, the language worries, the constant low-level alertness of being somewhere unfamiliar — I come home needing a holiday from the holiday. I've had good trips, but I've realised I relax more deeply on a quiet domestic trip where nothing needs translating. Perhaps that will change one day. What makes travel feel easy for you rather than exhausting?

Neutral I enjoy it in measured doses. I've been abroad a handful of times and each trip gave me something — a memory, a dish, a small change in perspective — but I don't have the wanderlust some people describe. The planning and the expense make it an occasional treat rather than a way of life. When I go, I go slowly: one city, properly. Do you prefer covering ground or settling in?

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 the most challenging moment of an international trip was and what I learned from it."

Hint Share the unexpected thing you discovered about yourself while travelling — 'I discovered I'm actually comfortable being completely alone in a place where I don't speak the language' reveals character in a way no itinerary can.

Common mistake I want to go travel abroad someday. I want to travel abroad someday. 'Go travel' is not standard English. After 'want to', use the base verb directly: 'I want to travel abroad'. Compare other correct forms: 'I went to study in London' (purpose), 'I went travelling last summer' (activity). The pattern 'go travel' — two base verbs together — does not exist in standard English.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 71 *Travel topics unlock the best stories.*

Day 72

Dream Destination

Today's question 今日の質問

Which country would you like to visit?どの国に行ってみたいですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

Italy.

MY VERSION ・自分のバージョン

Level 2 — Add why 理由を追加

I want to visit Italy for the food and history.

MY VERSION ・自分のバージョン

Level 3 — What draws you + question 惹かれる理由+質問

I really want to visit Italy someday. What's on your travel list?

MY VERSION ・自分のバージョン

Level 4 — Where + why + what excites me + question

行きたい場所+理由+楽しみなこと+質問

I really want to visit Italy — the Amalfi Coast and Rome's ancient ruins are both on my list. I love the idea of the food, the history, and the light there. I've been saving slowly with that trip in mind for the last couple of years. Do you have a dream destination?

MY VERSION ・自分のバージョン

Level 5 — Amalfi + Rome + what excites you + question

アマルフィ+ローマ+興奮させるもの+質問

I really want to visit Italy — the Amalfi Coast and Rome's ancient ruins are both on my list. Imagining cobblestone streets, espresso in cafés, and the Colosseum genuinely excites me. It combines everything I love: food, history, and beauty in the same place. Which country is at the top of your travel wish list?

MY VERSION ・自分のバージョン

Level 6 □ Anticipated version vs reality + Iceland exceeding + nervous to visit question 期待版vs現実+アイスランドが期待を超えた+がっかりを怖れる+質問

The anticipated version of a dream destination is its own experience — I've wondered whether imagining a place for years makes the visit richer or creates expectations nothing real can meet. A friend visited Iceland after ten years of dreaming about it and said it was the only time reality actually exceeded what she'd imagined. For some places, the scale simply can't be pre-experienced. Is there somewhere you've been that you'd return to without hesitation — and somewhere you're almost nervous to visit in case it disappoints?

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 dream destination → Why you're drawn to it → What you imagine doing there → 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 Italy — it's been at the top of my list for years, and the list never changes. I want to eat where the food was born, walk through towns older than anything I've ever touched, and sit in a piazza doing absolutely nothing at great length. I've read about it, watched films set there, even learned a few phrases. One day I'll simply book the ticket. What's the place you keep promising yourself?

Negative It's a slightly embarrassing question for me, because I don't really have one. Friends talk about dream destinations with shining eyes, and I nod along, but no single place calls to me that strongly. Maybe I haven't read the right book yet, or met the right traveller. I suspect my dream destination might turn out to be somewhere I've never even heard of. How did you find yours — or did it find you?

Neutral I have a shortlist rather than a single dream — somewhere in northern Europe for the calm, somewhere in Southeast Asia for the food, New Zealand for the landscapes. Which one wins would depend on the season and who's coming with me. I hold travel plans lightly; the anticipation is half the pleasure anyway. If you could leave tomorrow, no planning needed, where would you go?

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 in detail what my dream destination would feel like when I finally arrive."

Hint Explain why this specific destination calls to you at this point in your life — the 'why now' is often more interesting than the destination itself. 'I think I need to see real wilderness right now' reveals where you are emotionally.

Common mistake I want to go Scandinavia one day. I want to go to Scandinavia one day. Never forget 'to' after 'go' when followed by a place name. 'I want to go Scandinavia' is one of the most common Japanese learner errors. Always: go to Japan, travel to Europe, fly to New York.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 72 *Dreams are worth describing in detail.*

Day 73

Accommodation

Today's question 今日の質問

Do you like staying in hotels? ホテルに泊まるのは好きですか?

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.

MY VERSION ・自分のバージョン

Level 2 — Add why 理由を追加

Yes, I enjoy hotels and ryokans when I travel.

MY VERSION ・自分のバージョン

Level 3 — Both styles + question 両方のスタイル+質問

I enjoy both hotels and ryokans — each gives a completely different experience. What about ryokans?

MY VERSION ・自分のバージョン

Level 4 — What I prefer + why + a good experience + question

好みのタイプ+理由+良い体験+質問

I enjoy hotels for the comfort and small luxuries — fresh sheets, a good view, and sometimes an onsen after a day of walking. But I've also stayed in ryokans and those feel like a completely different, more immersive experience. Which do you prefer when travelling?

MY VERSION ・自分のバージョン

Level 5 — Hotels + ryokans + tatami + kaiseki + question

ホテル+旅館+畳+懐石+質問

I enjoy hotels for the comfort and small luxuries — fresh sheets, a good view, onsen after a day of sightseeing. But I also love ryokans for the tatami rooms and kaiseki meals. Both feel like authentic parts of the travel experience in different ways. Do you prefer hotels, ryokans, or something else when you travel?

MY VERSION ・自分のバージョン

Level 6 □ **Belonging to a neighbourhood + guesthouse owner + machiya + question** 近所に属する+ゲストハウスのオーナー+町屋+質問

Belonging to a neighbourhood rather than just being placed in it is what I've started prioritising when I travel. I once stayed in a small guesthouse where the owner spent twenty minutes each morning telling me where locals actually ate — not tourist spots, just places they liked. That kind of knowledge is impossible to find online. The equivalent in Japan for me is machiya-style accommodation — you feel how people actually lived in the architecture. Does where you stay change how you experience a place?

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 preferred accommodation → A specific memory or example → Why it matters → Question back

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

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

Positive I love hotels — sometimes I suspect the hotel is half the reason I travel. Crisp sheets I didn't wash, a breakfast someone else cooked, that first moment of opening the curtains in a room that isn't mine. Even a modest business hotel feels like a small holiday from my own life. I always sleep better in them, which my friends find strange. Are you a hotel person, or do you prefer somewhere homelier?

Negative Not especially, if I'm honest. Hotels always feel slightly anonymous to me — beautiful, sometimes, but nobody's home. I sleep badly the first night, I can never work the shower, and the price of a tiny bottle of water offends me every single time. Given the choice I'd take a small guesthouse where the owner remembers your name. What kind of place helps you actually rest?

Neutral Hotels are fine — a good one adds something to a trip, a bad one is just a bed, and I've stopped expecting more than that. I choose on location and reviews rather than luxury; I'd rather spend the money on dinner. That said, once a year a genuinely nice hotel, even for one night, feels wonderfully indulgent. What do you splurge on when you travel — the room or the experiences?

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 best or worst place I have ever stayed while travelling and what made it stand out."

Hint Describe the best place you've ever stayed and what made it special — not the star rating or facilities, but the feeling. 'The room had no TV, just a low table and a garden view. I slept better than I had in years.'

Common mistake I prefer to stay in a hotel than a guesthouse. I prefer staying in a hotel to staying in a guesthouse. 'Prefer [A] to [B]' is the correct structure — not 'prefer [A] than [B].'

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 73 *Real travel experience — the messiness and the magic.*

Day 74

Mountains or Beach

Today's question 今日の質問

Do you prefer the mountains or the beach? 山と海、どちらが好きですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

The beach.

MY VERSION ・自分のバージョン

Level 2 — Add where どこかを追加

I prefer the beach.

MY VERSION ・自分のバージョン

Level 3 — Why + which draws you + question 理由+引き寄せるもの+質問

I prefer the beach because I love the ocean. Which do you choose?

MY VERSION ・自分のバージョン

Level 4 — Preference + why + a specific place + question

好み+理由+具体的な場所+質問

I prefer the beach — especially Itoshima near Fukuoka. I love sitting with onigiri and watching the sunset over the water. There's something about the sea that makes me feel very relaxed and present in a way that's hard to find elsewhere. Do you prefer the beach or the mountains?

MY VERSION ・自分のバージョン

Level 5 — Itoshima + onigiri sunsets + surrender metaphor + question

糸島+おにぎりサンセット+降参のメタファー+質問

I prefer the beach — especially Itoshima near Fukuoka, where I picnic with onigiri and watch sunsets. The sound of waves completely relaxes me after city stress. Mountains are wonderful too, especially in autumn, but the sea feels like surrender in the best possible way. Which do you prefer, and what draws you to it?

MY VERSION ・自分のバージョン

Level 6 □ Mountains = clarity vs sea = surrender + grew up far from sea + reset place question 山＝明晰さ vs 海＝降参+海から遠い場所で育った+リセットの場所+質問

Mountains and sea do genuinely different things to me. Mountains feel like clarity — you go up, the noise falls away, there's an earned perspective at the top. The sea feels more like surrender — you don't conquer it, you just let it be larger than you. Japan does both extraordinarily well. I grew up far from the sea and came to it late, so it still carries something slightly miraculous. Do you have a specific place — not a type, but an actual location — that you return to when you need to reset?

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 preference + a specific place → Why it relaxes you → A sensory detail → Question back

MY VERSION ・ 自分のバージョン

Other ways to answer いろいろな答え方

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

Positive The mountains, always. The air changes as you climb — cleaner, sharper — and there's a silence up there you simply can't find at sea level. I love the rhythm of a long walk, the small victories of each ridge, and the way problems shrink when the view gets big enough. Autumn in the mountains, when the leaves turn, might be my favourite place on earth. Are you a mountain person too, or does the sea have you?

Negative Can I confess that I'm not really either? The mountains mean climbing, the beach means sand in everything, and both mean a long journey with heavy bags. My honest preference is a lake — the calm of water without the chaos of a beach, the scenery of mountains without the climb. I realise this makes me sound difficult to please. Where do you actually feel most at peace?

Neutral It genuinely depends on the season for me. Summer belongs to the sea — I want cold water and long evenings. But autumn belongs to the mountains, with the colours and the cool air. Asking me to choose feels like asking which month is best; they're good at different things. If I had to keep only one for the rest of my life, though — the mountains, narrowly. Which would you keep?

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 specific moment in nature that I still think about."

Hint Describe a specific moment in either landscape that you can still picture clearly — 'I remember standing at the top of a trail and realising I couldn't hear any human sounds at all' makes the listener feel it.

Common mistake I prefer mountain rather than beach. I prefer mountains to the beach. 'Prefer [A] to [B]' is the correct structure. 'Rather than' works differently in a sentence: 'I'd rather go to the mountains than the beach.'

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 74 *Nature and philosophy: your Level 5 is going somewhere interesting.*

Day 75

Nature

Today's question 今日の質問

Do you like nature? 自然は好きですか?

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.

MY VERSION ・自分のバージョン

Level 2 — Add type 種類を追加

Yes, I love walking in nature.

MY VERSION ・自分のバージョン

Level 3 — How you connect + question どうつながるか+質問

Yes, I enjoy nature when I travel. How do you connect with it?

MY VERSION ・自分のバージョン

Level 4 — What I do + why it helps + a favourite place + question

していること+理由+好きな場所+質問

Yes, I love spending time in nature. I enjoy walks around Dazaifu near Fukuoka, especially when the weather is cool and clear. After a busy week, even an hour outside makes a real difference to how I feel. Do you spend time in nature?

MY VERSION ・自分のバージョン

Level 5 — Dazaifu walks + mental reset + grounded + question

太宰府の散歩+メンタルリセット+地に足がついた+質問

Yes, I love spending time in nature — it helps me unwind and feel grounded. I enjoy walks around Dazaifu, breathing fresh air and listening to birds. Even short city park visits help. Nature gives me the mental reset I can't find anywhere else. What's your favourite way to experience it?

MY VERSION ・自分のバージョン

Level 6 □ Being inside the landscape + late autumn light + ma concept + repeat visit question 風景の中にいる+秋の午後の光+間の概念+繰り返し訪問の質問

That shift from being outside to feeling genuinely inside the landscape is something I've experienced maybe four or five times. It tends to be certain light conditions — late afternoon in autumn — where the distance between you and the world seems to dissolve. The Japanese concept of *ma* — meaningful pause or space — applies not just to architecture but to how we inhabit natural places. The pauses matter as much as the peaks. Have you ever gone back to a place where you had that feeling and found it didn't repeat?

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 + where you go → What you do there → What nature 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 Deeply — more with every passing year. I've noticed that no screen has ever made me feel the way ten minutes under big trees does. Nature is where my thoughts finally slow down enough to hear. I make a point of getting somewhere green every weekend, even if it's only the local park, and the seasons have become something I actually watch now rather than just endure. When did you last feel properly small in a landscape?

Negative I admire nature best from a comfortable distance, I'm afraid — ideally through a window, with the insects on the other side of the glass. I've tried camping and hiking, and what I mostly remember is being hot, bitten, and far from a proper bath. I do love a beautiful view; I'd just rather drive to it. Are you a genuine outdoors person, or do you secretly understand me?

Neutral I like nature in an everyday sort of way — a walk along the river, cherry blossoms in April, the smell of rain on a summer evening. I don't seek out wilderness, but I notice its absence quickly; a week without anything green and I feel it. City parks do most of the work for me. Do you need real wilderness, or is a good park enough?

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 where in Japan or the world I feel most at peace in nature."

Hint Share what specifically about nature resets you — 'It's the scale. When I'm surrounded by something that will outlast me, my problems feel exactly their right size' is a genuinely original thought.

Common mistake Nature makes me feel peace. Nature makes me feel peaceful. 'Feel' as a linking verb needs an adjective: 'feel peaceful', 'feel calm', 'feel free.'

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 75 *Three-quarters of Book 3 done.*

Day 76

Favourite City Spot

Today's question 今日の質問

What's your favourite place in your city? あなたの街で一番好きな場所はどこですか?

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

The park.

MY VERSION ・自分のバージョン

Level 2 — Add which one どの公園かを追加

My favourite place is Ohori Park.

MY VERSION ・自分のバージョン

Level 3 — Why it's special + question 特別な理由+質問

I like the park for its peaceful atmosphere and space to walk. What's yours?

MY VERSION ・自分のバージョン

Level 4 — What it is + why I love it + when I go + question

場所+好きな理由+行くとき+質問

My favourite spot in Fukuoka is Ohori Park — a beautiful lake with wide paths and tall trees. I go there to walk and think, especially at weekends. In spring the cherry blossoms are stunning and the whole park fills with people. Do you have a favourite place near you?

MY VERSION ・自分のバージョン

Level 5 — Ohori Park + cherry blossoms + peaceful place + question

大濠公園+桜+静かな場所+質問

My favourite spot in Fukuoka is Ohori Park — a serene lake with paths perfect for walking and people-watching with coffee. I go most weekends. The cherry blossoms in spring are beautiful, and it's a quiet escape from the city. What's your favourite spot, and what makes it special?

MY VERSION ・自分のバージョン

Level 6 □ Beloved place + protecting it + small coffee shop owner knows your week + secret gems + question

愛する場所+守りたい+小さな喫茶店のオーナーが顔なじみ+隠れた名店+質問

There's a real tension between wanting to share a beloved place and wanting to protect it from becoming overrun. I have a small coffee shop near Ohori that I've been going to for years and I deliberately don't recommend it online, even when I think people would love it. The owner knows my order and can tell when I've had a difficult week just from how I sit down. That kind of relationship takes time that tourism doesn't allow. Do you think the best local places are always slightly secret, or can some earn popularity without being changed by 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 favourite spot → What you do there → Why it feels special → 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 There's a small park near the river, ten minutes from my flat, and it's quietly become my favourite place in the world. I've watched it through every season now — blossoms, deep summer green, red leaves, bare branches — and it always resets something in me. There's one particular bench where I've made most of my big decisions. Every city has these secret hearts, I think. What's yours?

Negative You know, I've realised I don't have one, and the realisation bothers me a little. I move through my city — station, office, supermarket, home — without ever really stopping in it. It's efficient and slightly sad. I keep meaning to explore properly, to earn a favourite place rather than just a favourite route. Perhaps I should treat my own city like a tourist would for one weekend. How did you find your spot?

Neutral Probably the shopping street near the station — not because it's beautiful, but because it's familiar. I know which bakery is best, which café has seats at lunchtime, which corner catches the evening light. It's ordinary, but it's my ordinary. I suspect favourite places are less about the place and more about the layers of small memories. What made your favourite place yours?

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 local spot as if guiding a friend there for the first time."

Hint Describe what you do in this spot and why this specific combination of place and activity matters to you — 'I go to this bench in the park on Sunday mornings, before anyone else arrives. That one hour is worth the whole week.'

Common mistake I like to go there because it is a calm place. I like to go there because it's calm. 'Calm' as an adjective describing a place doesn't need 'a' before it. 'It is calm' or 'it's a calm place' (noun) are both correct. 'It is a calm' — using an adjective where a noun is expected — is incorrect.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 76 *Local knowledge and belonging — deeply personal, deeply interesting.*

Day 77

Walking

Today's question 今日の質問

Do you like walking or hiking? 散歩やハイキングは好きですか?

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.

MY VERSION ・自分のバージョン

Level 2 — Add type 種類を追加

Yes, I enjoy walking.

MY VERSION ・自分のバージョン

Level 3 — Where you go + question どこへ行く+質問

Yes, I enjoy walking on weekends. Do you hike often?

MY VERSION ・自分のバージョン

Level 4 — What I do + what I love about it + how it connects me to nature + question

していること+好きなこと+自然との繋がり+質問

I enjoy walking and hiking to stay active and clear my head. I love exploring trails and feeling connected to the seasons — the autumn colours, the spring flowers. Even a short walk in nature changes how I feel and what I notice. Do you do any outdoor activities?

MY VERSION ・自分のバージョン

Level 5 — Trails + connects to seasons + question

トレイル+季節とのつながり+質問

I enjoy walking and hiking — they keep me active and clear my thoughts. I love exploring trails and taking in the scenery. It's sustainable exercise that connects me to the seasons in a way a gym never does. Do you like walking or hiking?

MY VERSION ・自分のバージョン

Level 6 □ Achievement to attention + standing still for 10 mins + capacity for attention = fitness + question 達成から注意力へ+
10分間立ち止まる+注意力の容量=フィットネス+質問

Early in outdoor activities, I was purely focused on achievement — how far, how high, how fast. Now I'm far more interested in what I notice while moving. The best walks I've done weren't the most dramatic — they were ones where something small caught my attention and I stood still for ten minutes. I've started thinking of that as real fitness: the capacity for genuine attention. The terrain almost doesn't matter. What made you start the outdoor activity you do now?

MY VERSION ・自分のバージョン

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

Yes/no + what you enjoy → Where you go → How it makes you feel → 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 Walking is genuinely one of the best parts of my life. It's where I do my real thinking — problems that felt tangled at my desk seem to loosen somewhere around the third kilometre. I walk every evening, whatever the weather, and a few times a year I'll do a proper mountain hike. I've come to believe most bad moods are just a walk that hasn't happened yet. Are you a walker too?

Negative I understand walking is supposed to be wonderful, but I've never learned to love it. My mind doesn't clear — it just lists everything uncomfortable: the heat, the shoes, the distance remaining. Hiking, with added slopes, only sharpens the experience. I get my thinking done in the bath instead. I do envy people who return from walks looking reborn. What am I doing wrong, honestly?

Neutral I walk plenty, though more from routine than passion — to the station, around the neighbourhood, the occasional weekend stroll somewhere green. I enjoy it without romanticising it. Proper hiking I've done a handful of times, and the views were worth it even when my legs disagreed. For me walking is quiet maintenance for the mind. Is it something more than that for you?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

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

Step 6 — Memorise Level 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 outdoor activity I keep returning to and what it gives me that indoor life cannot."

Hint Describe what you think about when you walk — this reveals far more about a person than any destination.
'I solve almost every problem in my life on walks. Moving forward physically helps my thinking too.'

Common mistake I walked for 3 hours and I was very tired after. I walked for three hours and was exhausted by the end. 'After' needs an object in this structure: 'after that', 'after the walk', 'afterwards.'

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 77 *Outdoor topics open up identity and values.*

Day 78

Animals

Today's question 今日の質問

Do you like animals? 動物は好きですか?

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

Yes.

MY VERSION ・自分のバージョン

Level 2 — Add favourites 好きな動物を追加

Yes, I love dogs and cats.

MY VERSION ・自分のバージョン

Level 3 — Why + favourites + question 理由+好きな動物+質問

Yes, I like animals, especially dogs. What's your favourite?

MY VERSION ・自分のバージョン

Level 4 — Why I love them + my situation + a wish + question

好きな理由+現在の状況+願望+質問

I love animals — they're loyal and comforting in a way that's hard to describe. I don't have a pet right now because of my apartment, but I'd love a dog someday when my lifestyle allows it. I sometimes visit friends who have pets just to spend time around them. Do you have any pets?

MY VERSION ・自分のバージョン

Level 5 — Loyal + unconditional + safari dream + presence + question

忠実+無条件+サファリの夢+現在にいること+質問

I love animals — they're loyal, comforting, and completely unconditional in a way that's hard to describe. Dogs and cats are my favourites, though I dream of one day seeing lions and elephants on an African safari. Being with animals teaches you something about staying present. Does an African safari appeal to you?

MY VERSION ・自分のバージョン

Level 6 □ Animals change relationship with time + entirely in the present + how they find you + question

動物が時間との関係を変える+完全に現在にいる+あなたを見つける方法+質問

Living with an animal changes your relationship with time in a way I wasn't prepared for. A dog or cat has no concept of yesterday's stress or tomorrow's deadline — they're entirely in the present, and that pulls you there too. I think that's why animal companionship works: not through advice or insight, but through that insistent presence in the now. How people interact with animals also tells you quite a lot about them. How did the animals in your life come to you — was it deliberate, or did they sort of find 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

Yes/no + favourite animals → A specific connection or memory → What animals mean to 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 love animals — perhaps too much, since I stop for every cat I pass and I'm not sorry. There's an honesty to animals that I find restful: they don't perform, they just are. I grew up with a dog, and I still believe some of the best conversations of my childhood were with him, even though he never said a word. One day, when my life allows it, there will be a cat in it. Are you an animal person?

Negative I like animals from a respectful distance, if I'm honest. I never had pets growing up, so I lack whatever early wiring makes people melt at a dog in the street — I mostly worry about the fur on my trousers. I don't dislike them; we're simply not fluent in each other. Friends' pets always seem to sense this and sit on me immediately. Were you raised with animals, or did the love come later?

Neutral I like animals in an uncomplicated way — happy to meet them, happy to hand them back. Friends' dogs get a proper hello from me, and a good aquarium can hold me for an hour. But the daily responsibility of a pet has never tempted me; I know my limits. I enjoy being the visiting uncle of other people's animals. Do you have pets yourself, or are you a visitor like me?

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 an animal encounter that was memorable or meaningful."

Hint Share the specific thing your pet (or an animal you know) does that you find irrationally delightful — 'She follows the sun around the room throughout the day' is the kind of observation that makes people smile immediately.

Common mistake I have two cats. I love it very much. I have two cats. I love them very much. Use 'them' not 'it' for animals you know personally and care about. 'It' is used for unknown animals or animals in a general sense. Your own pet deserves 'them' or their name.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 78 *Animals and empathy — your English is handling nuance now.*

Day 79

Most Beautiful Place

Today's question 今日の質問

What's the most beautiful place you've been to? 今まで行った場所で一番きれいだったところはどこですか?

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

Kyoto.

MY VERSION ・自分のバージョン

Level 2 — Add when + detail いつ+詳細

Kyoto in autumn is the most beautiful place I've seen.

MY VERSION ・自分のバージョン

Level 3 — What made it beautiful + question 何が美しかったか+質問

I think Kyoto in autumn is beautiful. Where's yours?

MY VERSION ・自分のバージョン

Level 4 — A place I've seen + why it was beautiful + the feeling + question

見た場所+美しかった理由+気持ち+質問

One of the most beautiful places I've seen is Kyoto in autumn — temples like Kinkaku-ji reflecting in the water surrounded by red and gold leaves. It felt almost unreal. I want to go back every year. Have you seen a place that took your breath away?

MY VERSION ・自分のバージョン

Level 5 — Kinkaku-ji in autumn + matcha + awe + question

金閣寺の秋+抹茶+畏敬+質問

One of the most beautiful places I've seen is Kyoto in autumn — temples like Kinkaku-ji glowing in red and gold. Wandering the paths and sipping matcha felt serene and timeless. The blend of nature and history created a quality of stillness I rarely find. What's the most beautiful place you've visited, and why did it stay with you?

MY VERSION ・自分のバージョン

Level 6 □ Beauty that changes you + Naoshima Turrell light installation + shifted baseline + question

あなたを変える美しさ+直島のタレル光の作品+基準値の変化+質問

Beauty that changes you slightly for having witnessed it — that's the exact right kind. I had that at Naoshima art island: standing in front of a Turrell light installation, complete darkness and then slow light, and I came out genuinely different in some way I couldn't explain. Not dramatically changed but somehow reset. I think that's what beauty does at its best — it shifts your baseline. Whether we can cultivate the capacity for that experience, or whether it's mostly luck and presence, is the question I keep returning to. Has a place ever surprised you that way?

MY VERSION ・自分のバージョン

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

The place → What you saw and felt → Why it stands out → 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 A small coastal town I visited one autumn — I won't pretend it's famous, and that's partly why it stays with me. The evening I arrived, the whole sea turned the colour of a peach, and the fishing boats were coming in one by one. I stood there far longer than made sense, not even taking photos. Some places you visit; that one visited me. What place has stayed with you like that?

Negative It's a question I find surprisingly hard, because I suspect I've often been in beautiful places without properly seeing them — too busy photographing, planning the next stop, worrying about trains. My honest answer might be somewhere completely ordinary: my grandmother's garden in the early morning, which I only recognised as beautiful years later. Beauty seems to need attention I didn't always give. Do you notice beauty at the time, or afterwards?

Neutral Kyoto in late November is the answer I usually give, and it's true — the temple gardens with the maple leaves at their peak are almost unreasonably beautiful. But I've noticed the places that come to mind unbidden are smaller: a rice field at dusk from a train window, a snowy street with nobody in it. Famous beauty and private beauty seem to be different things. Which kind moves you more?

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 most beautiful place I have ever been and why I remember it the way I do."

Hint Try to describe the beauty using senses other than sight — what did it smell like? What sounds were there? What did the air feel like? Beauty described through multiple senses is always more powerful.

Common mistake It is the most beautiful place I never seen. It's the most beautiful place I've ever seen. 'Never' in superlative contexts means you haven't seen it at all. 'Ever' is correct: 'the best I've ever eaten', 'the most beautiful I've ever seen.' This is a very common confusion in Japanese English.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 79 *One day from Phase 8 complete.*

Day 80

Photography

Today's question 今日の質問

Do you like taking photos? 写真を撮るのは好きですか？

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.

MY VERSION ・自分のバージョン

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

Yes, I like taking photos of nature and food.

MY VERSION ・自分のバージョン

Level 3 — What it gives you + question してくれること+質問

Yes, I enjoy taking photos when I travel. It helps me notice things. What do you capture?

MY VERSION ・自分のバージョン

Level 4 — What I shoot + when + why + question 撮るもの+いつ+理由+質問

Yes, I enjoy taking photos — especially of nature and everyday moments. I mostly use my phone because it's always with me. I love capturing small things — the light on water, seasonal colours, a quiet street. It makes me notice what I would usually walk past. Do you take photos?

MY VERSION ・自分のバージョン

Level 5 — Phone + nature + izakaya food + slowing down + question

スマートフォン+自然+居酒屋の食べ物+立ち止まること+質問

Yes, I enjoy taking photos — it's a way to capture memories and train myself to notice things. I mostly use my phone: nature shots on walks, food at izakayas, candid street scenes in Fukuoka. Photography slows me down and makes me look more carefully. What subjects do you like to capture?

MY VERSION ・自分のバージョン

Level 6 □ Left phone behind + day three noticed more + camera trains for extraordinary = blind to ordinary + memory parallel version + question

スマートフォンを置いた旅+

3日目にもっと気づく+カメラは非日常を探す訓練+記憶の並行バージョン+質問

I deliberately left my phone behind on a recent trip and the first day felt almost anxious — what if I see something worth capturing? By day three I was noticing things I genuinely wouldn't have seen through a lens, because they were too ordinary to photograph but actually quite beautiful. The camera trains us to look for the extraordinary, which can make us slightly blind to ordinary texture. Do you think photographing something changes how you remember it — or just gives you a parallel version of the memory?

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 + what you photograph → How you shoot it → What it does for 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 love it — photography has quietly changed how I move through the world. Once you start looking for light, you find it everywhere: on an ordinary street, on someone's face, on the surface of your morning coffee. I shoot mostly with my phone, mostly on walks, and the archive has become a kind of diary. Looking back through a year of photos tells me things about myself I hadn't noticed. What do you find yourself photographing most?

Negative Less and less, honestly — and it was a deliberate choice. I spent a few years photographing everything and realised I was experiencing my own life through a screen, always half-composing instead of fully being there. Now I take a handful of photos on special occasions and let the rest go unrecorded. My memory does the curating. Do you ever feel the camera gets between you and the moment?

Neutral I take photos the way most people do — food that looks good, friends at dinner, the sky when it does something dramatic. It's documentation more than art; I rarely edit and I never print. That said, every so often I take one by accident that's genuinely good, and I understand for a moment why people fall in love with it. Is photography a craft for you, or a habit?

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 photo I have taken or most want to take — and what it would capture about my life."

Hint Share what you're actually trying to capture when you take photos — most people have an instinct about this but have never put it into words. 'I always photograph things that are about to disappear — old signage, the light just before sunset.'

Common mistake I took many photos in Kyoto last weekend. I spent an afternoon photographing the light on old stone walls in Kyoto. Try moving from counting ('many photos') to describing ('photographing the light on old stone walls'). What you photographed and why is always more interesting than how many shots you took.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 80 *Photography is paying attention — and that's exactly what good English conversation is too.*

Day 81

Gratitude

Today's question 今日の質問

What are you grateful for?あなたが感謝していることは何ですか？

Step 1 — Record now まず録音！

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

何も読む前に録音してください。

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

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

本当に伝えたいことは？

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

Level 1 — Basic answer 基本的な答え

My family.

MY VERSION ・自分のバージョン

Level 2 — Add specifics 具体化

I'm grateful for my family and their support.

MY VERSION ・自分のバージョン

Level 3 — Family + friends + question 家族+友人+質問

I'm grateful for my family and friends. What about you?

MY VERSION ・自分のバージョン

Level 4 — What I'm grateful for + small things + how it helps + question

感謝すること+小さなこと+効果+質問

I'm grateful for my health, my family, and friends who make daily life warmer. I try to notice small things too — a good meal, a clear morning, a kind message. It helps me stay positive even during a busy or difficult week. What are you grateful for?

MY VERSION ・自分のバージョン

Level 5 — Health + daily warmth + small things + question

健康+日常の温かさ+小さなもの+質問

I'm grateful for my health, family, and friends who make daily life warmer — shared meals, late-night chats, small kindnesses. I try not to take for granted the simple things: a good cup of tea, nearby nature, a home I feel safe in. What are you feeling grateful for lately?

MY VERSION ・自分のバージョン

Level 6 □ Gratitude points attention not creates + difficult period clarified + question 感謝は作るのではなく注意を向ける+困難な時期が明確にした+質問

Gratitude doesn't create good things — it points your attention at what was already there. I went through a difficult period a few years ago and came out with a particular richness of appreciation for ordinary pleasures I'd entirely taken for granted: a warm kitchen in winter, a particular afternoon light, being able to move without pain. Those things are still there, but the quality of attention to them is completely different now. Has there been a period in your life that, in retrospect, clarified what you were actually grateful for?

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

3 things you're grateful for → Why each matters → A small daily thing you appreciate → 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 So much, when I actually stop to count — which is exactly the problem, because I don't stop often enough. My health, which I ignored until the year it wobbled. A handful of people who know me completely and stay anyway. Work that means something, most days. Lately I've started writing down one small thing each evening, and it's quietly changed the texture of my days. What would be on your list tonight?

Negative I find gratitude harder than it sounds, if I'm honest. My mind is better trained at noticing what's missing than what's present — I can feel genuinely lucky in the morning and quietly dissatisfied by evening. I'm working on it, clumsily. What helps is other people's difficulties putting my own into perspective, though I wish kindness came to me without needing the comparison. Does gratitude come naturally to you, or is it a practice?

Neutral The honest, unglamorous answer: ordinary stability. A body that works, a home that's warm, people who'd notice if I disappeared. None of it photographs well, but I've lived enough to know these are the things whose absence changes everything. I try to remember that on the days when I'm grumbling about small inconveniences. What's something ordinary you'd genuinely miss?

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 ordinary thing in my daily life I think I take for granted the most."

Hint Share something small and specific you felt grateful for this week — not a major life blessing, but a tiny ordinary thing. 'I was genuinely grateful for a hot shower after being caught in the rain' shows that your gratitude is real, not performed.

Common mistake I am grateful to have good health and family. I'm grateful for my health and my family. 'Grateful for [noun]' and 'grateful to [verb]' are both correct. 'Grateful for my health' flows more naturally in conversation than 'grateful to have health.'

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 81 *Phase 9 begins — values, dreams, and becoming.*

Day 82

Learning

Today's question 今日の質問

What's something you want to learn? 学びたいことは何ですか?

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

English.

MY VERSION ・自分のバージョン

Level 2 — Add more さらに追加

I want to improve my English and learn more cooking.

MY VERSION ・自分のバージョン

Level 3 — English + another skill + question 英語+別のスキル+質問

I want to get better at English and also learn more home cooking. What skills interest you?

MY VERSION ・自分のバージョン

Level 4 — Main goal + another + a recent example + question

主な目標+別の目標+最近の例+質問

I want to get better at English so conversations feel natural and confident. I'm also learning to cook new things — I recently made proper dashi from scratch for the first time and the result surprised me. Learning something practical feels very satisfying. What are you trying to improve?

MY VERSION ・自分のバージョン

Level 5 — Natural English + Italian cooking + daily practice + question

自然な英語+イタリア料理+毎日の練習+質問

I want to get better at English so conversations feel natural — confident enough to use it when I travel. I'd also like to learn more home cooking, maybe Italian pasta from scratch. Small daily practice keeps it enjoyable rather than overwhelming. What would you like to learn these days?

MY VERSION ・自分のバージョン

Level 6 □ Calligraphy for quality of attention + shokunin concept + question 書道は注意力の質のため+職人の概念+質問

What we'd learn if practicality were removed is a revealing question. I'd learn calligraphy — not because I have artistic ability, but because it requires a quality of attention I find genuinely difficult. Every stroke fully present or the whole thing fails. There's a Japanese concept called shokunin — the artisan who devotes their life to mastering one thing — and while I'm not built for that level of dedication, I admire the philosophy enormously. Is there something you've started learning that surprised you by how much it opened up?

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 want to learn → Why that skill → How you're approaching 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 The list is long and I love that it's long — but at the top right now is cooking, properly. Not recipes, but the understanding underneath them: why this heat, why this order, what salt is actually doing. I've started treating one dish a month as a small project, failing enthusiastically and improving slowly. Learning as an adult, with nobody grading you, turns out to be a joy. What's at the top of your list?

Negative There's plenty I'd like to learn — the guitar, another language, how to draw — but I've noticed the wanting and the doing live in different houses for me. I collect beginnings: apps downloaded, books bought, first lessons attended. The follow-through is where I stall, usually around week three. I haven't given up on myself; I'm just still looking for the thing that survives week three. What kept you going past the beginning?

Neutral A few practical things, mostly — better English, obviously, since here I am. Beyond that, some basic skills I've always outsourced: simple repairs, better cooking, managing money with actual understanding rather than hope. Nothing romantic, but I've reached the age where competence itself feels attractive. I learn steadily rather than passionately. Are you drawn to practical learning or the beautiful useless kind?

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 why I want to learn the skill I mentioned — and what it would change if I truly mastered it."

Hint Share the single most counterintuitive thing you've ever learned — something that turned out to be the opposite of what you expected. These answers always spark the best conversations.

Common mistake I learned a lot of things from that difficult experience. I learned a great deal from that difficult experience. 'A lot of things' in this context is vague. 'A great deal', 'so much', or naming what you actually learned is stronger.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 82 *Curiosity about learning is one of the best things you can express.*

Day 83

Biggest Dream

Today's question 今日の質問

What's your biggest dream? あなたの一番大きな夢は何ですか?

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

Travel.

MY VERSION ・自分のバージョン

Level 2 — Add specifics 具体化

My dream is to travel more freely.

MY VERSION ・自分のバージョン

Level 3 — Where + what it would mean + question

どこへ+どんな意味があるか+質問

My dream is to travel more freely. What's yours?

MY VERSION ・自分のバージョン

Level 4 — My dream + why + what I'm doing + question

夢+理由+していること+質問

My biggest dream is to travel more freely — to spend real time in Italy, Iceland, and a few other places I've always wanted to see. I'd also love to feel confident using English in those situations. I've been working towards both. What's your biggest dream?

MY VERSION ・自分のバージョン

Level 5 — Italy + Iceland + language + daily motivation + question

イタリア+アイスランド+言語+日常の動機+質問

My biggest dream is to travel more freely — experiencing Italy's food culture, Iceland's landscapes, learning a little of each language along the way. Dreams evolve, but this one still fuels my daily motivation. Achieving it would feel deeply fulfilling. What's one of your biggest dreams?

MY VERSION ・ 自分のバージョン

Level 6 □ **Saying dream aloud makes it real + risk of naming + safely vague is giving up + question**

夢を口にすると現実になる+名前をつけるリスク+安全な曖昧さも諦め+質問

Something shifts when you actually say a dream aloud. I had one I'd never quite expressed — writing something longer than essays — and the moment I said it to someone I trusted, it stopped being an escape fantasy and started feeling like a direction. There's a risk in naming dreams, because then they're real enough to fail. But keeping them safely vague is a different kind of giving up. Was there a moment your dream became genuinely yours rather than just a nice idea?

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 biggest dream → Why this one → What it would feel like to achieve 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 My biggest dream is to live abroad for a year — not as a tourist, but properly: a rented flat, a local supermarket, neighbours who nod at me, a daily life in another language. I want to know who I am when everything familiar is removed. I've started saving, quietly, and telling people, less quietly, because dreams spoken aloud become harder to abandon. What's yours — and have you said it out loud yet?

Negative I'll be honest: I'm not sure I have one, and the question always makes me feel slightly caught out. I had dreams at twenty; somewhere along the way they got traded for plans, and the plans for routines. I don't think the dreaming part of me is gone — I think it's just been quiet for a long time. Questions like this one wake it up a little. What was your dream at twenty — and is it still the same?

Neutral My dream is modest and I've made my peace with that: a life with margin in it. Enough time that I'm not always rushing, enough money that small problems stay small, work I don't dread, and people around my table on a Sunday. It won't make a film, but I've noticed the people who have this seem quietly rich. Do you dream in adventures or in Sundays?

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 biggest dream looked like when I was younger and how it has shifted since then."

Hint Describe your dream as if it's already happened and you're looking back — 'It's ten years from now. I'm sitting at a small desk by a window. I've just finished my second book...' puts the dream in vivid, present-tense detail.

Common mistake My dream is to becoming a writer someday. My dream is to become a writer someday. After 'to' in an infinitive, always use the base form of the verb: 'to become', 'to travel', 'to speak.' Never 'to becoming', 'to travelled', 'to speaking.' The infinitive never uses -ing after 'to.'

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 83 *Your biggest dream, in English.*

Day 84

Who You Want to Become

Today's question 今日の質問

What kind of person do you want to become?どんな人になりたいですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

Kind.

MY VERSION ・自分のバージョン

Level 2 — Add qualities 特質を追加

I want to be kinder and more confident.

MY VERSION ・自分のバージョン

Level 3 — Qualities + how you're working on them + question

特質+取り組み方+質問

I want to be more confident and genuinely kind. What qualities do you aim for?

MY VERSION ・自分のバージョン

Level 4 — How I want to grow + why + how I'm working on it + question

どう成長したいか+理由+取り組み方+質問

I want to become more confident and more genuinely kind — the kind of person who helps others without needing to be asked. I'm working on that slowly, mostly by paying more attention to the people around me. What kind of person do you want to become?

MY VERSION ・自分のバージョン

Level 5 — Kind + confident + growth gradual + authentic in practice + question

親切+自信+成長は徐々に+実践における本物らしさ+質問

I want to become more confident and more genuinely kind — the kind of person who helps others through teaching or small daily actions. Growth feels gradual: reading, practising, noticing. It's less about values on paper and more about authenticity in practice. What kind of person do you aspire to be?

MY VERSION ・自分のバージョン

Level 6 □ Self-improvement vs self-rejection + expanding not replacing + more fully what you always were + question

自己改善**vs**自己拒否+置き換えでなく拡張+元々そうだったものをより完全に+質問

There's a version of self-improvement that's really self-rejection in disguise — the idea that the current you is fundamentally lacking. But there's another version that feels like genuine growth: not replacing yourself but expanding what you're capable of while remaining recognisably you. The people I most admire aren't the ones who've reinvented themselves completely — they're the ones who've become more fully what they always were. That's a very different kind of becoming. Is the person you want to be someone you already recognise in yourself sometimes?

MY VERSION ・自分のバージョン

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

The qualities you want → Why those → What small step you're taking → 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 want to become the kind of person who makes other people feel unhurried — you've met them: calm without being cold, interested without being intrusive. I've noticed I'm most drawn to people who listen properly, so that's the self I'm building towards, one conversation at a time. Kinder on the outside, quieter on the inside. It's slow work but it's the right work. Who are you trying to become?

Negative That question sits uncomfortably with me, because the honest answer is: someone less anxious than the person writing this. I spend more energy than I'd like on worrying — about mistakes I've made, impressions I've given, futures that never arrive. The person I want to become would hold all of that more lightly. I'm inching there. Is the gap between who you are and who you want to be a kind one, for you?

Neutral Mostly a steadier version of who I already am — I don't dream of becoming someone unrecognisable. A little braver in conversations, a little more patient with my family, a little more honest when honesty costs something. I've come to think character is built in small steps, not leaps. If I improve a little each year in the right direction, I'll take it. What's one small thing you'd like to improve this year?

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 someone I admire and what quality of theirs I most want to develop."

Hint Share the version of yourself you most want to leave behind — growth is often best described by contrast. 'I'm trying to move away from the version of me who needed external validation for every decision' is honest and instantly relatable.

Common mistake I want to be a more kind person. I want to be a kinder person. With one-syllable adjectives, use the comparative form (-er): kinder, braver, calmer, wiser. Only use 'more' with longer adjectives: more patient, more confident, more thoughtful.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 84 *Describing who you want to become requires the richest English.*

Day 85

What You Want to Change

Today's question 今日の質問

What's something you want to change in your life? 人生で変えたいことは何ですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

My habits.

MY VERSION ・自分のバージョン

Level 2 — Add which habits どの習慣かを追加

I want to change my sleep habits and manage time better.

MY VERSION ・自分のバージョン

Level 3 — Specific + small start + question 具体的+小さなスタート+質問

I want to go to bed earlier and manage my time better. What would you alter?

MY VERSION ・自分のバージョン

Level 4 — What I want to change + why + what I've noticed + question

変えたいこと+理由+気づき+質問

I'd like to go to bed earlier and manage my time better — I often feel rushed in the evenings. When I do get to bed by 10:30 I feel completely different the next day. Small habits really do make a big difference in how the whole day feels. What habits are you working on?

MY VERSION ・自分のバージョン

Level 5 — Sleep + phone rule + calmer days + question

睡眠+スマホルール+穏やかな日々+質問

I'd like to go to bed earlier and manage my time better — I often feel rushed. When I get to bed by eleven and plan the next morning the night before, my whole day feels calmer. I'm starting with small rules: no phone after ten PM. It's hard at first, but the difference is worth it. What would you like to change?

MY VERSION ・自分のバージョン

Level 6 □ Habits as symptoms + treating behaviour not cause + change arrived from different angle + question

習慣は症状+行動でなく原因を治す+変化は別の角度から+質問

Some habits are symptoms rather than the real issue — and that's the part that's hard to see. I spent a long time trying to change the way I responded to stress without realising I was treating the behaviour but not what the behaviour was protecting. The change, when it finally came, arrived from a completely different angle. This is why willpower alone rarely works for the stubborn ones. Is the thing you want to change something you've tried before, or are you approaching it fresh?

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 want to change → Why it matters → Your first small step → 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 mornings — and I've actually started. For years I began each day inside my phone, borrowing other people's noise before I'd had a single thought of my own. Now I'm rebuilding the first hour: light, tea, a few pages of a book, and the phone stays face-down until I've properly arrived in the day. It sounds small, but the first hour turns out to steer all the others. What's the change you've been circling?

Negative The honest answer is my habit of saying yes to everything — and the harder honesty is that I've known this for years and changed almost nothing. Every yes feels kind in the moment and costs me later, in tiredness and quiet resentment I never voice. I admire people with gentle, firm boundaries the way I admire people who speak five languages. I'm a beginner. How did you learn to say no kindly?

Neutral Less a dramatic change than a rebalancing: more of what restores me, less of what merely fills time. Concretely, that means more walking and reading, less aimless scrolling; more evenings with actual people, fewer with the television for company. I'm suspicious of grand reinventions — they never survive February. Small, boring, repeated changes are the only kind that have ever worked for me. What works for you?

Step 5 — Vocabulary 語彙(最大4語)

Think in Japanese first → ask AI → record here.

日本語で考えてからAIに聞きましょう。

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

Step 6 — Memorise Level 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 would be different about my daily life if I successfully changed the habit I mentioned."

Hint Share something you've already tried to change that didn't stick — and what you learned from that. 'I've tried three times to stop checking my phone first thing in the morning. The fourth attempt is still in progress' is honest and shows real self-knowledge.

Common mistake I want to change myself for better. I want to change myself for the better. 'For the better' is a fixed expression in English — always use the full phrase with 'the'. 'For the better' means in a positive direction. Other fixed phrases: 'turn for the better', 'a change for the better'. The article 'the' is not optional here — dropping it produces an error that sounds unnatural to any native speaker.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 85 *Honesty about what you want to change — real conversation.*

Day 86

Happiness

Today's question 今日の質問

What makes you happy? あなたを幸せにするものは何ですか?

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

Family.

MY VERSION ・自分のバージョン

Level 2 — Add more さらに追加

My family and small daily pleasures make me happy.

MY VERSION ・自分のバージョン

Level 3 — Small things + question 小さなもの+質問

My family and friends make me happy, and simple daily pleasures too. What brings you joy?

MY VERSION ・自分のバージョン

Level 4 — What makes me happy + why small things matter + question

幸せを感じる事+シンプルなものが必要な理由+質問

Many things make me happy — time with people I love, walks in nature, finishing a good book. I've noticed that the happiest moments are usually simple and unplanned. Big events are nice, but quiet everyday moments matter more to me in the long run. What makes you happy?

MY VERSION ・自分のバージョン

Level 5 — Simple dinners + nature walks + finishing a book + happiness in small things + question

簡単な夕食+自然の散歩+本を読み終える+小さなことに幸せがある+質問

Many things make me happy — time with loved ones over simple dinners, walks in nature, finishing a good book, an ice-cold beer on a hot summer evening. Happiness is usually in the small things, not the big milestones. Fulfilment arrives quietly. What usually brings you happiness?

MY VERSION ・自分のバージョン

Level 6 □ Outside impressive vs inside hollow + unremarkable Tuesday + happiness resists pursuit + arrives sideways + question 外から見て印象的 vs 中から見て空虚+何でもない火曜日+幸福は追求に抵抗する+横から来る+質問

What looks like happiness from the outside and what actually produces it from the inside can be completely different things. I've had objectively impressive moments — milestones, achievements — that felt oddly flat. And I've had entirely ordinary Tuesday afternoons that felt genuinely full. I think happiness resists direct pursuit — it tends to arrive sideways, as a side effect of engagement or connection rather than a destination reached. Do you find your sources of happiness now are similar to what they were five or ten years ago?

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 makes you happy → Big or small → 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 Small things, overwhelmingly — and I say that with confidence, having tested the big things too. The first coffee while the house is still asleep. A message from an old friend for no reason. The smell of rain arriving. Finishing something I said I'd finish. I used to think happiness was a destination you earned; now I'm fairly sure it's a noticing skill. What small thing made you happy this week?

Negative It's a question I find harder than I should, honestly. Happiness for me is slippery — I recognise it mostly in hindsight, in photographs, in sentences that begin with 'that was a good time, wasn't it'. In the present moment I'm usually too busy managing things to feel it. I'm trying to learn to catch it live. Do you feel happiness while it's happening, or only afterwards, like me?

Neutral A fairly ordinary list, I suspect: good food shared slowly, a task completed properly, a free evening with nothing owed to anyone. I'm not a person of peak experiences — my happiness is more like background music than fireworks, and I've decided that's a feature rather than a flaw. Steady contentment suits me. Are you a fireworks person or a background-music person?

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 ordinary moment, if I am honest, makes me feel most fully like myself."

Hint Describe the conditions under which you feel most happy — not the events, but the inner conditions. 'I'm happiest when I have something to look forward to and enough time to actually be present for it' is a Level 6 insight.

Common mistake I feel happiness when I spend time with my family. I feel happy when I spend time with my family. 'Happy' (adjective) after 'feel' — not 'happiness' (noun). You 'feel happy', 'feel calm', 'feel grateful.' You 'experience happiness', 'find happiness', 'feel a sense of happiness.' Not 'feel happiness' alone.

Today's reflection 今日のふり振り返り

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 86 *Happiness is one of the best topics for Level 5 depth.*

Day 87

Life Goals

Today's question 今日の質問

What are your main goals in life? 人生の主な目標は何ですか?

Step 1 — Record now まず録音!

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

何も読む前に録音してください。

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

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

本当に伝えたいことは?

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

Level 1 — Basic answer 基本的な答え

To be happy and healthy.

MY VERSION ・自分のバージョン

Level 2 — Add specifics 具体化

To stay healthy, have good relationships, and find meaningful work.

MY VERSION ・自分のバージョン

Level 3 — Three areas + question 3つのエリア+質問

My main goals are good health, meaningful relationships, and work I care about. What goals are most important to you?

MY VERSION ・自分のバージョン

Level 4 — Main goals + why they matter + question 主な目標+大切な理由+質問

My main goals are staying healthy, maintaining good relationships, and doing work I find meaningful. I've realised that the quality of daily life matters more to me than big achievements. A good life is built from ordinary days, not just highlights. What are your main goals?

MY VERSION ・自分のバージョン

Level 5 — Health + relationships + work + balance + question

健康+人間関係+仕事+バランス+質問

My main goals are staying healthy, maintaining good relationships, and doing work I find meaningful. I used to have very specific ambitions — titles, achievements, milestones. Now the goals are more about quality: of connection, of attention, of daily life. Balance matters more than progress in any single direction. What goals are most important to you?

MY VERSION ・自分のバージョン

Level 6 □ Specific ambitions shifted to quality of life + relationship between goals and identity + question

具体的な野心から生活の質へ+目標とアイデンティティの関係+質問

The shift from specific ambitions to quality-of-life goals is something I think happens gradually and then suddenly. At some point the destination thinking — if I achieve X, then I'll feel Y — gives way to something less measurable but more honest. I find the goals I actually live by are harder to put on paper than the goals I'd say in a job interview. Is there a goal you tell people about and a goal you actually care about — and are they the same?

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 main goals → How they've changed → What balance means to 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 keep three, deliberately few so I actually remember them. First, to stay curious — the day I stop learning is the day I start ageing in the bad way. Second, to be someone my people can rely on completely; reliability is an underrated form of love. Third, to build a daily life I don't need to escape from. Everything else is detail. What would your three be?

Negative I'm between goals at the moment, if I'm honest, and it's a strange place to stand. The old ones — the job, the qualifications, the boxes society hands you — are mostly ticked, and the promised satisfaction was quieter than advertised. I haven't chosen what's next yet, and some days that feels like freedom, others like drift. Perhaps this conversation is part of the choosing. Have you ever been between goals?

Neutral My goals have grown less ambitious and more precise with age, which I think is progress. Health solid enough to be boring. Finances calm enough to be ignored. Relationships warm enough that silence is comfortable. And one thing — for me it's this English — that I'm always slightly better at than last year. Depth over drama. How have your goals changed as you've got older?

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 goal I am working toward right now and whether it truly feels like mine."

Hint Share a goal that might sound small to others but feels significant to you — 'My goal is to finish a book a month and actually discuss them with someone' is specific and reveals what you genuinely value.

Common mistake My goal is get a promotion this year. My goal is to get a promotion this year. After 'My goal is', always use the infinitive: 'to get', 'to travel', 'to save.' 'My goal is get' is a very common Japanese learner error — the 'to' is not optional here.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 87 *Life goals require English's richest vocabulary.*

Day 88

Personal Pride

Today's question 今日の質問

What are you most proud of?あなたが最も誇りに思うことは何ですか?

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

Getting this far.

MY VERSION ・自分のバージョン

Level 2 — Add what it took 何が必要だったかを追加

I'm proud of staying consistent with something difficult.

MY VERSION ・自分のバージョン

Level 3 — What it was + what it took + question

何だったか+何が必要だったか+質問

I'm proud of staying consistent with difficult habits over time. What are you most proud of?

MY VERSION ・自分のバージョン

Level 4 — What I'm most proud of + why + what it taught me + question

誇りに思うこと+理由+学んだこと+質問

What I'm most proud of isn't a single achievement but sustained effort — keeping going with something difficult even when it was uncomfortable. That process taught me more than any single success. I learned that I can keep going even when I don't feel like it. What are you most proud of?

MY VERSION ・自分のバージョン

Level 5 — Sustained effort + not perfect + what it taught you + question

継続的な努力+完璧でない+教えてくれたこと+質問

What I'm most proud of isn't a single achievement but sustained effort — keeping going with something difficult when it would have been easier to stop. Finishing things imperfectly is still finishing. The process taught me more about my own character than the outcome did. What are you most proud of — something you've done, or something you've become?

MY VERSION ・自分のバージョン

Level 6 □ Private pride vs external validation + sustained work nobody saw + question 内なる誇りvs外部からの承認+誰も見ていない継続的な作業+質問

Private pride — the thing you know you did well even if nobody witnessed it — is, I think, the more meaningful kind. External recognition is nice but unstable: it depends on other people's attention and can be withdrawn. But the knowledge that you did something difficult and saw it through properly lives somewhere more permanent. I had a period of sustained work that nobody saw the process of, and finishing it quietly was one of the most satisfying experiences I've had. Do you find pride and recognition usually align, or are the things you're most privately proud of often the ones that went unnoticed?

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 proud of → Why it was difficult → What it took → 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 Strangely, it's not an achievement anyone applauded. A few years ago I kept a promise to myself for an entire year — a small daily discipline, unglamorous, witnessed by nobody. But keeping it changed how I speak to myself: I learned I'm a person whose own word can be trusted, and that has quietly underwritten everything since. The certificates matter less than that. What's the promise to yourself you're proudest of keeping?

Negative Pride is a difficult word for me — my instinct is always to deflect it, to explain why the thing wasn't really that impressive. It's partly culture, partly personality. If I force myself past the deflection, the honest answer is: I'm proud that I've kept going through some years that didn't make it easy. That shouldn't feel embarrassing to say, but it slightly does. Do you find it hard to claim your own achievements too?

Neutral Nothing dramatic — no marathons, no medals. I'm proud of the accumulation: showing up for work through the dull stretches, staying kind under pressure more often than not, keeping friendships alive across decades and distance. It's the kind of pride that has no ceremony, which perhaps is why we rarely mention it. The maintenance of a decent life is genuinely hard work. What quiet thing are you proud of?

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 made the thing I am most proud of so difficult — and what it changed about me."

Hint Choose something you're proud of that almost no one knows about — the hidden prides are often the most genuine. 'I'm quietly proud that I've never missed a single day of journaling for three years' reveals character instantly.

Common mistake I proud of how far I have come. I'm proud of how far I've come. 'Proud' is an adjective — always needs a linking verb: 'I am proud' or 'I feel proud.' Never use 'proud' without 'am', 'feel', or 'was.' This is one of the most common adjective errors in Japanese English.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 88 *Two days from the end.*

Day 89

Advice to Past Self

Today's question 今日の質問

What advice would you give your past self? 過去の自分にどんなアドバイスをしますか?

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

Be patient.

MY VERSION ・自分のバージョン

Level 2 — Add what you mean 意味を追加

I would say: be patient and trust the process.

MY VERSION ・自分のバージョン

Level 3 — What + why + question 何+なぜ+質問

I would tell myself to be patient and trust the process. What would you say?

MY VERSION ・自分のバージョン

Level 4 — What I'd say + why + what I've learned + question

伝えること+理由+学んだこと+質問

I'd tell my younger self to be patient and trust the process — to worry less about perfection and enjoy the journey more. I spent a lot of time anxious about outcomes that didn't matter as much as I thought. I'm much calmer now. What advice would you give your younger self?

MY VERSION ・自分のバージョン

Level 5 — Patient + trust process + worry less + mistakes as lessons + question

忍耐+プロセスを信じる+心配を少なく+ミスは教訓+質問

I'd tell my past self to be patient and trust the process — worry less about perfection, enjoy the journey more. Everything unfolds in time, and mistakes are lessons. That mindset would have eased so many stresses. What would you tell your younger self?

MY VERSION ・自分のバージョン

Level 6 □ Would knowing sooner have helped? + lived understanding can't be shortcut + would past self have listened? + question

早く知っても役立った?+生きた理解はショートカットできない+過去の自分は聞いた?+質問

The urge to advise your past self rests on the assumption that knowing sooner would have helped. But I'm genuinely not sure. The things I eventually understood about myself, I seem to have needed to learn exactly when I did, through exactly those experiences. Telling my twenty-two year old self to worry less would have been true advice and completely useless advice simultaneously. There's something about lived understanding that can't be shortcut by information alone — hindsight doesn't transfer. What makes you think your past self would have actually listened?

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 key advice → Why that lesson → A moment when you wish you'd known 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'd tell twenty-year-old me: the things you're most embarrassed about now, you will not remember in ten years — but the chances you didn't take, you will. So take them. Speak up in the room. Send the message. Go on the trip you can't quite afford. I'd also add, more gently: you're doing better than you think, and almost everyone else is improvising too. What would you tell yours?

Negative The complicated truth is that my past self wouldn't have listened — I know, because people gave me exactly the right advice at exactly the right times, and I nodded and did what I was going to do anyway. So perhaps my advice would simply be: pay more attention to the people who love you; they're seeing things you can't. And be kinder to yourself in the difficult years. Would your past self have listened, honestly?

Neutral Something small and practical, probably: start the good habits at twenty-five, not forty — the saving, the exercise, the sleep — because time multiplies whatever you plant, good or bad. And one softer thing: not every worry deserves the hours you're giving it; most of the disasters you're rehearsing will never arrive. Otherwise I'd let my past self make the mistakes; they turned out to be the lesson. What would yours be?

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			
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 advice my future self might give me right now."

Hint Choose advice that you didn't take when you received it — and explain what finally made you understand it. 'Someone told me to stop comparing myself to others at 22. It took another ten years to actually hear it' is honest and instantly relatable.

Common mistake I would tell to my younger self to be more patient. I would tell my younger self to be more patient. 'Tell' is a ditransitive verb — it takes a person directly, without 'to': 'tell someone something', never 'tell to someone'. Compare: 'I told my friend the news' (correct) vs 'I told to my friend the news' (incorrect). This contrasts with 'say', which does use 'to': 'I said to my friend' is correct. 'Tell to' is one of the most common Japanese English errors.

Today's reflection 今日のふり返し

One sentence about what you noticed today.

今日気づいたことを一言。

MY VERSION ・自分のバージョン

Day 89 *One day to go.*

Day 90

The Future You Want

なりたい未来

Your voice. Your English.

あなたの声。あなたの英語。

Ninety days. Not ninety perfect days — ninety real ones. Some short, some long, some recorded on the train, some at midnight. That is kumite, and it is what brought you here. You didn't wait until you were ready; you spoke before you were ready, and readiness arrived because you did.

90日間。完璧な90日ではありません——本物の90日です。短い日も、長い日も、電車で録音した日も、真夜中の日も。それが組手であり、あなたをここまで連れてきたものです。準備ができるのを待たず、準備ができる前に話した——だからこそ、準備は後からついてきました。

Your final recording

最後の録音

No preparation. No notes. Just you, right now. Press record, answer these three, then listen back to your very first recording from Book 1. That distance — that is what you built.

準備なし、メモなし。今のあなたで。録音して3つに答え、Book 1の最初の録音を聴き返してください。その差こそ、あなたが築いたものです。

Question 1 Tell me about yourself — who you are, what matters to you, and what you believe about living well.

自分について——あなたは誰で、何を大切にし、どう生きたいと考えているか。

Question 2 Tell me about something beautiful you've experienced.

あなたが経験した、美しいと感じたことを話してください。

Question 3 What do you want your life to look like in five years? What are you building toward?

5年後、人生をどんなふうにしたいですか？何に向かっていきますか？

You did the kata. Now you've done the kumite. From here on there is no book to follow — only conversations to have. Go and have them.

型をやり、組手もやりました。ここから先に、追うべき本はありません——あるのは、交わすべき会話だけ。さあ、話しに行きましょう。

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 61 • Manga

"Ask me what manga or series best represents how I see the world and why."

Day 62 • Films

"Ask me to describe a film scene that has stayed with me — and what it made me feel."

Day 63 • Concerts

"Ask me about the most memorable live music experience I have ever had and what made it feel alive."

Day 64 • Music in Life

"Ask me to describe the song that most represents a particular period of my life."

Day 65 • Art

"Ask me to describe a piece of art that confused me — and what I thought about it."

Day 66 • Museums

"Ask me which museum or gallery changed the way I saw something."

Day 67 • Celebrations

"Ask me what my favourite celebration memory is and who was there."

Day 68 • Festivals

"Ask me about a festival tradition I grew up with and whether I still value it the same way."

Day 69 • Sports Watching

"Ask me which sport I find most worth watching and what draws me to it."

Day 70 • Rainy Days

"Ask me what my ideal rainy day would look like from start to finish."

Day 71 • International Travel

"Ask me what the most challenging moment of an international trip was and what I learned from it."

Day 72 • Dream Destination

"Ask me to describe in detail what my dream destination would feel like when I finally arrive."

Day 73 • Accommodation

"Ask me about the best or worst place I have ever stayed while travelling and what made it stand out."

Day 74 • Mountains or Beach

"Ask me about a specific moment in nature that I still think about."

Day 75 • Nature

"Ask me where in Japan or the world I feel most at peace in nature."

Day 76 • Favourite City Spot

"Ask me to describe my favourite local spot as if guiding a friend there for the first time."

Day 77 • Walking

"Ask me what outdoor activity I keep returning to and what it gives me that indoor life cannot."

Day 78 • Animals

"Ask me to describe an animal encounter that was memorable or meaningful."

Day 79 • Most Beautiful Place

"Ask me to describe the most beautiful place I have ever been and why I remember it the way I do."

Day 80 • Photography

"Ask me what photo I have taken or most want to take — and what it would capture about my life."

Day 81 • Gratitude

"Ask me what ordinary thing in my daily life I think I take for granted the most."

Day 82 • Learning

"Ask me why I want to learn the skill I mentioned — and what it would change if I truly mastered it."

Day 83 • Biggest Dream

"Ask me what my biggest dream looked like when I was younger and how it has shifted since then."

Day 84 • Who You Want to Become

"Ask me to describe someone I admire and what quality of theirs I most want to develop."

Day 85 • What You Want to Change

"Ask me what would be different about my daily life if I successfully changed the habit I mentioned."

Day 86 • Happiness

"Ask me what kind of ordinary moment, if I am honest, makes me feel most fully like myself."

Day 87 • Life Goals

"Ask me what goal I am working toward right now and whether it truly feels like mine."

Day 88 • Personal Pride

"Ask me what made the thing I am most proud of so difficult — and what it changed about me."

Day 89 • Advice to Past Self

"Ask me what advice my future self might give me right now."

Appendix C — The Full Philosophy

付録C・型と組手の、より深い考え方

Most English education in Japan is kata. Kata — the formal practice patterns of martial arts — is essential. It builds the foundations: structure, grammar, and a library of correct forms. Language schools, textbooks, and classroom study are all kata. They work, and nobody reaches fluency without them. But kata alone produces students who can pass tests and freeze in real conversation. The moment the script disappears — when someone asks an unexpected question, or simply looks at you and waits — kata runs out.

日本の英語教育の多くは「型」です。型——武道の形の練習——は不可欠で、土台をつくれます。語学学校も教科書も教室も、すべて型。けれど型だけでは、試験には合格しても本物の会話で固まってしまう学習者を生みます。台本が消えた瞬間——思いがけない質問をされ、ただ見つめられて待たれたとき——型は尽きます。

That is where kumite begins. Kumite — free sparring — is where kata becomes real. It is not about being perfect; it is about being present: adapting what you know to what is actually happening, trying something, adjusting, trying again, and moving forward even when you are uncertain. This series is the bridge between the two. The structured lessons are your kata; the recordings, the AI conversations, the alternative answers, and the versions you write yourself are your kumite. That is where your real English voice is built. There are no wrong answers here. There is only practice.

そこから組手が始まります。組手——自由な手合わせ——は、型が現実になる場所。完璧であることではなく、その場にいること。知っていることを、実際に起きていることに合わせ、試し、調整し、また試し、迷いながらも前へ進むこと。このシリーズは、その2つをつなぐ橋です。レッスンが型、録音とAI会話と自分で書く答えが組手。そこで、あなたの本当の英語の声が育ちます。ここに間違った答えはありません。あるのは、練習だけです。

The 12 Kumite Reminders

12の組手リマインダー

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

本書は『Japanese Heart, English Words』シリーズ(全3冊+コンパニオンガイド)の3冊目です。

Book 1 — Daily Life in English · A2→B1 · Days 1–30

日常を、英語で

Book 2 — Real Life in English · B1→B2 · Days 31–60

本物の英語力を

Book 3 — Deeper Conversations · B2→C1 · Days 61–90

もっと深く語る

Make It Shine — The WOW Guide · all

levels「伝わる英語」へ

Each day builds on the last. When you finish one book, the next is waiting.

一日一日が積み重なります。一冊を終えたら、次の本が待っています。

If you'd like daily speaking practice with instant feedback, you'll find it at gogoperapera.com — the same system, brought to life one question a day.

毎日のスピーキング練習とフィードバックは gogoperapera.com で。1日1問、この本のシステムをそのまま。