



Way to Fluency Wheel

We've carefully crafted this 7 step training to help you begin a new chapter in your life: the journey to effective English.

Let the "Way to Fluency Wheel" guide you on this personal adventure!

beblua.com

 **blúa**



Thank you for joining us and taking this important step towards your fluency in English.

The training **Way to Fluency** along with this workbook, will help you get there.

To make the most of this training, here are some tips to help you along the way:

PRINT THIS WORKBOOK

- Print out a copy of this workbook
- Write your answers in a notebook
- Download this file and type your answers directly into it (just make sure to save it).

WATCH THE VIDEOS AND COMPLETE THE WORKBOOK

Be sure to watch all the video series and use the workbook alongside them for the best learning experience.

COMPLETE THE WAY TO FLUENCY WHEEL

What is your level of proficiency in each English Skill? Be realistic when it comes to your satisfaction in the English language and your actual proficiency.

SHARE YOUR PROGRESS

We would love to hear about your progress and insights after the completion of the workbook.

Share your thoughts online and tag us [@be.blua](#) and use the hashtag #FluencyWithBlua on Instagram, TikTok, Facebook or LinkedIn.

We can't wait to hear from you.

TAKE THIS TRAINING WITH BLUA'S MEMBERS

Share your progress and thoughts on [Blua's](#)

Accountability and community are vital in deepening your English learning experience.



“To achieve your goal, you first need to clearly understand what your needs are.”

ANSWER THE FOLLOWING QUESTIONS BEFORE YOU START

Why do you want to improve your English?

When you achieve your goal, what will you be able to do?

What will you feel when you take clear, consistent and confident actions, and make progress in the English language?



On a scale of 1-10, how do you feel about your English skills?
(1 being at your lowest and 10 being at your best.)



Do you wish you had someone to talk to in English?

- YES, I want to speak in English with other people.
- NO, I speak English frequently.

Do you feel unclear on how to execute and take action on achieving your goal in English?

- YES, I need help on where to start.
- NO, I already know exactly what to do and what actions I should take.

Do you want to focus on what you really need to improve in English?

- YES, Focusing on my needs is key to achieving fluency in English.
- NO, I feel good where I am now.

Do you want to take control of your English language acquisition process?

- YES, I am ready to take action and become fluent in English
- NO, I am okay with spending hours studying passively.

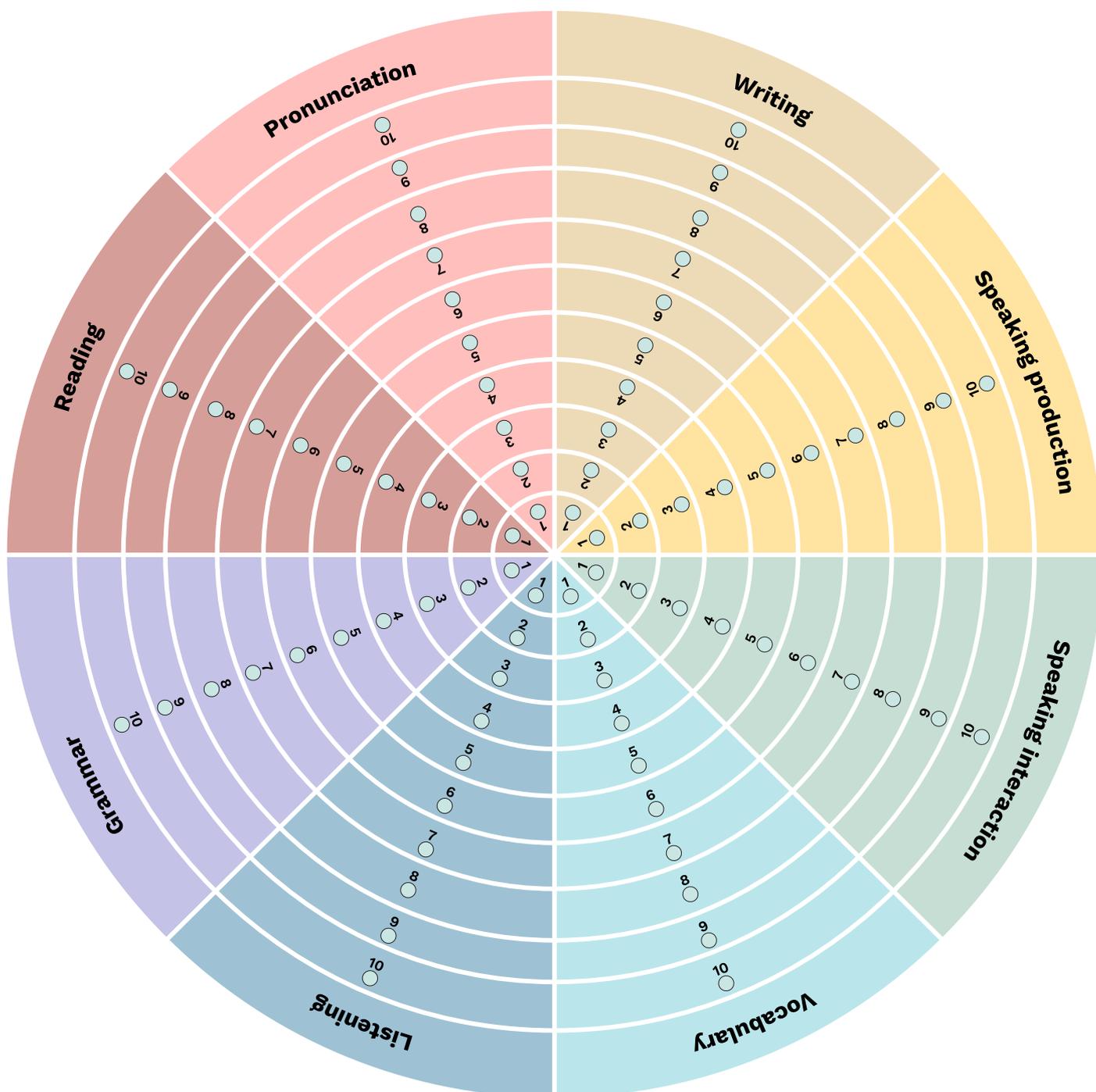


Fluency is your destination.

In order to get there you must enjoy the ride!

Reflect on your current language abilities and express how satisfied you are with each skill area.

Our guide is here to highlight areas for growth and set you on a path of active improvement.



STEP 01 - GET SET

Now that you have completed the Way to Fluency Wheel, let's think more deeply about each category.

Reflect on your current capabilities and articulate the reasoning behind your score.

Pronunciation

★ Think about how well others understand you. Consider your pronunciation and the way your voice goes up and down in English.

Why did you give yourself a rating in Pronunciation?

(Complete with the number you rated your pronunciation)

Reading

★ Reflect on your ability to understand the meaning of texts and how smoothly you can read through English materials. Take into consideration fiction books, online material, work related material, the news, etc...

Why did you choose a rating for your Reading skills?

(Complete with the number you rated your Reading)

Grammar

★ Consider your use of English grammar in writing and speaking. How confident are you in applying grammar rules correctly?

Explain your reasons for assigning a [] rating to your Grammar skills.

(Complete with the number you rated your Grammar)

Listening

★ Think about how well you understand spoken English, from conversations to media like movies or podcasts.

What makes you rate your Listening Comprehension as [] ?

(Complete with the number you rated your Listening Comprehension)

Speaking interaction

★ How comfortable and effective are you in engaging in conversations in English.

Why do you feel your conversational Speaking deserves a [] rating? What is missing?

(Complete with the number you rated your Conversational Speaking)

Speaking Production

★ Reflect on your ability to express your thoughts clearly and fluently in English. What led you to give your Speaking Production a rating of

_____? (Complete with the number you rated your Speaking Production)

Writing

★ Consider your ability to write coherently, correctly, and expressively in English. What are the main factors that influenced you to rate your Writing skills as _____?

(Complete with the number you rated your Writing)

Vocabulary

★ Think about how many English words you know and if you use them right when you talk and write. Why did you say your Vocabulary is _____?

_____?

(Complete with the number you rated your Vocabulary)

STEP 02

Prioritize Skills

* Write the rating your gave for each skill in the wheel.

Skill

Rate

 e.g. Pronunciation	2
 Pronunciation	
 Reading	
 Grammar	
 Listening	
 Speaking Interaction	
 Speaking Production	
 Writing	
 Vocabulary	

* **Top Priorities:** Choose 1-3 skills you want to focus on first.

STEP 03: SET GOALS

* **Main Goal:** _____

* **Specif Goals:** For each chosen skill, write a specific goal. Example: "Improve my pronunciation of English vowel sounds.". Be precise and focus on tangible goals.

Top Priority skills

Specific Goals

	_____
	_____
	_____



In case you don't know what your smaller goals in each skill are, don't worry. Just write the first thing that comes to your mind.

This workbook is based on the “Way to Fluency Wheel”, and it will allow you to target specific skills, allocate time efficiently, and select techniques that match your learning preferences.

STEP 04: ALLOCATE TIME

* **Weekly Schedule:** Decide how many hours per week you can dedicate to studying. hours.

* **Time per Skill:** Distribute the total studying time among the skills identified as Top Priorities.

Top Priority skills	Time
 <input type="text"/>	<input type="text"/>
 <input type="text"/>	<input type="text"/>
 <input type="text"/>	<input type="text"/>

STEP 05: CHOOSE TECHNIQUES

For each skill, select techniques or activities you’ll use. Here’s a simplified menu of options:

For more techniques go to blua.app and read our exclusive *Vocabulary Toolkit Guide, Listening Toolkit and more.*

Pronunciation

* **Listen and Repeat:** Listen to native speakers and mimic their pronunciation.

* **Tongue Twisters:** Challenge your articulation with English tongue twisters.

* **Practice English sounds:** Work on vowels and consonants.

Reading

- ★ **Summarization:** Summarize what you read to practice comprehension and recall.
- ★ **Extensive Reading:** Read a wide range of materials at or slightly below your level.
- ★ **Intensive Reading:** Analyze texts closely to understand structure and vocabulary.

Grammar

- ★ **Grammar Exercises:** Complete exercises from grammar books or online resources.
- ★ **Daily Grammar Corrections:** Correct a short text or sentences daily for grammar practice.
- ★ **Grammar Quizzes and Games:** Use online quizzes and games for a fun way to practice.

Listening

- ★ **Transcription Practice:** Listen to a short audio and write down what you hear.
- ★ **Listening and Summarizing:** Listen to a talk or story and summarize it.
- ★ **Audio Books:** Listen to audiobooks in English, following along with the text.

Speaking Interaction

- ★ **Language Exchange Partners:** Practice speaking with others.
- ★ **Discussion Questions:** Use discussion questions to practice formulating and expressing opinions.
- ★ **Mental Practice:** Think about what you wanna say intentionally and talk to yourself.

Speaking Production

- ★ **Describe Images or Videos:** Practice speaking by describing images, paintings, or scenes from videos.
- ★ **Record yourself:** talk about your day/ work and analyze your own video

Writing

- ★ **Daily Journaling:** Write about your day or thoughts in English.
- ★ **Summarizing Articles or Books:** Practice writing summaries to condense information.

Vocabulary

- ★ **Flashcards:** Create and review flashcards for new vocabulary.
- ★ **Word of the Day:** Learn a new word each day and use it in a sentence.
- ★ **Synonyms and Antonyms:** Learn synonyms and antonyms to expand your vocabulary range.

STEP 06: TRACK PROGRESS

- ★ **Weekly Check-In:** At the end of each week, reflect on what you've learned and practiced.
- ★ **Join the Blua Community discussions** at this point to share your weekly achievements and challenges. This engagement can provide you with insights from peers, motivation, and different perspectives on tackling similar challenges.
- ★ **Adjustments:** If necessary, adjust your goals, time allocation, or techniques based on your reflections and the feedback you receive from the community. The Blua Community is a rich resource for discovering new strategies and resources that other learners have found effective.

STEP 07: REFLECT AND REVISE

- ★ **Monthly Review:** In case you want to evaluate how much your English has improved, we recommend you to answer the “Way to fluency wheel” and compare with the previous month.
- ★ **Plan Update:** Based on your review and the community feedback, update your study plan to focus on new skills or continue improving current ones. Engaging with the Blua Community at this stage can provide you with fresh ideas and motivate you for the next phase of your journey.

Integration Suggestion

Connect with the Blua Community during your weekly check-ins. Sharing your progress not only helps solidify your own learning but also supports and inspires others on similar paths. Whether you're seeking advice, offering solutions, or simply sharing an update. Your contributions enrich our collective learning experience.

Check your Way to Fluency Wheel every month if you practice English every day.

If you practice English three times a week, check your Wheel every 4 or 5 months.

Hey there,

We hope you enjoyed exploring the Way to Fluency Wheel!

This journey to fluency can feel overwhelming at times, but by now you've got a roadmap to guide you. Remember that initial fear of "can I do this?"

We all feel it! But with the right strategies and consistent effort, you'll conquer that and unlock the amazing desire to truly express yourself.

The Way to Fluency Wheel is just the beginning. Remember, fluency isn't a destination, it's a continuous journey. Keep the wheel handy as a reference, and most importantly, take action!

Here are some ways to stay motivated:

Set realistic goals and track your progress.

Celebrate your wins, big and small!

Find a language partner or join a conversation group.

Immerse yourself in the language.

Don't be afraid to make mistakes.

Embrace them as learning opportunities.

www.beblua.com

We are here to support you on this exciting journey! If you have any questions or need some extra guidance, feel free to reach out.

hello@beblua.com

Thanks again for joining us on this adventure.

See you on the path to fluency!

Best,

Blua • English in Action



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