SAMPLE

Excerpt from: 100-Day English for Career Growth

This sample shows the first 3 page(s) of the full 103-page product.

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SKILLQUESTERS



100-DAY ENGLISH FOR CAREER GROWTH

100 daily micro-lessons

one phrase a day, real workplace English

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How To Use These 100 Days

One page. One phrase. Ten minutes a day. That's the whole method.

Each day you get:
- TODAY'S PHRASE — one pattern real workplaces actually use.
- EXAMPLES — two sentences in real work context.
- MINI-EXERCISE — fill in the blank or rewrite. Do it out loud.
- SAY IT TODAY — one real challenge. Use the phrase with a real person.

Rules:
1. Say everything out loud. English lives in the mouth, not the eyes.
2. Never skip the challenge. One real use beats ten readings.
3. Missed a day? Just continue — never 'catch up' two days at once.
4. Every 10 days is a themed week. Review the week's 10 phrases on day 10.

The 10 weeks: Introductions - Emails - Meetings - Phone & Video Calls - Presentations - Negotiating - Small Talk - Interviews - Feedback - Leading.

Start Day 1 today. Day 100 is closer than you think.

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DAY 1

WEEK 1 — INTRODUCTIONS

TODAY'S PHRASE

My name is ___, and I work as a ___.

EXAMPLES

- My name is Ana, and I work as a designer.
- My name is David, and I work as a driver.

MINI-EXERCISE

Fill in: My name is ___, and I work as a ___.

SAY IT TODAY

★ ***Introduce yourself to one person today — at work, in a store, anywhere.***

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