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## *Brainy Hunt Podcast Show Notes: Summary & Bullet Points*

*Episode: 05*

**Episode title: Essential habits for Speak English Fluently - Special Episode**

**Topics discussed in this episode:**

### **1) Need to practice little by little**

- You can't do 100 push ups in one day.
- You can't run 10KM in one day.
- You might need daily practice to do those kinds of stuff, so for the English.

### **2) Get an Idea about how much English you use now and what are you doing to improve**

- Ex - Can I understand a TV show? Can I talk with my collins? Can I talk about the cultural problem in my country?

### **3) Positive thinking. (Mindset is the most important thing)**

- Be positive about small things.
  - Ex- I had a really busy day today, but however I've managed to listen to an English Podcast.

### **4) Fit English into your daily life.**

- Ex - At least think in English (Oh! I'm so thirsty, now I need to drink some water)

### **5) Speak with someone at least once a week.**

- Ex- If you don't go to the gym regularly you will lose your muscles. Same thing with the English. (Best solution - play online games, call customer care and choose the language to English)
- If you are not practicing you are losing it.

**Episode Link:** <https://anchor.fm/brainyhunt/episodes/Essential-habits-for-Speak-English-Fluently---Special-Episode-Ep-05-eicv1l>

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