

A cartoon illustration of three children with orange, brown, and blonde hair, all smiling and holding a large black sign. The sign has the words 'SPOKEN ENGLISH' written in white, bold, serif capital letters. The sign is underlined. The children are standing behind the sign, and their legs are visible at the bottom. Two pieces of white chalk are on the floor in the bottom right corner.

SPOKEN ENGLISH

# CONFIDENCE BUILDING EXERCISES



# **Confidence exercises**

- ✓ **when implemented regularly,**
- ✓ **they can help build a confident attitude**
- ✓ **improve productivity and quality of work.**



**These practices are ways to  
remind yourself of your abilities  
and boost your mood.**



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# 1. Smile more



✓ **Even if you feel nervous, the act of smiling can help make you feel comfortable and improve your mood.**



## ☐ Most Important

- ✓ Smiling also serves as an example of positive body language, encouraging other people to interact with you.



- ✓ **Smiling while giving a presentation or recommendations can help your audience perceive you as a confident individual and trust what you say.**



## 2. Portray a confident appearance



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- ✓ **When you feel confident about how you look, it can encourage confidence in other aspects of your life.**



- ✓ **For example,**
- ✓ **wearing an outfit that makes you feel comfortable and powerful can help ease your nerves for a job interview.**



# THE 5 MOST COMMONLY USED ENGLISH VERB TENSE



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S.NO	TENSES	FREQUENCY
1	Simple Present	57.51%
2	Simple Past	19.7%
3	Simple Future	8.5%
4	Present Perfect	6.0%
5	Present Progressive	5.1%

➤ आपने मुझे जगा दिया।



➤ **You woke me up.**



➤ उसने वह जॉब छोड़ दी।



➤ **She left that job.**



➤ वह १० बजे चला गया था।



➤ **He left at 10 a.m.**



➤ वह चलते चलते फिसल गई।



➤ **She slipped while walking.**



➤ अनु की पिछले महीने शादी हो गई।

➤ **Anu got married last month.**



➤ रोहन सीढ़ीओ से गिर गया।



➤ **Rohan fell off the stairs.**



➤ मेरा पर्स घर रह गया।



➤ **I left my purse at home.**



➤ उसने मुझसे झूठ बोला।



➤ **She told me a lie.**



➤ उसने फूल तोड़ दिया।



➤ **He plucked the flower.**



➤ मैंने अखबार पढ़ लिया।



➤ **I read the newspaper.**



➤ वह उससे बहुत प्यार करती थी।



➤ **She loved him very much.**



➤ वह 2015 में भारत आया था।



➤ **He came to India in 2015.**



# DAILY SENTENCES



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➤ अपनी मेहतवाकांशा को दिशा दो !



➤ **Direct your passion!**



➤ अपनी शक्ति को पहचानो !



➤ **Realise your potential !**



➤ किस्मत वाले हैं आप!



➤ **Lucky you!**



➤ तुम्हारे लिए अच्छा है!



➤ **Good for you!**



➤ बेचारे तुम!



➤ **Poor you!**



➤ तुम्हे पता है !



➤ **You know what?**



➤ ये रहा !



➤ **Here it is!**



➤ ये लीजिए !



➤ **Here you are!**



➤ कुछ बात है क्या ?



➤ **Is anything wrong?**



➤ मेरा विश्वास करो !



➤ **Believe me!**



➤ कभी ना कभी/ आज नहीं तो कल !



➤ **Sooner or later!**





THANKS

