

Want an easier way to practice speaking English than self-talk and prompting GPT over and over?

Try Heylama! - <https://www.heylama.com>

1. The world's most advanced AI system for speaking practice and vocabulary learning
2. Automatically identifies your mistakes and vocabulary gaps stopping you from advancing and creates games and vocabulary suggestions to help you fix them
3. Unlimited speaking practice when you need it - with a supportive tutor! Or you can pick a savage and direct tutor if you want harsh feedback =).

The first week is for free - join 100K+ language learners using Heylama today.

50 Daily English Conversation Prompts (With Follow-Ups)

Select one prompt per day based on your level.

Beginner-Friendly Prompts (Level A1–A2)

Focus: Short answers and simple full sentences.

1. Tell me about yourself in 3 sentences.

- *Follow-ups:* What do you do for work? What do you like doing after work?

2. Describe your morning routine.

- *Follow-ups:* What is the first thing you do after waking up? Why?

3. What do you usually eat for lunch?

- *Follow-ups:* Do you cook or buy food? What is your favorite quick meal?

4. What is your hometown like?

- *Follow-ups:* What is special about it? Would you like to live there again?

5. What do you do on weekends?

- *Follow-ups:* What is your ideal Saturday? What do you want to do next weekend?

6. What kind of music do you like?

- *Follow-ups:* When do you usually listen to it? Who is your favorite artist?

7. Talk about your family.

- *Follow-ups:* Who are you closest to? What do you usually do together?

8. Describe your home or apartment.

- *Follow-ups:* What is your favorite room? What is one thing you would change?

9. What is the weather like today—and how does it affect your day?

- *Follow-ups:* What weather do you like most? Why?

10. What do you do to relax?

- *Follow-ups:* Does it work every time? What stresses you out?

11. What is something you bought recently?

- *Follow-ups:* Why did you buy it? Was it worth the money?

12. Describe your neighborhood.

- *Follow-ups:* Where do you usually go? What do you like or dislike about it?

13. What is your favorite food—and why?

- *Follow-ups:* When did you last eat it? Can you cook it yourself?

14. What time do you usually go to bed?

- *Follow-ups:* Do you sleep well? What helps you fall asleep?

15. What are you learning right now (besides English)?

- *Follow-ups:* Why did you start? How do you practice?

Intermediate Prompts (Level B1–B2)

Focus: Telling stories, giving opinions, and making comparisons.

16. Tell a short story about a funny moment.

- *Follow-ups:* What happened first? What did you learn from it (if anything)?

17. Describe a trip you enjoyed.

- *Follow-ups:* What was the best part? What would you do differently next time?

18. What is a habit you are proud of?

- *Follow-ups:* How did you build it? What made it hard to stick to?

19. What is a habit you want to change?

- *Follow-ups:* What triggers this habit? What is one realistic first step to fix it?

20. Describe your work (or studies) to a new friend.

- *Follow-ups:* What is the hardest part? What is the most satisfying part?

21. What is a skill you want to improve this year?

- *Follow-ups:* Why that skill? How will you measure your progress?

22. Talk about a challenge you solved recently.

- *Follow-ups:* What options did you consider? What would you tell your past self?

23. What is a movie or series you recommend—and why?

- *Follow-ups:* What is it about (no spoilers)? Who would enjoy it?

24. Are you more productive in the morning or evening?

- *Follow-ups:* What is your best working time? What distracts you the most?

25. How do you usually make decisions: logic or feeling?

- *Follow-ups:* Give an example. When has this method gone wrong?

26. What is your relationship with social media?

- *Follow-ups:* Is it helpful or harmful? What boundaries work for you?

27. What does "healthy lifestyle" mean to you?

- *Follow-ups:* What do you actually do now? What is one change you want to make?

28. What is a cultural difference you noticed (traveling or living abroad)?

- *Follow-ups:* What surprised you? What do you appreciate about that difference?

29. What is something you changed your mind about?

- *Follow-ups:* What changed your opinion? Was it hard to admit you were wrong?

30. If you had a free day tomorrow, how would you spend it?

- *Follow-ups:* Would you be alone or with people? Why?

31. Describe a person who influenced you.

- *Follow-ups:* What did you learn from them? Do you still use that lesson?

32. What is your favorite place in your city?

- *Follow-ups:* Why that place? When do you go there?

33. What is a "small win" you had recently?

- *Follow-ups:* Why did it matter to you? How did you make it happen?

34. What do you usually do when you feel stressed?

- *Follow-ups:* What helps the most? What makes stress worse?

35. What is a goal you are working on right now?

- *Follow-ups:* What is the next step? What might stop you?

Advanced Prompts (Level C1–C2)

Focus: Nuance, debate, abstract thinking, and persuasion.

36. Is technology making us smarter or lazier?

- *Follow-ups:* In which areas? What is your strongest example?

37. What should schools teach that they often don't?

- *Follow-ups:* Why is it important? How would you teach it?

38. Is AI more likely to create jobs or replace them?

- *Follow-ups:* Which industries will change first? What should people do to adapt?

39. How much privacy are you willing to trade for convenience?

- *Follow-ups:* Where is your line? Has your line changed over time?

40. What does "success" mean to you personally?

- *Follow-ups:* Has your definition changed with age? Who influenced your view?

41. Is happiness a choice or a result of circumstances?

- *Follow-ups:* What is your evidence? Can you give a counter-example?

42. Is it ever okay to lie?

- *Follow-ups:* What is the difference between white lies and serious lies? Where do you draw the line?

43. Do people change—or do they just reveal who they are?

- *Follow-ups:* What experiences force people to change? What blocks change?

44. What is one societal issue you care about—and why?

- *Follow-ups:* What is the root cause? What is a realistic improvement?

45. Should governments push sustainability harder, even if it is unpopular?

- *Follow-ups:* What policies actually work? Who should pay the cost?

46. Do you trust the news? Why or why not?

- *Follow-ups:* How do you verify information? What sources do you trust most?

47. What makes a life meaningful?

- *Follow-ups:* Rank these for you: Relationships, Work, Contribution. Explain why.

48. Are cities becoming better or worse places to live?

- *Follow-ups:* Better for whom? What would you change first?

49. Does art matter in society—or is it just entertainment?

- *Follow-ups:* What kind of art changes minds? Give an example.

50. What belief do many people have that you disagree with?

- *Follow-ups:* Why do you disagree? What would change your mind?