

The Voice Note Challenge

LUMARA ENGLISH · English for the life you actually live



7 Days

Seven short speaking missions, one per day



30–60 sec

Bite-sized recordings you can do anywhere



A2–B1

Built for real learners at this exact level

No submission required. No automated scores. Just your voice, your phone, your progress.



How This Challenge Works

Each day you get one speaking mission. Before you press record, you spend two or three minutes with the **planning prompts** on the page — jotting a word or two in your language or in English, whatever helps you think. Planning is not the same as writing a script. The goal is to *speak*, not to read aloud. You will sound more natural if your notes are just stepping stones, not a paragraph to recite.

You record on your own device — your phone's voice memo app, WhatsApp, a voice recorder, anything you already have. **No file needs to be submitted anywhere.** This is private practice. Think of it like a gym session: the work happens whether or not anyone is watching.

There are **no automated scores** in this challenge. Machines are bad at judging whether your message was clear and human — and that is exactly what we are practising. Instead, each day ends with a simple tick-box self-check so *you* decide how it went.



📄 The model responses in Days 1 and 4 are examples to read and learn from — not scripts to memorise. Your version will be different, and that is exactly right.

Introduce Yourself

Today you speak about **who you are**. Tell us your name, one or two things you enjoy, and one reason you are learning English. Keep it warm and personal — you are not writing a CV, you are starting a conversation.



Recording time

30 seconds



Focus words

Name · Interests · Goal



Plan first

Notes only — don't write full sentences

Planning Space

Before you record, jot a word or two for each prompt below. Your language is fine here.

My name is...

Write it. Say it clearly — it's the most important word in the message.

I enjoy / I love...

One or two hobbies, activities, or things you genuinely like. Be specific — "cooking" is better than "things."

I'm learning English because...

Your real reason. Work? Travel? Family? A dream? Honest answers are always the most interesting.

3 Useful Expressions

"My name is..."

Mi nombre es...

Simple and clear. Start here every time.

"I really enjoy..."

Disfruto mucho de...

"Really" adds warmth without complexity.

"My goal is to..."

Mi meta es...

Ends your message with purpose and direction.

Model Response (read it, don't copy it)

"Hi! My name is Sofía. I live in Guadalajara, in Mexico. I really enjoy cooking and watching films — especially comedy. I'm learning English because I want to travel more and also because my job sometimes needs it. That's me in thirty seconds!"

Notice how Sofía gives **one specific detail** about each topic. She doesn't say "I like many things." She says *cooking* and *comedy films*. That specificity is what makes a voice note interesting to listen to. Your version will have your name, your city, your reasons — and that is what makes it worth recording.

Self-Check

- ☐ I completed the full 30 seconds (or close to it)
- ☐ My name and one interest are clear
- ☐ I said at least one reason for learning English
- ☐ I used my own words, not Sofía's script

 Repeat the recording only if *you* feel it would help — not because it wasn't perfect. First attempts are always valuable data.

Your Daily Routine

Today you talk about a **typical day** in your life. You don't need every detail — pick three or four moments that feel real to you: morning, work or study, evening. The key skill today is **using sequence words** to connect your ideas so they flow like a story, not a list.



Recording time

40 seconds



Focus words

First · Then · Finally



Plan first

3–4 moments from your day

Planning Space

Morning: what do you do first?

Wake up time, coffee, exercise, get the kids ready? One or two words are enough here.

Middle of the day: work, study, errands?

What takes most of your time?
Where are you, roughly?

Evening: how does your day end?

Dinner, family, TV, reading, gym?
What do you look forward to?

3 Useful Expressions

"First, I..."

Primero, yo...

Opens your sequence clearly and confidently.

"Then I usually..."

Luego normalmente...

"Usually" signals a habit — very natural here.

"Finally, I..."

Por último / Finalmente...

Signals you are wrapping up. Listeners love a clear ending.

Model Response

"On a typical day, I wake up at seven. First, I make coffee and check my phone for about ten minutes. Then I usually go to work — I take the bus, so I listen to podcasts on the way. In the afternoon I have lunch with a colleague. Finally, in the evening I cook dinner and watch something on TV before bed. I like to keep evenings quiet."

Self-Check

- ☐ I spoke for around 40 seconds
- ☐ I used at least two sequence words (first / then / finally)
- ☐ My routine felt real and personal, not like a textbook example
- ☐ The message had a clear beginning and ending

Describe an Object

Pick up something near you right now — a mug, a book, your phone, your keys, a plant on your desk. Today you describe it. This mission trains you to use **adjectives** (what it looks like), **place language** (where it is or where it's from), and **purpose language** (what it does or why you have it). Simple objects make the richest descriptions.



Recording time

40 seconds



Focus words

Adjective · Place · Use



Plan first

Hold the object. Look at it. Then talk.

Planning Space

What does it look like?

Colour, size, shape, material, condition — old? new? heavy? scratched? Give two or three adjectives.

Where is it from or where do you keep it?

On your desk? In your bag? A gift from someone? Bought in a market? Place details add life.

What do you use it for — or why do you like it?

Function is easy: "I use it to..."
Feeling is even better: "I keep it because..."

3 Useful Expressions

"It's a... [adjective]
[noun]"

*Es un/una... [adjetivo]
[sustantivo]*

The cleanest way to open a description.

"It's on / in / from..."

Está en / dentro de / es de...
Place prepositions make your description 3D.

"I use it to... / I keep it because..."

Lo uso para... / Lo guardo porque...

Purpose language shows the object matters to you.

Model Response

"OK, I'm going to describe my coffee mug. It's a big, round mug — it's dark blue with a small white logo on it. It's on my desk, right in front of me. I got it as a gift from my sister about two years ago. I use it every morning — it holds a lot of coffee, which is important! I keep it because it reminds me of her. It's not special-looking, but it's my favourite."

Self-Check

- ☐ I described the object's appearance with at least two adjectives
- ☐ I mentioned where it is or where it's from
- ☐ I explained what I use it for or why I have it
- ☐ I spoke for around 40 seconds

Tell Yesterday's Story

Today is the first time in this challenge that you speak entirely in the **past tense**. This is a big moment — past tense is one of the most useful skills in everyday English. You are going to tell a short story about yesterday. It doesn't need to be exciting. A quiet day, an ordinary errand, a small surprise — these are all perfect. What matters is that you use **past verbs** and connect your moments with **sequence words**.

Before you record, think back through yesterday like a short film. Morning, midday, afternoon, evening. Pick three or four moments that you can describe with a verb. "I woke up." "I went to the market." "I talked to my friend." "I felt tired." Those four sentences are already the bones of a great voice note.



Recording time

45 seconds



Focus words

Past verbs · Sequence



Plan first

Yesterday in 3–4 moments

Planning Space

Morning: what happened first?

Woke up late? Had a strange breakfast? Rushed somewhere? Write the verb + one detail.

Middle of the day: one main event

Work, an errand, a meeting, a phone call, lunch with someone — pick one and say a little about it.

Evening or how the day ended

How did you feel at the end? Tired? Happy? Relieved? One honest feeling word is gold.

3 Useful Expressions

"Yesterday I woke up and..."

Ayer me desperté y...

Opens your story instantly in past tense.

"After that, I..."

Después de eso, yo...

Connects moments without repeating "then" every time.

"By the end of the day, I felt..."

Al final del día, me sentí...

A beautiful, natural closing line for any story.

Model Response (read it, don't copy it)

"Yesterday was a pretty normal day, but I'll tell you about it. I woke up at seven-thirty and had breakfast — just toast and coffee. After that, I went to work. I had a long meeting in the morning that finished late, so I ate lunch at my desk. In the afternoon I replied to a lot of emails. After work, I went to the supermarket because we didn't have much food at home. I cooked dinner — pasta — and then I watched one episode of a series before bed. By the end of the day, I felt tired but OK. Nothing special, but a good day."

Notice how the model uses **simple past verbs** throughout: *woke, had, went, finished, ate, replied, cooked, watched, felt*. She doesn't use complicated grammar — just clear, accurate past tense and good sequence words. Your version will use the verbs that match *your* yesterday. That's the whole point.

Self-Check

- ☐ I used past tense verbs throughout (woke, went, had, felt...)
- ☐ I connected my moments with sequence words (after that, then, finally...)
- ☐ My story had a beginning, middle, and ending feeling
- ☐ I spoke for around 45 seconds
- ☐ I used my own story — not the model

Recommend Something

Today you are going to recommend something you genuinely like — a film, a restaurant, a podcast, a book, a place to visit, an app, a type of food. The subject is completely your choice. What matters is that you **say what it is, explain why you like it, and give your listener one clear reason to try it**. Good recommendations are personal and specific — avoid vague phrases like "it's good" and aim for real reasons.



Recording time

45 seconds



Focus words

I recommend · because · you could



Plan first

What + Why + Your advice

Planning Space

What are you recommending?

Name it clearly. If it's a film or book, give the title. If it's a place, say where it is. Don't be vague.

Why do you recommend it?

Give two honest reasons. What makes it different? How did it make you feel? What did you get from it?

What should your listener do?

"You could try..." / "I think you'd love it if..." / "Start with the first episode..." Give a real, useful action.

3 Useful Expressions

"I really recommend..."

Recomiendo mucho...

Direct, warm, and confident.
Perfect opener.

"...because it's / it has..."

...porque es / tiene...

Your reason follows immediately
— no filler needed.

"You could try / start with..."

Podrías intentar / empezar con...

"Could" is polite, not pushy. It invites rather than orders.

Model Response

"Today I want to recommend a podcast called 'Ologies' — it's in English, which is useful for us! I really recommend it because it talks about one science topic in each episode, and the host is very funny and easy to listen to. You don't need to know anything about science to enjoy it. It has short episodes, maybe twenty or thirty minutes, so it's perfect for the bus or for cooking. You could start with any episode — look for one about a topic you like. I think you'd really enjoy it."

Self-Check

- ☐ I named my recommendation clearly
- ☐ I gave at least two reasons why I recommend it
- ☐ I told my listener what they could do or try
- ☐ I spoke for around 45 seconds

Make a Polite Request

Today is a practical mission. You are going to practise making a **polite request** — one of the most useful skills in real-world English. Think of a situation where you need to ask someone for something: at work, in a shop, at a doctor's office, at a hotel, with a colleague. Today you set the scene *and* make the request, so your listener understands the context.

The key language today is the modal verb "**could**". "Could you...?" is polite, natural, and works in almost every situation — formal or informal. It is much more comfortable for the listener than "Can you do this for me?" Adding "please" and a short "thank you" at the end takes your request from good to genuinely warm.



Recording time

30 seconds



Focus words

Could you · please · thanks



Plan first

Scene + Request + Closing

Planning Space

What is the situation?

Describe the setting briefly. "I'm in a meeting and I need..." / "I'm calling the clinic to..." One sentence of context is enough.

What is your request?

Be specific. "Could you send me the document?" is better than "Could you help me with something?"

How do you close?

"Thank you so much." / "I really appreciate it." / "Thanks — I look forward to hearing from you." Choose one that fits your tone.

3 Useful Expressions

"Could you..., please?"

¿Podría usted... por favor?

The gold standard of polite requests. Use it confidently.

"I was wondering if you could..."

Me preguntaba si podría...

Slightly softer — great for formal or sensitive situations.

"Thank you so much — I really appreciate it."

Muchas gracias — lo aprecio mucho.

This closing line is memorable and genuinely warm.

Model Response

"Hi, this is a message for the appointments team. I have an appointment on Thursday at three o'clock, but I need to change it. Could you please move it to Friday, or another day next week? Any time in the afternoon is fine for me. I was wondering if you could call me back when you have a moment. My number is on the file. Thank you so much — I really appreciate it."

Self-Check

- ☐ I set the scene clearly in one or two sentences
- ☐ My request used "Could you..." or "I was wondering if..."
- ☐ I included "please" and a closing thank-you
- ☐ My message was clear and polite throughout
- ☐ I spoke for around 30 seconds

Your Future Plan + Final Reflection

This is your final mission — and your longest. Today you do **two things**: first, you talk about a plan or goal for the future; second, you look back at the whole week and reflect on what you noticed about your own speaking. This is the mission where you get to speak the most freely, using everything you've practised.

For the future part, choose something real — a trip you want to take, a course you're thinking about, a change you want to make, a skill you want to develop. Use "I'm going to..." for plans that feel decided, and "I hope to..." for things that are still a dream. Both are honest and both are useful.



Recording time

60 seconds



Focus words

I'm going to · I hope to



Plan first

Future plan + one week reflection

Planning Space

Future: what is your plan or goal?

Name it. Give one or two details: where, when, why, with whom? A plan with details sounds real.

Reflection: what did you notice this week?

Which day felt hardest? Which felt easiest? Did anything surprise you? Honest observations are more interesting than "It was great."

What is your next English goal?

Continue voice notes? Try a conversation? Watch more in English? Choose one real next step.

3 Useful Expressions

"I'm going to..."

Voy a...

Use for a decided, specific plan. Sounds confident and clear.

"I hope to..."

Espero...

Use for a goal or dream. Honest and forward-looking.

"Looking back, I think..."

Mirando atrás, creo que...

Opens your reflection naturally. A great phrase to have.

Model Response

"OK, Day 7. I can't believe the week is finished already. For my plan — I'm going to visit my cousin in Canada next summer. I've been thinking about it for a while and I finally booked the flights last month. I hope to practise my English every day while I'm there, not just in tourist places but in real conversations. I'm also going to continue with voice notes — maybe three days a week. Looking back at this week, I think the hardest day for me was Day 4, the past tense story, because I kept forgetting verb forms. But Day 6 — the request — felt very natural, which was a nice surprise. I think I am more comfortable speaking than I expected. My next goal is to find a speaking partner online. Let's go!"

Self-Check

- ☐ I described a future plan using "I'm going to..." or "I hope to..."
- ☐ I reflected on the week honestly — not just "it was good"
- ☐ I mentioned one thing that felt hard and one that felt easier
- ☐ I named a next step or goal for my English learning
- ☐ I spoke for around 60 seconds

☐ You finished the challenge. That is not nothing — most people who start things like this don't finish them. Well done.

Final Reflection: You Did It

Seven days. Seven voice notes. That's a real achievement — not because the recordings were perfect, but because you **showed up and spoke**, day after day, even when it felt uncomfortable or uncertain. That discomfort is not failure. That discomfort is exactly where language learning happens.

Compare Day 1 and Day 7

Go back and listen to your Day 1 recording, then listen to your Day 7. Don't judge — just notice. You are not looking for perfection. You are looking for evidence of movement.

1

Day 1 — Listen for...

How long did you pause? Did you sound uncertain about how to start? What vocabulary did you reach for? How did your voice feel?

Day 7 — Listen for...

Did the pauses feel shorter or more deliberate? Did you use more connecting words? Did you sound more like *yourself* in English?

What Felt Easier This Week?

Starting

Most people find that by Day 4 or 5, pressing record feels less scary. If that happened for you, that's a significant shift. Starting is the hardest part of any speaking task.

Finding words

Did vocabulary flow a little more naturally by the end? That happens when you repeat structures. The phrases from this week are now part of your active vocabulary.

Accepting imperfection

This one is big. If you recorded a message that wasn't "perfect" and kept it anyway — you've learned one of the most important lessons in language learning.

Choose Your Next Goal



Keep Voice Noting

Continue 3 days a week with your own topics. No structure needed — just press record and talk for 45 seconds about anything real in your life.



Find a Speaking Partner

Look for a language exchange partner online (apps like Tandem or HelloTalk). You teach them Spanish; they help you with English. Fair and free.



Listen More

Choose one podcast or show in English and commit to 15 minutes a day. Listening builds the mental library your speaking draws from.

Your Voluntary Repeat Routine

If you want to keep practising with this challenge, here is a simple weekly rhythm. Nothing is mandatory — use what works for you.

- ☐ Monday: Record a 30-second voice note about your weekend
- ☐ Wednesday: Describe something you saw, ate, or did this week
- ☐ Friday: Recommend one thing — a word, a place, a song, anything
- ☐ Once a month: Listen back to three recordings from different weeks
- ☐ When ready: Make one recording and share it with a real person you trust

"Fluency is not the absence of mistakes. It is the confidence to speak anyway."

— LUMARA ENGLISH