

My Monthly VOCABULARY PLANNER

Month: _____

[Watch video](#)

Hadar's 5-step system to using more words when speaking

1. Collect

Add words to your list throughout your day/ week, whenever you notice a relevant word.

2. Build muscle memory

Google 'How to pronounce X' and repeat the word *out loud* at least 30 times.
(*[Watch this video](#) to get the idea of vocabulary drills).

3. Observe

Find 3 example sentences online (google "use X in a sentence" or use youglish.com) and read them *out loud*.

4. Create

Come up with 3 sentences of your own using the word and say them *out loud*

5. Implement

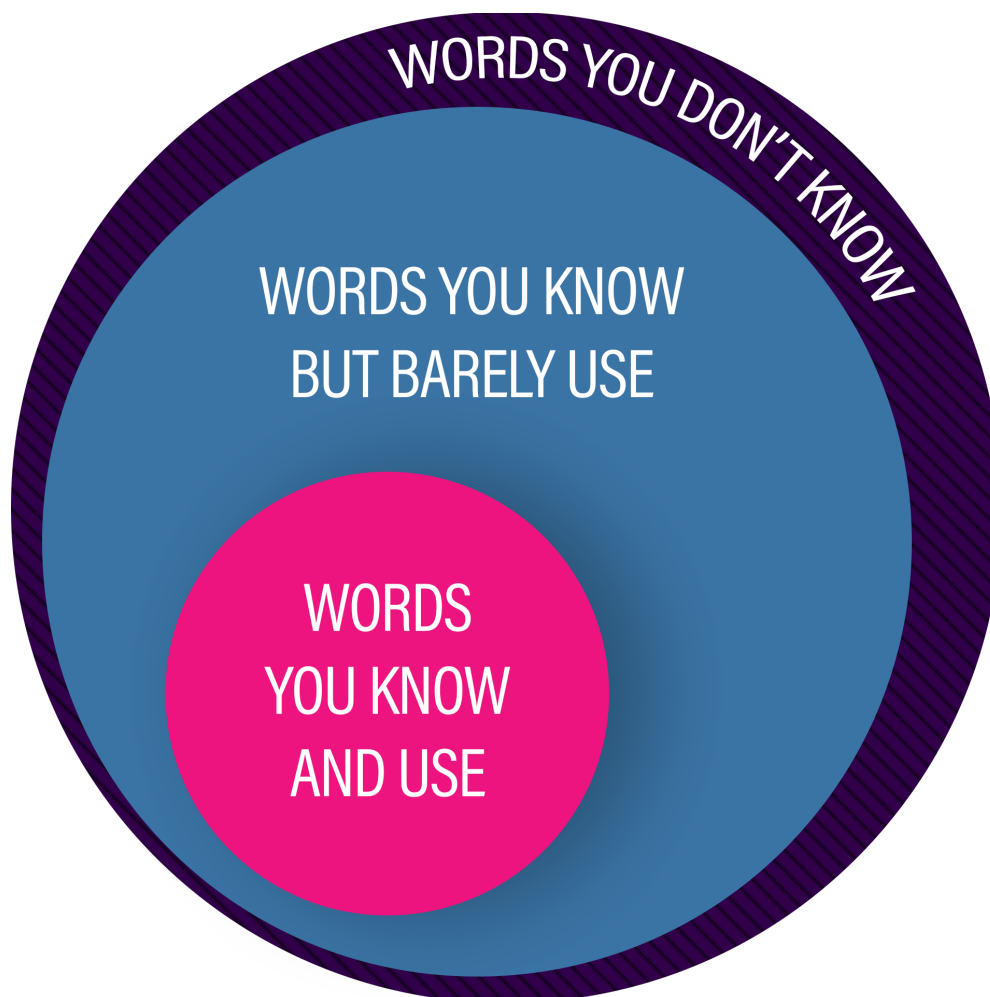


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Consciously use this word in a conversation (If you don't have many opportunities to speak join our [FB group](#) for free and easy practice or free4talk.com to find conversation partners)

Remember: we want to expand the inner circle:



**Hadar
Shemesh**



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Words I am going to use more this month:

(add words to this list as you listen to people speaking around you, podcasts, TV shows and you recognize words or idioms you KNOW but you hardly ever USE)

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.
13.	14.
15.	16.
17.	18.
19.	20.



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