

Lộ trình shadowing 30 ngày

Mỗi ngày 5 câu ngắn từ các bài nói thật, khoảng 5 phút, người nói chậm trước, nhanh sau. Quét mã của mỗi ngày để mở câu đầu tiên trong Sada; sau mỗi câu, nút “Câu tiếp theo trong lộ trình” đưa bạn sang câu sau. Đánh dấu từng câu khi đã ghi âm, hoặc đã chép và kiểm tra.

Họ tên: _____

Lớp: _____

Cập nhật 12 tháng 10, 2026 · sadaspeak.com/vi/lo-trinh-shadowing-30-ngay/

Lộ trình này (thứ tự các câu, tên các ngày và phần hướng dẫn) do nhóm Sada biên soạn, được cấp phép CC BY 4.0. Dòng ghi nguồn: **Sada 30-Day Shadowing Plan by The Sada Team, sadaspeak.com, CC BY 4.0.** Các câu được trích từ bài nói và bài phát biểu trên YouTube, thuộc về người nói, và không thuộc phạm vi giấy phép.



Ngày 1 · Câu chậm đầu tiên, và chữ “chưa” · B1

- ☐ “You don't need to speak fast.” · English Unleashed
- ☐ “The power of yet.” · Carol Dweck
- ☐ “It gives you a path into the future.” · Carol Dweck
- ☐ “They had what I call a growth mindset.” · Carol Dweck
- ☐ “I received a letter recently from a 13-year-old boy.” · Carol Dweck



Ngày 2 · Bạn vẽ được mà · B1

- ☐ “But I think you can.” · Graham Shaw
- ☐ “They think, “You can either do it, or you can't.”” · Graham Shaw
- ☐ “Now, we'll have some fun with the hair, watch.” · Graham Shaw
- ☐ “It's a little bit like people think of spelling or singing.” · Graham Shaw
- ☐ “When I say “draw”, I'm not saying we're all going to draw like Michelangelo.” · Graham Shaw



Ngày 3 · Học một điều mới · B1

- ☐ “Your whole world changes over night.” · Josh Kaufman
- ☐ “Like, that's kind of important, right?” · Josh Kaufman
- ☐ “Two year ago, my life changed forever.” · Josh Kaufman
- ☐ “And all of your priorities change immediately.” · Josh Kaufman
- ☐ “Now, becoming a parent is an amazing experience.” · Josh Kaufman



Ngày 4 · Mở đầu bài nói thật thân thiện · B1

- ☐ “Thank you very much.” · Sir Ken Robinson
- ☐ “Have you come across this idea?” · Sir Ken Robinson
- ☐ “It's a short plane ride from Los Angeles to America.” · Sir Ken Robinson
- ☐ “You know, but it doesn't listen to Radiohead, does it?” · Sir Ken Robinson
- ☐ “Children are not, for the most part, suffering from a psychological condition.” · Sir Ken Robinson



Ngày 5 · Lời cảm ơn và một sứ mệnh · B1

- ☐ “Thank you. Thank you very much.” · Denzel Washington
- ☐ “Please join me in welcoming Denzel Washington.” · Denzel Washington
- ☐ “Everybody else has nice boxes to bring their script up in.” · Denzel Washington
- ☐ “So, members of the class of 2011, this is your mission.” · Denzel Washington
- ☐ “Wait a minute. Let me get it in the right order here.” · Denzel Washington



Ngày 6 • Một bí mật nhỏ • B1

- ☐ “Thank you for letting me share this amazing day with you.” · Oprah Winfrey
- ☐ “I need to begin by letting everyone in on a little secret.” · Oprah Winfrey
- ☐ “And, trust me, I know that inner wisdom is more precious than wealth.” · Oprah Winfrey
- ☐ “And I don't know, but everybody today seems to want to be famous.” · Oprah Winfrey
- ☐ “And Kirby says, “Sort of.” I said, “Sort of? You sort of know me?”” · Oprah Winfrey



Ngày 7 • Chuyện của một giáo viên • B1

- ☐ “I gave out homework assignments.” · Angela Lee Duckworth
- ☐ “The honest answer is, I don't know.” · Angela Lee Duckworth
- ☐ “When the work came back, I calculated grades.” · Angela Lee Duckworth
- ☐ “And like any teacher, I made quizzes and tests.” · Angela Lee Duckworth
- ☐ “Some of my strongest performers did not have stratospheric IQ scores.” · Angela Lee Duckworth



Ngày 8 • Câu đáp ngắn, giọng Anh • B1

- ☐ “Don't you feel?” · Sir Ken Robinson
- ☐ “And I said, “Sure.”” · Sir Ken Robinson
- ☐ “It isn't what they do, it's who they are.” · Sir Ken Robinson
- ☐ “And four years later, it's been downloaded four million times.” · Sir Ken Robinson
- ☐ ““You've been around for 36 months, and this is it?”” · Sir Ken Robinson



Ngày 9 • Ai cũng cần một huấn luyện viên • B1

- ☐ “Everyone needs a coach.” · Bill Gates
- ☐ “That's how we improve.” · Bill Gates
- ☐ “Sorry, Sharon. Here you go.” · Bill Gates
- ☐ “We all need people who will give us feedback.” · Bill Gates
- ☐ “To get started, we're doing a peer review day, okay?” · Bill Gates



Ngày 10 • Luyện tập và đừng bỏ cuộc • B1

- ☐ “Really not true.” · Ivan Joseph
- ☐ “Hopefully I won't run out of time.” · Ivan Joseph
- ☐ “But, practice, practice, practice, and do not accept failure.” · Ivan Joseph
- ☐ “What do they do really well that we'd be interested in?” · Ivan Joseph
- ☐ “How many of us bail after the first bit of adversity?” · Ivan Joseph



Ngày 11 • Cảm xúc lớn, câu ngắn • B1-B2

- ☐ “I'm at Harvard!” · Oprah Winfrey
- ☐ “I was stressed, and I was frustrated.” · Oprah Winfrey
- ☐ “Did what I say mean anything to you?” · Oprah Winfrey
- ☐ “And to you, members of the Harvard Class of 2013!” · Oprah Winfrey
- ☐ “So the question is what are we going to do about it.” · Oprah Winfrey



Ngày 12 • Những câu hỏi về căng thẳng • B1-B2

- ☐ “Yeah. Me too.” · Kelly McGonigal
- ☐ “I have a confession to make.” · Kelly McGonigal
- ☐ “But that is not my confession.” · Kelly McGonigal
- ☐ “How about a moderate amount of stress?” · Kelly McGonigal
- ☐ “Who has experienced a lot of stress?” · Kelly McGonigal



Ngày 13 • Nói chuyện với khán giả • B1-B2

- ☐ “Good morning, ladies and gentlemen.” · Arthur Benjamin
- ☐ “Raise your hand. Did your hand go up?” · Arthur Benjamin
- ☐ “Now bring it out, bring it out. Anybody else?” · Arthur Benjamin
- ☐ “My name is Art Benjamin, and I am a “mathemagician.”” · Arthur Benjamin
- ☐ “Seriously, if you have a calculator with you, raise your hand.” · Arthur Benjamin



Ngày 14 • Kể lại một cuộc trò chuyện • B1-B2

- ☐ ““Not exactly. We’ve all lined up backup jobs.”” · Adam Grant
- ☐ “So I want to know what happens to the chronic procrastinators.” · Adam Grant
- ☐ ““No, we all took internships just in case it doesn’t work out.”” · Adam Grant
- ☐ “And I said, “OK, you guys spent the whole summer on this, right?”” · Adam Grant
- ☐ ““All right, but you’re going to go in full time once you graduate.”” · Adam Grant



Ngày 15 • Nhờ người khác làm gì đó • B1-B2

- ☐ “I need everybody to sing a long-low note.” · Derek Sivers
- ☐ “I would actually like to meet every single person here.” · Derek Sivers
- ☐ “So that everybody here can e-mail me and say hello.” · Derek Sivers
- ☐ “Pretty good argument that the meaning of life is time?” · Derek Sivers
- ☐ “OK, and next, I need the audience to do something for me.” · Derek Sivers



Ngày 16 • Mười phút yên tĩnh • B1-B2

- ☐ “Simply doing nothing.” · Andy Puddicombe
- ☐ “Just 10 minutes, undisturbed?” · Andy Puddicombe
- ☐ “We live in an incredibly busy world.” · Andy Puddicombe
- ☐ “And when I say nothing, I do mean nothing.” · Andy Puddicombe
- ☐ “But what do you do every 20, 30 seconds?” · Andy Puddicombe



Ngày 17 • Giọng nói con người • B1-B2

- ☐ “And why is that?” · Julian Treasure
- ☐ “Where did you leave my keys?” · Julian Treasure
- ☐ “The human voice: It’s the instrument we all play.” · Julian Treasure
- ☐ “It’s the most powerful sound in the world, probably.” · Julian Treasure
- ☐ “But is there a positive way to think about this?” · Julian Treasure



Ngày 18 • Thấu cảm trong vài từ • B2

- ☐ “Empathy fuels connection.” · Brené Brown
- ☐ “Sympathy drives disconnection.” · Brené Brown
- ☐ “It’s very interesting.” · Brené Brown
- ☐ “Recognising emotion in other people, then communicating that.” · Brené Brown
- ☐ “I always think of empathy as this kind of sacred space.” · Brené Brown



Ngày 19 • Kể một câu chuyện • B2

- ☐ “And she said, “What’s going on?”” · Brené Brown
- ☐ “What would you like for me to talk about?” · Brené Brown
- ☐ “And I actually didn’t leave my house for about three days.” · Brené Brown
- ☐ “And when I walked in, she was already at the table.” · Brené Brown
- ☐ “I sat down, and she said, “God, you look like hell.”” · Brené Brown



Ngày 20 • Một lời thú nhận • B2

- ☐ “To put it mildly, I didn't do very well.” · Dan Pink
- ☐ “Management is not a tree, it's a television set.” · Dan Pink
- ☐ “I need to make a confession at the outset here.” · Dan Pink
- ☐ “When I got to law school, I didn't do very well.” · Dan Pink
- ☐ “Is this some kind of touchy-feely socialist conspiracy going on here?” · Dan Pink



Ngày 21 • Những câu chuyện đời thường • B2

- ☐ “And I was like, “Okay.”” · Brené Brown
- ☐ “No big deal. Just three stories.” · Steve Jobs
- ☐ “How can you get fired from a company you started?” · Steve Jobs
- ☐ “You have to trust in something, your gut, destiny, life, karma, whatever.” · Steve Jobs
- ☐ “Today I want to tell you three stories from my life. That's it.” · Steve Jobs



Ngày 22 • Hải hước và nhịp nói • B2

- ☐ “In fact, I'm leaving.” · Sir Ken Robinson
- ☐ “Good morning. How are you?” · Sir Ken Robinson
- ☐ “It's been great, hasn't it?” · Sir Ken Robinson
- ☐ “I've been blown away by the whole thing.” · Sir Ken Robinson
- ☐ “You don't think of Shakespeare having a father, do you?” · Sir Ken Robinson



Ngày 23 • Hỏi “tại sao” • B2

- ☐ “They're just like everyone else.” · Simon Sinek
- ☐ “For example: Why is Apple so innovative?” · Simon Sinek
- ☐ “And yet, they're just a computer company.” · Simon Sinek
- ☐ “Why do you get out of bed in the morning?” · Simon Sinek
- ☐ “How do you explain when things don't go as we assume?” · Simon Sinek



Ngày 24 • Ngôn ngữ cơ thể • B2

- ☐ “I see you.” · Amy Cuddy
- ☐ “Sometimes we spread out.” · Amy Cuddy
- ☐ “Sometimes we hold onto our arms like this.” · Amy Cuddy
- ☐ “So that's what we want to test. Okay?” · Amy Cuddy
- ☐ “Maybe you're hunching, crossing your legs, maybe wrapping your ankles.” · Amy Cuddy



Ngày 25 • Sao lăm bí ẩn thế? • B2

- ☐ “Here's my thing.” · J.J. Abrams
- ☐ “Why so many mysteries?” · J.J. Abrams
- ☐ “Hold on. There I go. Hey.” · J.J. Abrams
- ☐ “What is it about mystery that I seem to be drawn to?” · J.J. Abrams
- ☐ “And I was thinking about this, what to talk about at TED.” · J.J. Abrams



Ngày 26 • Bắt đầu với người nói nhanh hơn • B2–C1

- ☐ “I had never known a psychiatrist growing up.” · Robert Waldinger
- ☐ “But it kept happening night after night for weeks.” · Adam Grant
- ☐ “But last year I found myself breaking all of those rules.” · Adam Grant
- ☐ “I was seeing it all over the media, being discussed by celebrities, by royalty.” · Adam Grant
- ☐ “She went to a Fortune 500 company and she tested a quiet time policy.” · Adam Grant



Ngày 27 • Chuyện cũ, cách nghĩ mới • B2–C1

- ☐ “Still same is true of Israel today.” · Malcolm Gladwell
 - ☐ “We struggle with rethinking in all kinds of situations.” · Adam Grant
 - ☐ “So David, in that story, is supposed to be the underdog, right?” · Malcolm Gladwell
 - ☐ “We fail to recognize the danger because we're reluctant to rethink the situation.” · Adam Grant
 - ☐ “Come up to me because we're going to fight, hand to hand, like this.” · Malcolm Gladwell
-

**Ngày 28 • Một cuộc trò chuyện tốc độ nhanh • B2–C1**

- ☐ “And this map is also accurate.” · Derek Sivers
 - ☐ “He leaves, a little confused and disappointed.” · Derek Sivers
 - ☐ ““Excuse me, what is the name of this block?”” · Derek Sivers
 - ☐ “He says, “OK, but what is the name of that block?”” · Derek Sivers
 - ☐ “And you say, “OK, but what is the name of this street?”” · Derek Sivers
-

**Ngày 29 • Những câu chuyện nhanh và sôi nổi • B2–C1**

- ☐ “And I said, “Yes, I did.”” · Elizabeth Gilbert
 - ☐ “And you know what happened with that book?” · Elizabeth Gilbert
 - ☐ “So we were up on top of our bunk beds.” · Shawn Achor
 - ☐ “In fact, we've found that every single business outcome improves.” · Shawn Achor
 - ☐ “When I got a military scholarship two weeks later, they let me go.” · Shawn Achor
-

**Ngày 30 • Kết thúc bằng những câu hỏi khó • C1**

- ☐ “Now, this is Bernoulli's gift. This is a direct quote.” · Dan Gilbert
- ☐ “Is it the fact that it's an intentional attack by, quote, outsiders?” · Dan Gilbert
- ☐ “What does the loss of 20 dollars along the way have to do?” · Dan Gilbert
- ☐ “The frog's big problem is that it lacks the ability to rethink the situation.” · Adam Grant
- ☐ “Humans might be smarter than frogs, but our world is full of slow-boiling pots.” · Adam Grant