

FIVE MINUTES A DAY · OUT LOUD · NOBODY WATCHING

The 7-Day Wit *Workout*

One drill a day for a week. By day seven, the pause between a question and your answer gets noticeably shorter, because you trained it instead of reading about it.

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“Reading about talking is like watching gym videos. At some point you have to lift.”

Three *rules*

This works if you follow them. It does nothing if you don't.

1 • Out loud, or it doesn't count

Thinking the answer is a different sport. The gap between what you know and what your mouth produces under a clock is the entire reason you freeze. Only speaking closes it.

2 • Use a real timer

Phone timer, every drill. The clock is the workout. Without time pressure you're rehearsing comfort, and comfort is not what shows up on dates, in meetings, or at parties.

3 • Bad reps are the reps

You will ramble, stall, and cringe. Good. Cringe is the tuition. The drill where you sounded like an idiot with the door closed is the exact one that saves you in public.

Each day takes about five minutes, alone, door closed. Do them in order. They stack:

Days 1–3 build fluency (words keep coming), Days 4–6 build precision (the *right* words come), and Day 7 takes it live.

The gap between knowing what to say and saying it closes one rep at a time. This week is the first set.

Get the words *moving*

1
DAY**The 60-Second Ramble**

Pick a random object in the room. Talk about it for 60 seconds straight, with no pause longer than two seconds. Do it three times, three objects. It will be terrible. Terrible is the workout.

TRAINS · PUSHING THROUGH THE BLANK

2
DAY**The Opinion Sprint**

30 seconds each, five rounds: deliver a firm take on something trivial. Cereal, escalators, group chats, small dogs, airport food. Commit like it matters. No "I guess" or "kind of."

TRAINS · PICKING A LANE INSTANTLY

3
DAY**The Connection Game**

Pick two unrelated things: a toaster and jealousy, socks and ambition. You have 45 seconds to explain how they're connected. Four rounds. This is the improviser's secret weapon, because wit is mostly just fast connections.

TRAINS · FINDING THE LINK UNDER PRESSURE

4
DAY**The Story Cut**

Take one story you love telling. Tell it in 60 seconds. Then the same story in 30. Then 15. Each cut forces you to find what the story is actually about.

TRAINS · FINDING THE POINT FAST

By tonight of Day 4 you'll notice it: the silence before you speak has started to shrink.

Add the *spotlight*

5
DAY

The Hot Seat

Answer five put-you-on-the-spot questions out loud, 45 seconds each. First thought commits. No restarts. Try: "Tell me about yourself." · "What's something you've changed your mind about?" · "Why should anyone date you?" · "What are you bad at?" · "What's your most unpopular opinion?"

TRAINS · ANSWERING BEFORE YOU FEEL READY

6
DAY

Agree & Amplify

Imagine five teases aimed at you: your hobby, your taste in music, your five-year plan. Respond to each by agreeing and making it worse: *"You're right, and honestly it goes deeper than you think..."* Never defend. Steer into the wave.

TRAINS · BEING UNSINKABLE

7
DAY

Take It Live

One real conversation today: a coworker, a barista, a stranger, a date. Your only assignment: use one buy-time line when you need a beat, ask one follow-up question instead of changing the subject, and let one silence sit without flinching. Keep it going ten minutes.

TRAINS · EVERYTHING, WHERE IT COUNTS

HOW TO KNOW IT WORKED

Not by feeling confident. Confidence lags skill by weeks. Look for this instead: on Day 7, when someone asks you a question, notice the gap before you speak. Compare it to the gap you'd have had last Monday. That shrinking gap is the whole game, and it keeps shrinking as long as you keep repping.



Day *eight*?

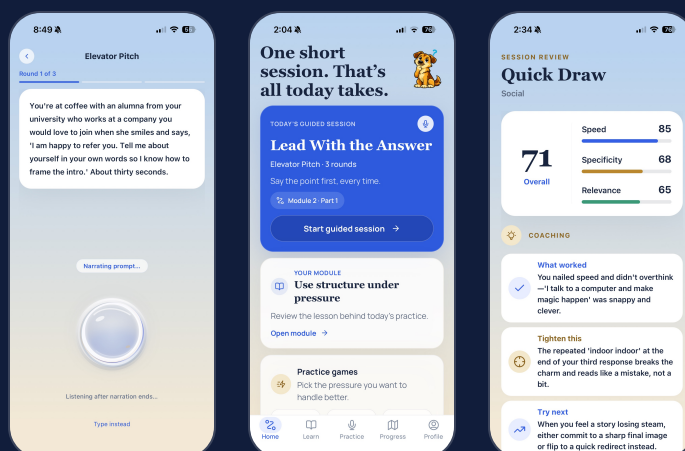
Here's the problem with self-run drills: you can't surprise yourself. You pick the object, you pick the question, and some part of your brain is always half-ready. Real moments ambush you. That's why the freeze survives solo practice. It only dies when the prompt comes from outside your own head, on a clock, with feedback after.



Naveen Rajan

I post speaking drills and communication breakdowns. Come say hi.

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YOUR DAY 8, HANDLED

QuickWit ambushes you on purpose: realistic scenarios, a running clock, all out loud. Then it coaches every rep.



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