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# **THE** **5-STEP PLAN FOR** **ENGLISH** **FLUENCY**

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**HOW TO FINALLY BECOME AN  
ADVANCED ENGLISH SPEAKER**

**A FREE EBOOK BY JACK ASKEW  
FROM [TOFLUENCY.COM](http://TOFLUENCY.COM)**

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The purpose of this book is to assist you in reaching a high level of English. Having said this, everyone is different, and what works for some might not work for others (for a variety of reasons). This book and the content on it reflect personal experiences of Jack Askew, an employee of JDA Industries INC., and an online English teacher. His experience and advice may or may not transfer effectively to your English learning situation.

# THANK YOU (READ THIS!)



Thank you for downloading “The Five Step Plan for English Fluency.”

As you’ll soon see, this book is like no other book on learning English that you have read before.

It’s different.

And you will most likely need something different.

Firstly, I want to introduce myself...

My name is Jack Askew and I am an online English teacher from the UK.

I have a popular website for English learners - [tofluency.com](https://www.tofluency.com) - and I am also a teacher trainer.

I specifically focus on helping learners go from an intermediate level of English to a high level in the quickest time possible.

Over the years, I have seen too many English learners stay intermediate speakers. They never seem to make progress to an advanced level.

If this sounds like you, I know how frustrating this can be.

You want to be able to express yourself without thinking about tenses, prepositions, vocabulary, sentence structure etc.

You want to be able to understand native speakers on television and during conversation.

You want to feel confident about your level and impress people with your clear pronunciation.

The problem is this...

You can't do this. You don't feel confident. You can't express yourself freely. And you have difficulty understanding others.

I know that English is important to you – that's why you downloaded the book. Soon, I will explain how you can make big improvements to your English and help you become an independent learner.

First, I want to share something with you...

You are the only person responsible for your progress.

The reason you are at your current level is because of the decisions you have made up to this point.

I know this might sound quite harsh, but it's the truth.

However... you should be really excited about this fact.

Why?

Because you have the control to decide what level of English you have in the future by making better decisions today.

I wrote this book because I wanted to give more power back to English learners just like you. I want you to take control of your learning and know exactly what you need to do to reach the level you've always wanted.

You control your future. You control the level you are going to have.

Anyone who is reading this book has everything they need to reach a high level of English.

Including you.

If you are ready to speak English with confidence, then this five-step plan is exactly what you need right now.

I'm so glad that you downloaded this free book. It will be different from other English learning books you have read before.

But I know you're ready for a change. I know you're ready to do what works.

So, let's get straight into step one.



STEP ONE:

YOUR WHY



We all have different reasons why we do what we do.

For example, I built my online teaching business because I wanted to help English learners while having control over my work and earning potential.

My question for you is this: *why do you want to have a high level of English?*

Here are some answers that may be going through your head:

- because I need it for my job
- because it's the international language of business and travel
- because I love the language
- because I have English speaking friends

The above are some of the more common answers I see. These are very valid reasons for learning English, but we can go deeper and make this even more powerful.

Here is a summary of a conversation I had with one of my learners to highlight this:

**Me:** Why do you want to learn English?

**Learner:** Because I need to pass an exam.

**Me:** Why is it important for you?

**Learner:** Because I could get a better job in a foreign country.

**Me:** Why is that important?

**Learner:** Because I can earn more money and live abroad. I don't like living here.

**Me:** Why do you want that?

**Learner:** Because it will give my family a better life.

Having a high level of English can really make a difference, right?

Reaching an advanced level meant that my learner could support her family and live in a country where her family would have a higher standard of living.

I imagine that you are getting excited about the possibilities of having a high level of English.

For my student, it gave her the reasons to study hard for the exam she had to take.

Knowing exactly why learning English is going to improve your life will give you the energy and motivation you need to actually do it.

Your reasons for learning English is known as your *why*.

Your *why* is specific to you. It can be external (more money) but it's stronger when it's internal (pride). Your why will most likely be a mixture of the two.

Going back to my *why*, I started my online because because it gives me a huge sense of pride knowing that I am helping others (internal). Being able to live where I want and make all the decisions for my business gives me a great sense of freedom. And providing for my family through my business is something that gives me massive inspiration.

I use my *why* to give me motivation to work harder every day. To stay committed. To feel grateful for where I currently am.

You can use your why to give you energy when you need it - to give you the boost you sometimes need when you're not feeling motivated to do something in English or when you're having doubts about your progress.

Additionally, we can use our "why" to then create both a plan of action (we'll talk about this in the rest of the book) and the right environment to guarantee your success.

That is exactly what we're going to do next.

First, write down your reasons for learning English, and don't be afraid to go deep with it. Write down how a high level of English will change your life. Don't hold back.





STEP TWO:

# YOUR GOAL

Look at these two sentences:

- I want to improve my English.
- I'm going to reach a C1 level of English by December 2016.

*What's the difference between these two statements?*

The first statement is something that I hear English learners say all the time. I imagine you have said this too, right?

However, there is a problem with this statement - it doesn't commit you to a specific outcome. It's a desire. A wish. A dream.

All goals start with a dream, but...

Dreams are easy. Dreams don't require any planning. Dreams don't need a commitment. Dreams don't necessarily come true.

The second statement, however, is a goal with a specific deadline. When I hear this, I get excited. I know that the student is committed to learning English and has a great chance of reaching an advanced level and beyond.

Setting a goal with a specific deadline is one of the most powerful things you can do for your English learning.

### **Here's why...**

A goal gives you clarity on what you want to achieve with your English. And being clear about your goal gives you the motivation you need to make your dreams become reality. It gives you the purpose required to actually do what needs to be done.

We need this clarity in order to do what we need to do. It helps us make a plan (step three) so that we actually make progress.

A goal with a deadline helps you work out how to get there within a specific timeframe. Without this deadline, too many learners put off (delay) learning English.

Instead of thinking, “I’ll do this now,” it’s easy to wait until tomorrow, next week, next month, or next year. This deadline brings immediacy to your situation and motivates you to do something in English today.

To give you an example from my life, this book had a deadline. It would be easy to think, “It’s okay, there’s no rush. I’ll do this next month.” But having this deadline made me do it.

Don’t be scared of setting deadlines that seem difficult to achieve. Doing this will make us challenge ourselves and will change us as a person. If we want to improve more quickly, we need to make this change.

I don’t recommend you make things too difficult - saying that you will become fluent in one month will just lead to disappointment - but do make it challenging and a little bit scary.

Here is an inspiring quote on setting goals:

*“Without goals, and plans to reach them, you are like a ship that has set sail with no destination.” ~ Fitzhugh Dodson*

Know your destination and ensure that you are very clear about when you want to get there.

You may feel motivated now (that’s great!), but motivation can come and go. Your desire to do something in English next month might not be as strong as it is today.

That is why having this goal and reminding yourself of it is so powerful.

It keeps you focused and motivated over the long-term. And it is those learners who consistently do things in English over the long-term that reach a

level that they are proud of. A level where they can speak freely with native speakers.

I want you to become one of these learners. I know that you do too.

### **What to do now**

Write down your English learning goal and read it every day. Remind yourself of what you want to achieve. Be specific and commit to this journey.

Remember to include a deadline. For example, I want to have [insert level] by [insert date].

Once you have your goal, move on to step three.



STEP THREE:

# METHODS

The next stage is to look at your goal and write down what you need to do to achieve your goal by your set deadline.

This is your plan of action. This is what you need to do daily to reach your goal.

Before we look at what works, it's important to know that you will probably need to:

- make changes
- do more over the long-term

The majority of English learners I speak to spend time on things that don't really make a difference to their level.

You see, not all methods of learning English are equal. If you aren't making progress, you're probably doing the wrong things.

I don't want you to feel bad about this. In fact, you should feel excited, because there are changes that you can make to help you progress at a faster rate. These changes are usually a lot of fun to make, too.

Firstly, here are things that a lot of learners do that are NOT effective:

- they memorize grammar rules and verb tables
- they translate single words
- they learn idioms out of context
- they take group lessons that focus too much on a textbook

Unfortunately, this is what most people spend their time on. I'm sure you do some or a lot of the above.

I won't go into depth here, but the reason why these methods don't work is because they are missing context.



When you learn single words and phrases or idioms from a list, you don't know how and when to use them; when you translate single words, you don't know how and when to use them; and when you only learn grammar rules, you don't feel the grammar in a natural way.

It's much more powerful to spend your time doing other things instead.

This includes:

- Speaking with native/proficient speakers
- Learning new words, phrases, and grammar through sentences and strong context
- Working on your pronunciation
- Using the LRRC (Listen, Repeat, Record, Compare) method to improve your speaking
- Listening to interesting podcasts in English

You might have many questions at this stage, for example, "How can I get more speaking practice with native speakers?"

We're going to deal with that soon. For now, know that using methods that work will help you greatly. This is such an important part of the 5-step plan so don't overlook this.

You might need to do more, too. If you say that you are too busy to learn English, you're not alone.

I hear this all the time. You're busy. We're all busy. But if the goal you wrote down in step one is important to you, then there are a couple of things you need to do:

First, think about your priorities.

A few years back, I had a student who spent his evenings playing computer games in his native language. To him, computer games were more important than learning English.

Don't think that I'm judging him. I'm simply saying that his reason for learning English – his *why* – wasn't as strong as his desire to play computer games.

(If he had this 5-step plan, he probably would have changed his priorities!)

Be honest about your priorities. Look at your daily routine and think about the times when can you do more things in English (more on this soon). Your why will help you understand if learning English is what you really want. I believe it is.

If say you're too busy to learn English, another thing you can do is to think about how you can do something in English while doing other things.

Listening to podcasts on your way to work is the obvious example but over the long-term, try to always have English on in the background. What I mean by this is when you are washing up, or walking the dogs, or even working, listen to something in English.

Change the language of your devices into English. Use Google.com/co.uk as your search engine and search for things in English. Read in English. Watch TV in English instead of your native language.

These little changes don't require extra time from you and they make a huge difference over the long-term. This is how you are going to get the input you need.

As you'll see in step four, it's okay to make these changes slowly. In fact, it will increase your chances of success.

Write down what you need to do in order to achieve your goal. Once you have done that, move on to the next step of your English fluency plan.



STEP FOUR:

HOW

Let's recap...

So far, you have learned:

- to think deeply about why you're learning English
- why you need to create a goal with a deadline
- and why it's important to use methods that work

You also need to know *how* you are going to do what you need to do.

This is an important step that many learners miss it out. And here is an example to make it clear for you.

I mentioned before that speaking with native or proficient English speakers is a powerful thing for your English.

Most learners know that this is important but ask, "Where can I find people to practice with and when am I going to do it?"

So, for every what (speak more), there is a how (every Thursday, I'll go to the local language exchange straight after work).

Let's look at two more examples:

**What:** Increase my everyday English vocabulary.

**How:** Watch Friends, read the transcript, and then use The Sentence Method to remember new words and phrases over the long-term. I'll do this on my lunch break.

**What:** Listen to more conversational English.

**How:** Download podcasts and listen on my way to and from work every day.

So, as you can see, planning how you are going to do things in English will help you achieve your goal. This is because you're actually going through the process of how you will execute your plan.

When doing this, there are certain things to remember:

- we want to use the methods that work (see step three)
- we want to be consistent and do more over the long-term
- we want to make it sustainable

This last point is important...

In order to make sure we stick to our goals (continue with them), we need to make our fluency plan sustainable over the long-term.

It is said, “The best exercise program is the one you do.”

This is the same for learning English: when a learner tells me that they are going to study grammar three hours a day, I know they won't sustain this over the long-term. This is too ambitious and too boring.

It's okay to start small at first. In fact, I recommend that you do. Starting small and continuing with it gives you the confidence to know that you can be consistent.

Think about it this way: if you don't currently read anything in English, commit to reading just one page in English every morning.

If you don't listen to anything in English, commit to listening to a podcast for three minutes at lunch.

And if you don't speak to anyone in English, commit to doing this for five minutes in the evening.

Everyone can do this.

And because starting is the hardest part of this process, once you get going, you'll most likely do more. But it's okay if you don't. Just commit yourself to a small amount every day. No pressure.

Trying to make each day perfect will lead to disappointment. Thinking about studying for hours and hours later today feels overwhelming. This is when we stop learning. This is when we feel exhausted.

The key is to get into the routine of doing something in English every day - no matter how small - and, over the long-term, do a little more each week/month.

At the end of each week, review how successful you have been with your plan. If you missed a day, ask yourself why this happened. If you were too tired to read, do it first thing in the morning instead. If you were too busy, stop making excuses and realize that you have the few minutes it takes to read one page.

What I want you to do now is this: take the tasks you have written in step three, look at your schedule/calendar, and then come up with a daily plan for the long-term.

Additionally, make the changes that I talked about in the last section (changing the language of your devices into English). But again, go slowly with this and make one change at a time. Don't do too much too soon. And if you do go for it and try to do everything straight away, but then find yourself burned out after a few weeks/months, start again but go smaller.

When you're ready, move on to step five.





STEP FIVE:

TAKE  
CONSISTENT  
ACTION

One of the biggest reasons why learners never reach a high level is that they aren't consistent. It takes daily practice to make fast progress.

As you have just learned, having a plan that is sustainable will help you do the right things on a consistent basis.

It's also vital that you make things interesting and fun. Too many learners do things they think they have to do instead of what they want to do.

For example, I see learners doing grammar exercises because it feels like studying (and also because this doesn't take much effort), but you'll get a lot more out of listening to a podcast that you enjoy, for example (see step three).

No matter what you do or how perfect your plan is, you are going to run into obstacles.

There will be days when you don't feel like doing anything in English; there will be days when you don't feel like you are making progress; and there will be days when you are low on motivation.

Have you had these days? I'm sure you have.

Setting up systems and making things fun will make days like these less common. But you will still have them.

When this happens, it is easy to just give up and stop doing things in English for a few days, weeks, months, or even years. I see this happen all the time.

Those on the road to fluency are better than that because...

They realize that they will have bad days, but they don't let this destroy their fluency plan. The next day, they start doing the right things again, maybe starting smaller.

They go back to their why and reenergize. They think about why they are learning English and get the motivation they need to continue.

They reassess their plan and write down the reasons why they feel this way: Is it because what I'm doing is boring? Am I using the language in a real and fun way? Am I trying to do too much too soon?

They know the power of habit and how important it is to make the right decisions more often than not.

They are part of a community that supports them and motivates them to keep learning.

The key is not to let obstacles get in the way.

Instead, know that obstacles are a way for you to become a better English learner. Learn from them just like you should learn from your mistakes.

Consistency is vital. Don't be a learner who takes an intensive course over the summer but does nothing the rest of the year. Be a learner who shows up every day.

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## **What to Do Now?**

Thank you for reading this free ebook. I really hope that you found it useful. If you did, please share it. It would mean so much to me. [Click this link to share it now.](#)

If you haven't already done so, get the audio to this book, your worksheet, and bonus video. I think you'll be surprised about how much you get for such a low price. [Click here to learn more and purchase.](#)

If you are ready to commit to reaching a high level of English, then join the To Fluency Program. This video training program goes through the 5-step plan in depth and includes feedback and support from me. Those inside

the program love it and I think you will too. [Click here to learn more and sign up](#)

Agreeing with this book isn't enough. Take charge of your learning, make the changes you need to make, and get on the road to fluency.

To your success,

Jack from To Fluency

[www.tofluency.com](http://www.tofluency.com)