

**Page 1 –
Cover Page**

**The Empower
Language Mini
Workbook**

**Build confidence in English
with the 7-Step Empower
Language System**

Anh : [www.overcoming
languagechallenges.com](http://www.overcominglanguagechallenges.com)

**A simple workbook to help working
professionals begin their language
transformation.**

Page 2 — Intro / Start Here

Welcome to the Empower Language System Mini Workbook!

This workbook will help you:

- Understand where you are now**
 - Set a practical goal**
- Build awareness of your strengths**
- Start using the Empower Language System
in your daily life**

**Let's begin your journey —
one step at a time.**

Page 3 — Step 1:

Envision

Mindset | Motivation | Clear Direction

**Before learning a language,
you need clarity.**

Answer the questions:

- 1. What do you want English to help you achieve?
(e.g., better job, clearer communication,
confident presentations)**
- 2. How do you want to feel when using English?
(e.g., confident, calm, prepared)**
- 3. What is your biggest current challenge? (e.g.,
speaking fast, pronunciation, grammar, fear of
mistakes)**

Reflection:

**Write one sentence describing your ideal
English self:**

"My goal is to speak English with..."

Page 4 – Step 2: Nurture

Step 2 — Nurture Preparation | Structure | Foundation

Fill in the following:

1. Three grammar areas you need the most support with:

- _____
- _____
- _____

2. Three real-life situations where English matters to you:

- _____
- _____
- _____

3. Your weekly availability for practice:

- _____

Reflection:

**Circle one: Morning learner / Afternoon
learner / Evening learner**

Page 5 – Step 3: Grasp

Step 3 — Grasp Key Structures | Confidence | Clarity

Activity 1 — Spot Your Patterns

Write one sentence you say often at work. Then
write an improved version.

- My usual sentence:-----
- Improved version: -----

Activity 2 — Your “Grammar Comfort Zone”

Rate yourself from 1–5 (1 = not confident, 5 = very
confident)

- Past tense: __
- Present perfect: __
- Making questions: __
- Conditionals: __
- Business phrases: __

Activity 3 — 3 Power Phrases

Choose 3 phrases to start using confidently:

1. -----
2. -----
3. -----