

say something in Welsh

Set yourself a target: **10 minutes** every day of making up sentences from your Raw Material List, **30 minutes** of having Radio Cymru on in the background, echo **5 English sentences** in Welsh in the course of the day, and have **one brief mini-conversation** with a Welsh speaker.

	Making up sentences	Listening to Radio Cymru	Echoing in Welsh	Having a mini-conversation
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				
Day 29				
Day 30				

When you have done 30 days in a row with 4 ticks every day, if your Welsh isn't excitingly better, email me to complain – and I'll refund you 100% of the cost of this free report...;-) But when you DO get excited about the change in your Welsh, please DO let me know – I really love to hear from people who are delighted by the difference these simple tactics make for them. You can email me at aran@saysomethinginwelsh.com – think of it as how you can say 'Diolch!' for this free tick list...;-)