



LEARN ARABIC
WITH ASMAE



20 Arabic Sentences for **Daily Self-Talk**

With Audio, Translation, and
Pronunciation!





Speak Arabic to Yourself Like a Pro

Even If You're Just Starting Out!

Practice real-life Arabic sentences you can actually use in daily life — at home, at work, or in your head while making coffee ☕
Perfect for beginners and self-learners who want to build confidence, vocabulary, and fluency.



Morning Routine

talk to yourself!

يَلَّا، قُمْ!

yallā, qum!

Let's go, get up!

أَنَا نَعْسَانُ / نَعْسَانَةٌ.

'anā na'sān / na'sāna

I'm sleepy. (m/f)

غَسَلْتُ وَجْهِي.

ghasaltu wajhī

I washed my face

أَيْنَ فِنْجَانُ الْقَهْوَةِ؟

ayna finjānu al-qahwah?

Where's the coffee cup?

أَحْتَاجُ بَعْضَ النَّشَاطِ.

'aḥtāju ba'da an-nashāt

I need some energy.



Getting Ready

Leaving the House

مَاذَا سَأَلْبَسُ الْيَوْمَ؟

?mādhā sa'albasu al-yawm

?What should I wear today

لَا أُرِيدُ أَنْ أَتَأَخَّرَ.

.lā 'urīdu 'an 'ata'akhkhar

.I don't want to be late

مِفْتَاحِي؟ لَا أَجِدُهُ

!miftāhī? lā 'ajiduh

!My key? I can't find it

أَخَذْتُ كُلَّ شَيْءٍ؟

?'akhadhtu kulla shay'

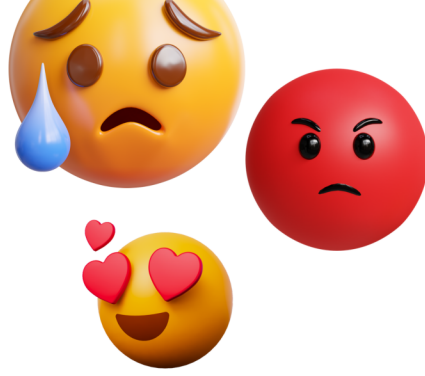
?Did I take everything

يَلَّا، نَخْرُجْ

!yallā, nakhruj

!Let's go out

Inner Thoughts & Emotions



لَا بَأْسَ، كُلُّ شَيْءٍ سَيَكُونُ جَيِّدًا.

lā ba's, kullu shay'in sayakūnu jayyidan.

It's okay, everything will be fine.

أَشْعُرُ بِقَلَقٍ قَلِيلٍ.

'ash'uru biqalaqin qalīl.

I feel a little anxious.

يَجِبُ أَنْ أَتَنَفَّسَ بَعْمَقٍ.

yajibu 'an 'atanaffas bi'umq.

I need to breathe deeply.

أَنَا فَخُورٌ/فَخُورَةٌ بِنَفْسِي.

'anā fakhūr/fakhūrah binafsī.

I'm proud of myself. (m/f)

كُنْ هَادِئًا، كُلُّ شَيْءٍ تَحْتَ السَّيْطَرَةِ.

kun hādī'an, kullu shay'in taḥta as-sayṭarah.

Stay calm, everything's under control.

Social / Communication



يَجِبُ أَنْ أُرْسِلَ هَذِهِ الرِّسَالَةُ.

yajibu 'an 'ursila hādhihi ar-risālah.

I need to send this message.

لَمْ أُرَدِّ بَعْدَ!

lam 'arudd ba'd!

I haven't replied yet!

سَأَتَّصِلُ فِيمَا بَعْدَ.

sa'attaṣilu fīmā ba'd.

I'll call later.

أَفْتَقِدُ صَدِيقِي.

'aftaqidu ṣadīqī.

I miss my friend.

لَا أُرِيدُ أَنْ أَتَكَلَّمَ الْآنَ.

lā 'urīdu 'an 'atakallam al-'ān.

I don't want to talk right now.
