



# 30 DAY FLOW MINI COURSE

THIS 30 DAY GUIDE IS DESIGNED TO HELP YOU FIND YOUR FLOW AND IMPROVE YOUR COMMUNICATION. ANSWER THE PROMPTS AND SPEAK NATURALLY. DON'T LET YOUR MISTAKES SLOW YOU DOWN. THE GOAL IS **PROGRESS**, NOT PERFECTION.

## DIRECTIONS ↓

RECORD A VIDEO RESPONSE FOR EACH QUESTION. MINIMUM IS **1 MINUTE**. IF YOU SEND A RESPONSE UNDER 1 MINUTE, YOU WON'T RECEIVE FEEDBACK. GIVE ME AS MANY DETAILS AS POSSIBLE, DON'T BE DRY OR VAGUE. BE SPECIFIC & DIRECT (SPILL THE TEA).

## BENEFITS:

- GAIN CONFIDENCE
- SPEAK WITH CLARITY
- LOSE THE FREEZE
- STOP TRANSLATING
- IMPROVE VOCABULARY
- ACCENT REDUCTION
- IMPROVED PRONUNCIATION

**TIP:** USE CHATGPT TO GATHER YOUR THOUGHTS, IDEAS, WORDS, AND NEW VOCAB. BEFORE SPEAKING, REFERENCE YOUR KEY POINTS, WORDS, PHRASES, OR FREESTYLE.

## PRONUNCIATION ONLY:

IF YOU'RE ONLY FOCUSED ON *PRONUNCIATION*, YOU CAN USE CHATGPT TO HELP ORGANIZE YOUR THOUGHTS AND CREATE A SCRIPT USING THE SPECIFIC WORDS YOU WANT TO PRACTICE.

IT'S 30 DAYS FROM THE DAY YOU START, NO DAYS OFF. **THIS IS FOR SERIOUS PEOPLE ONLY.** THIS IS NOT ONLY MONDAY- FRIDAY.

THIS WILL IMPROVE YOUR ABILITY TO SPEAK ON THE FLY. IF YOU EVER FUMBLE OVER YOUR WORDS, GONE BLANK MID SENTENCE, OR HATED THE WAY YOU SOUND ON CAMERA **THIS IS FOR YOU.** I KNOW RECORDING YOURSELF SOUNDS INTIMIDATING, BUT IT IS WHAT IT IS. THIS IS HOW WE GET RESULTS FAST. I'VE DONE THIS MYSELF AND THE GROWTH IS REAL, NOT JUST HOW YOU SPEAK ON CAMERA, BUT HOW YOU CARRY YOURSELF IN EVERY DAY CONVERSATIONS.

**FLUENCY**



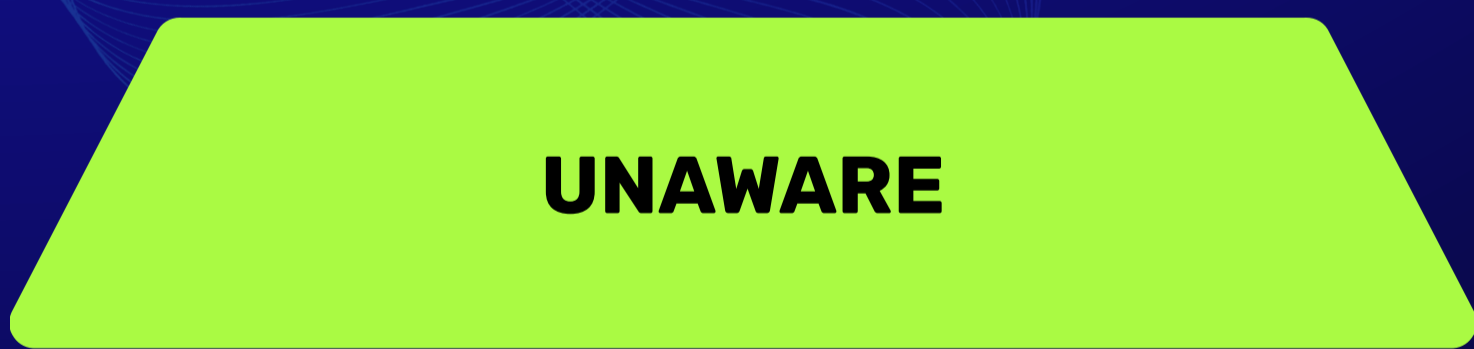
**SKILLED**



**AWARE**



**UNAWARE**



**UNAWARE: YOU DON'T KNOW WHAT MISTAKES YOU'RE MAKING**

**AWARE: ABLE TO IDENTIFY YOUR MISTAKES**

**SKILLED: YOU'RE PRACTICING, BUT IT TAKES CONSCIOUS EFFORT**

**FLUENCY: IT'S SECOND NATURE TO YOU**

FLOW GUIDE

**ONLY FOR THE GO-GETTERS:**

RECORD YOURSELF READING OUT LOUD, PREFERABLY WITH BACKGROUND MUSIC. SOMETHING ABOUT YOUR JOB AND SOMETHING THAT INTERESTS YOU FOR 1 MINUTE, THEN SEND IT TO ME.

**DAY 01**

**CAN MONEY BUY HAPPINESS?**

**DAY 02**

**IS BECOMING RICH EASIER NOW THAN IT'S EVER BEEN?**

**DAY 03**

**ARE YOU PRO OR ANTI ABORTION? WHY OR WHY NOT?**

**SHOULD RICH PEOPLE PAY MORE TAXES?**

**DAY 04**

**GETTING GOOD SLEEP SHOULD BE EVERYONE'S TOP PRIORITY. DO YOU AGREE OR DISAGREE, AND WHY?**

**DAY 05**

**DO YOU THINK WE WILL BE THE FIRST GENERATION TO REACH IMMORTALITY?**

**DAY 06**

**IS BEING FAT A CHOICE? AND WHICH IS MORE IMPORTANT, DIET OR EXERCISE?**

**DAY 07**

**IS BEING POOR A CHOICE? AND DOES IT MATTER IF YOU WERE BORN RICH OR POOR?**

**DAY 08**

**SHOULD HEALTHCARE BE FREE FOR EVERYONE?**

**DAY 09**

FLOW GUIDE

**DAY  
10**

**IS AI MORE DANGEROUS THAN A NUCLEAR BOMB?**

**DAY  
11**

**ELON MUSK AND DONALD TRUMP: TELL ME AS MANY GOOD OR BAD THINGS ABOUT THEM AS YOU CAN.**

**DAY  
12**

**IS A MAN A HORRIBLE FATHER IF HE HAS MANY CHILDREN WITH MULTIPLE WOMEN?**

**DOES THE EDUCATION SYSTEM REALLY PREPARE STUDENTS FOR THE FUTURE OR JUST TO BE A GOOD EMPLOYEE?**

**DAY  
13**

**ARE YOU PRO OR ANTI GUNS? WHY OR WHY NOT?**

**DAY  
14**

**DO YOU BELIEVE A PRENUP IS NECESSARY FOR MARRIAGE? WHY OR WHY NOT?**

**DAY  
15**

**ARE YOU ADDICTED TO SOCIAL MEDIA? IF SO, HOW MANY HOURS DO YOU SPEND ON IT? IF NOT, TELL ME WHY?**

**DAY  
16**

**WHAT AGE SHOULD KIDS GET THEIR OWN PHONE?**

**DAY  
17**

**SHOULD BOYS AND GIRLS BE RAISED DIFFERENTLY, OR THE EXACT SAME?**

**DAY  
18**

**CAN EVERYONE BENEFIT FROM THERAPY, OR ARE SOME TRAUMAS TOO DEEP?**

**DAY  
19**

FLOW GUIDE

**DAY  
20**

**WHAT'S YOUR LIFE'S BIGGEST REGRET?  
AND IF YOU COULD CHANGE 1 THING  
ABOUT YOUR LIFE, WHAT WOULD IT BE?**

**DAY  
21**

**WHAT IS THE BIGGEST RISK YOU'VE EVER  
TAKEN? OR THE BIGGEST RISK YOU DIDN'T  
TAKE?**

**DAY  
22**

**WHAT ARE THE TOP 3 THINGS OR PLACES  
ON YOUR BUCKET LIST, AND WHY?**

**WOULD YOU FORGIVE YOUR PARTNER IF THEY  
CHEATED ON YOU? WHY OR WHY NOT?**

**DAY  
23**

**IF YOU COULD CREATE OR ELIMINATE ONE  
UNIVERSAL LAW, WHAT WOULD IT BE AND WHY?**

**DAY  
24**

**SHOULD CANNABIS BE LEGAL OR ILLEGAL IN  
EVERY COUNTRY? WHY OR WHY NOT?**

**DAY  
25**

**WHAT'S YOUR GUILTY PLEASURE (SPEAK  
FREELY)?**

**DAY  
26**

**WHO'S THE GREATEST ATHLETE OF ALL TIME?  
WHAT'S THE GREATEST SPORT OF ALL TIME?**

**DAY  
27**

**WHICH IS BETTER: OLD SCHOOL OR NEW SCHOOL  
MUSIC?**

**DAY  
28**

**WHAT'S ONE JOB THAT YOU NEVER WANT TO  
WORK AND WHY?**

**DAY  
29**

**WHAT JOBS ARE SAFE FROM AI? IS YOUR JOB  
SAFE?**

**DAY  
30**