FREE PRINTABLE SPEAKING RESOURCE

30 days of speaking practice

A flexible checklist: speak, notice one thing, then try again.

Your plan, not a deadline

- Use everyday experiences and your own opinions.
- Build short answers, connected talks and wider discussion.
- Review one clear change instead of chasing a score.

How to use these pages

1. Allow about 10–15 minutes for an ordinary session. Full mocks plus review may need 15–20 minutes.
2. Read the day's task, then speak before writing a long answer. For Part 2, plan for one minute and speak for up to two minutes.
3. Use the check box after practice. Write a few words about one thing to keep or change.
4. Missed a day? Continue where you stopped. Repeat a useful task rather than rushing to catch up.

Recording is optional. Listen back on your own device if useful, or note what you noticed immediately after speaking. Printed links can be typed into a browser; the PDF links are clickable.

Practise this with the free speaking simulator

https://www.speakingielts.com/practice/full-mock

Original independent practice material by SpeakingIELTS. Not official test questions, a scoring tool or a promise of progress within 30 days. The prompts are practice ideas, not scripts to memorise.

SPEAK · REVIEW · REPEAT

Days 1–10

Tick after speaking. In the last column, note one thing to keep or change. Repeat tasks when helpful.

Day	Try this aloud	My one observation
☐ 1	**Baseline** Answer two familiar questions. Note one clear point and one place you struggled. Practise / review	_____ _____
☐ 2	**Home** Describe your home. Add one small detail that helps a listener picture it. Practise / review	_____ _____
☐ 3	**A habit** Explain a daily habit and why you keep it. Retry with a more specific reason. Practise / review	_____ _____
☐ 4	**Past and now** Compare your routine as a child with today. Keep the time references clear. Practise / review	_____ _____
☐ 5	**A place** Plan a talk about a place you enjoy: where, who, a moment, why it matters. Use keywords. Practise / review	_____ _____
☐ 6	**Develop a view** Should towns have more shared public spaces? Give a reason and an example. Practise / review	_____ _____
☐ 7	**Review** Repeat one answer from days 1–6. Change one detail, not the whole answer. Practise / review	_____ _____
☐ 8	**Work or study** Explain something you learn or do. Choose one phrase that fits your own meaning. Practise / review	_____ _____
☐ 9	**A person** Plan and give a talk about someone who helped you. Explain what changed afterwards. Practise / review	_____ _____
☐ 10	**Explain a cause** Why do people choose different careers? Consider one practical constraint. Practise / review	_____ _____

Keep answers true to your experience or opinion. Clarity matters more than forcing complex words. Start your next session with a fresh question.

SPEAK · REVIEW · REPEAT

Days 11–20

Tick after speaking. In the last column, note one thing to keep or change. Repeat tasks when helpful.

Day	Try this aloud	My one observation
☐ 11	**Recover a word** Describe an everyday object without naming it. Explain what it does and when you use it. Practise / review	_____ _____
☐ 12	**Useful connections** Describe a nearby place in short sentences. Join one useful detail with that or which. Practise / review	_____ _____
☐ 13	**One experience** Talk about learning a small skill. Explain a difficult moment and how you handled it. Practise / review	_____ _____
☐ 14	**Checkpoint** Try a full mock if you have time. Choose one improvement for the next week. Practise / review	_____ _____
☐ 15	**State a preference** Choose between two ways to spend a free evening. Explain one personal reason. Practise / review	_____ _____
☐ 16	**Time and detail** Give a new Part 2 talk. Use one minute for keywords and up to two minutes speaking. Practise / review	_____ _____
☐ 17	**Wider effects** How can working from home affect neighbourhoods? Give an example, not an invented statistic. Practise / review	_____ _____
☐ 18	**Clear word endings** Say walk, walks and walked in true sentences. Listen for the different endings. Practise / review	_____ _____
☐ 19	**Pause and rephrase** If an idea gets tangled, pause and explain it in simpler words. Continue with a reason. Practise / review	_____ _____
☐ 20	**Compare** Retry one answer from week one. What is easier to understand now? Note an example. Practise / review	_____ _____

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SPEAK · REVIEW · REPEAT

Days 21–30

Tick after speaking. In the last column, note one thing to keep or change. Repeat tasks when helpful.

Day	Try this aloud	My one observation
☐ 21	**A small problem** Talk about a problem you solved. Connect the situation, action and result. Practise / review	_____ _____
☐ 22	**A qualification** Should people repair more things? Explain a benefit and one practical limit. Practise / review	_____ _____
☐ 23	**Natural phrases** Choose a topic phrase. Use it in a true sentence only if it fits; simpler words are fine. Practise / review	_____ _____
☐ 24	**Follow the question** Try unfamiliar Part 1 questions. Answer what was asked before adding detail. Practise / review	_____ _____
☐ 25	**A clear ending** Give a Part 2 talk and end with why the experience matters. Avoid a memorised conclusion. Practise / review	_____ _____
☐ 26	**Explain an example** Why do some people prefer learning in groups? Show how your example supports your view. Practise / review	_____ _____
☐ 27	**Focused retry** Choose one answer that felt difficult. Retry once with just one clearer reason or example. Practise / review	_____ _____
☐ 28	**Fresh mock** Try a full mock with new questions. Recording is optional; jot down observations afterwards. Practise / review	_____ _____
☐ 29	**Review evidence** Compare your day 1 and day 28 notes. Name one specific improvement and one remaining difficulty. Practise / review	_____ _____
☐ 30	**Keep the habit** Choose your next topic, one focus and a realistic practice day. Try one fresh answer now. Practise / review	_____ _____

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