ColorWords

FREE GUIDE

# How to stop studying English and start living it.

7 simple ways to bring English into your morning, your conversations, and your thoughts — without adding a single extra hour to your day.

BEFORE WE START

# The more English you live, the faster you learn.

This isn't a theory. People who become fluent fastest aren't the ones who study hardest — they're the ones most surrounded by the language. They watch shows in English, listen to music and actually hear it, narrate their days in their heads, turn their daily tools into English. Exposure beats effort, every time.

This guide shows you exactly how to do that — using the life you already have. Seven shifts that bring English into your day without adding a single extra hour. Every one works whether you are just starting or already speak a lot.

If you live in the USA, you already have a big advantage: English is all around you — at the pharmacy, at the supermarket, at your kids' school, at work. Each of these moments can become practice.

THE 7 SHIFTS

## 01 Change your phone to English

The smallest switch with the biggest effect. You use your phone dozens of times a day, so English suddenly shows up everywhere: settings, notifications, apps, maps. It feels strange for a week. Then it feels completely normal — and you'll notice you already know more of these words than you thought.

> **YOUR ACTION**
> Go to Settings → Language → English. Do it right now, before you close this guide. Bonus: switch your maps app to English too, so the directions you hear are in English.

## 02 One English moment before you scroll

Before you open social media in the morning, open something in English: a newsletter, a short article, a video, a song. Five minutes. That's it. The key is consistency, not intensity. A little every day beats a lot once a week.

> **YOUR ACTION**
> Choose one English thing tonight and save it for tomorrow morning — a song, a short video, an article, a podcast about something you love: your local news, your favorite team, a hobby.

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## 03 Listen while you live

You don't have to sit at a desk to learn. A podcast during your commute. English music while you cook. A video while you exercise. You don't need to understand every word. Just let English be in the room — your brain picks up more than you think.

> **YOUR ACTION**
> Find one thing in English you would listen to anyway — a song you love, or a podcast about cooking, sports, money or parenting. Not "English practice". Something you enjoy.

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## 04 Think in English, even just a little

Narrate your day in your head. "I'm going to make coffee." "That meeting was long." "I need to call the pharmacy." It feels strange at first. That's normal. Use easy words. The goal isn't to be perfect — it's to make English a natural channel in your brain, not just a school subject.

> **YOUR ACTION**
> Pick one daily routine — your commute, your shower, your lunch — and describe it in English in your head. Just that one moment.

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## 05 Use English for the things you already love

Watch your favorite shows with English subtitles. Read about your hobby in English. Follow accounts in English about things you care about. When you're genuinely curious, you absorb more. Passion carries the language further than discipline ever could.

> **YOUR ACTION**
> Switch one entertainment habit to English this week. One show, one account, one podcast — about something you already love.

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## 06 Shadow native speakers

Find a video or a song you like. Play one sentence. Pause. Repeat it out loud — same rhythm, same tone, same pace. This is called shadowing, and it's one of the fastest ways to improve your pronunciation and fluency. It feels silly the first time. It works every time.

> **YOUR ACTION**
> Try it right now with any short video. Play 10 seconds, pause, repeat it out loud. Do it three times before moving on.

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## 07 Don't translate. Describe.

When you don't know a word in English, don't reach for the translation. Try to describe the idea in English instead. "It's like a small house, but for animals." "That feeling when you can't remember something obvious." That struggle is exactly where fluency is built — in the gap between what you know and what you're trying to say.

> **YOUR ACTION**
>
> **Next time you're missing a word — at the doctor, at your kids' school, at work — try to describe it first, with easy words. Look it up only after you've tried. Notice how much you already know.**

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# You don't need more hours.
# You need better moments.

Start with one shift. Just one. When it feels natural, add another. The goal isn't to do all seven at once — it's to live a little more in English every day. The more you do, the faster everything clicks.


YOUR NEXT STEP

## Want a friend to practice with every day?

Sophie is an American friend who texts you on WhatsApp every day, in natural English. Mary is your own English teacher. Both are part of ColorWords Premium.

Your first 7 days are free. A card is needed to start, and you are not charged until day 8. Cancel anytime before then.

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