



KRISTĪNE BALTAČA  
THE ULTIMATE  
GUIDE ON  
**HOW TO  
LEARN**

A FOREIGN  
LANGUAGE  
**IN A  
RECORD  
TIME**



lonet . academy

# THE ULTIMATE GUIDE ON **HOW TO LEARN** A FOREIGN LANGUAGE **IN A RECORD TIME**

[Author: Kristīne Baltača]

## A Little Bit About Me

I am a creator of Lonet.Academy – Language Learning Network, a platform for language learners around the world to connect with online language tutors.

I am a former entrepreneur in the international forwarding and logistics industry.

I speak 4 languages fluently: English, Russian, Latvian and Spanish, and I am a multilingual, CELTA certified online English tutor at Lonet.Academy

I have traveled to over 52 countries and visited more than 150 places around the world. She has traveled to over 52 countries and visited more than 150 places around the world.

## A NOTE FROM THE AUTHOR

**This book will help you learn a foreign language – fast.** Whether you are already an elementary level speaker or are just about to start learning, this book provides a step-by-step guide to increasing your foreign language skills by at least two levels, in no time.

The world is full of people using their own language to communicate with each other. Often, for an outsider, the only way to directly communicate with people from a foreign country is to learn how to speak and understand their language. Language learning requires versatility and application in global proportions. But I truly believe that we are living in one of the most interesting and curious times in history for personal growth and opportunities. What if you could **speak 4 different languages to easily communicate with people on different continents** and go traveling around the world?

Many of the most successful entrepreneurs and brilliant scientists nowadays speak, or at least understand, multiple languages. It helps them succeed in business, because they can better communicate and negotiate with their partners from other countries. It helps take their business to an international level and manage it successfully. So, while for some, language learning is a hobby, for others it is as essential as it can get. **What if you could learn a foreign language quickly and take a step up your career ladder in a very short time? What if you could add another foreign language skill to your CV and improve your job prospects in one season?**

There is a process that can get you there. Yes, it is not easy to learn a new language and you really need to put in a

lot of effort. Achieving your goal requires consistency and commitment. That's exactly why I have written this book – to help you in the process! There is a little theory to this book. Everything I am going to tell you is based on:

- **real people's results,**
- **my own experience in learning 3 foreign languages,**
- **my own experience in teaching English,**
- **real stories of people** learning foreign languages with the help of professionals at Lonet.Academy.

Imagine moving abroad and not knowing the local language. It's a common situation for many people nowadays, isn't it? But how do you expect to communicate? Planning to learn on the go? Or **do you really expect people in every country to be able to speak English?** If you do, you are making a mistake. I will tell you why later in this book (based on my personal experience).

Rest assured, this book will introduce to you some amazing tips, tricks and techniques that will help you not only learn a language quickly, but also allow you to become fluent in it within no time. No hocus pocus. It has already been done by hundreds of Lonet.Academy language learners who became multilingual and changed their lives. I love to talk about them and their stories, and I love to celebrate their success. So, I have written this book for you because I believe that everybody can do it. Everybody has the right to learn and grow.

**If you really want to learn a foreign language, open new horizons for your personal growth and increase your life opportunities, you can do it!** This book is intended to be your faithful companion on this challenging, but truly rewarding journey.

Fall in love with language learning.

Discover a new language. Hear it, read it, sing it, dance it, feel it, speak it.... **just live it!**

## TABLE OF CONTENTS:

Chapter 1: Why Learn Another Language?	4
Chapter 2: The “Secrets” Of Learning Vocabulary	9
Chapter 3: How To Cope With Grammar	12
Chapter 4: Develop Your Listening Skills	15
Chapter 5: Expand Your Comprehension With Extensive Reading	18
Chapter 6: Consistency Is The Key	22



## WHY LEARN ANOTHER LANGUAGE?

**T**he journey began when I heard the song “Palabras” by Amaia Montero. It was on the radio on one of those dark, cold and rainy semi-seasonal mornings in Latvia. Now, I not only know by heart the lyrics to many of Amaia’s songs, but I also understand them. On that rainy morning, it was just a melody for me. Just the timbre of her voice, those soft consonant sounds and high-pitched vowels... I heard it and I fell in love with it. **Have you ever fallen in love with a song in a language that you don’t understand?**

That very day I found the song on YouTube and Googled the lyrics to find out what it was about. Thus, the first word I learned in Spanish was “palabra”, meaning “a word”. And from that very first palabra I started my exciting journey to learning Spanish. **At that time I didn’t have a clue that it was going to change my life....**

Well, for starters, we must accept that we live in a multilingual world. So, to form connections, knowing another language can only do you good. Every new language you learn is a direct connection to another culture. Knowledge of how to speak and understand another language also fosters an appreciation of the traditions, religion, art and historical heritage of the nation. Step by step, you start to understand the vision of life from the perspective of the people for whom that language is their mother tongue. You suddenly start seeing something that you hadn’t seen before. You begin to formulate ideas in a new way and perceive many aspects of life differently. Greater understanding, in turn,

## CHAPTER 1:

promotes greater tolerance, empathy and acceptance of others. And it changes your attitude towards different nationalities, nations, cultures and races for the better. **It literally changes your personality. New personalities lead to new ideas. New ideas lead to new projects, new goals, new friends, new perspectives, and new life! Why would one want to make those changes?**

- They **help propel your career forward**. Most of my students either got promoted or changed their job for the better within one year of learning English (using the techniques that are described later in this book).
- Learning a new language **opens the chance to move to another country** one day; most of Lonet.Academy members finally moved to another country and started learning another language. Learning languages became their style of life.
- **It makes traveling easier and allows you to explore the world**. I, personally, would have been stuck in Patagonia (South of Argentina) if I didn't know elementary Spanish. This is where even a limited number of palabras really helped me. And believe me, there are many places in the world where people are not good at English, so if you are keen on traveling, you'd better start learning Spanish, French, Chinese, Arabic or Russian soon.
- It makes you an interesting person to talk to and helps you **make new friends easily**.
- **It opens many doors**, fosters your self-confidence and other people's respect.



## CHAPTER 1:

We asked learners at Lonet.Academy a question: “Why are You learning a foreign language?” and this is what they told us:

### **Andrey, 46 y.o. , lives in Latvia, learns English**

*“I am a fireman and in my profession, the highest position I can get is to work at the airport. Riga International Airport is my strategic objective but to get a job there is very difficult. I have always dreamt about getting a job at the airport. It is not enough to have experience and skills ... I need to know good English to get it.”*

### **Natalia, 49 y.o. , lives in Switzerland, learns Italian**

*“My husband is Italian. We have been living together for a long time and we communicate in German within the family. But his parents and relatives live in Italy and they don't speak German. When we go to visit them, I feel uncomfortable not being able to hold a conversation with my parents in law and with many of my husband's friends. So, I finally decided to learn Italian!”*

### **Solveiga, 37 y.o., lives in Latvia, learns English**

*“The first reason – for my self-growth and for my work, as improving my English language skills increases my self-confidence. Especially at work, where I have to speak English with our clients and partners.  
The second reason – I just love learning. The classes with my English tutor are always interesting and educational, we practice English through speaking, reading and listening about modern technologies, art, health and medicine, psychology and things like that. So, I know I am learning much more than just English”.*



## CHAPTER 1:

### **Craig, lives in Scotland, the UK, learns Latvian**

*“I’ve always wanted to learn a second language. I met my girlfriend last year and with the lockdown I decided to learn her language. She is originally from Latvia. And the advantage for me from learning a new language is not just being able to converse with people from a different background and different culture, but also understanding of their approach to life. The unexpected benefit for me is that I am learning a lot about culture, lifestyle and history of Latvia as well.”*

### **Justine, ... y.o., lives in Latvia, learns English**

*“This summer I have been working in the USA as a doctor and I felt very uncomfortable speaking English. I want to improve it because I don’t want to feel like that any more. Now I am learning it in order to be ready when a chance appears to move abroad for work or for living”.*



## CHAPTER 1:

Do you recognize yourself in either of them? If you are reading this book, I bet you do.

Go ahead and change your life! Fall in love with learning. Learn the language. Hear it, read it, sing it, dance it, feel it, speak it....**just live it!**

Learning a foreign language is one of the most enriching and gratifying skills you can acquire in your lifetime. As a professional language tutor, philologist, and multilingual person I've read lots of promotional articles that use fictional cases to explain methods of how to learn a language fast. This book isn't one of them. If you have studied a language for several years, why is it still difficult to carry out a proper conversation? **Because you lack some very simple hacks that are essential to learning a foreign language. Of course, that's not to say it's easy.** There is plenty of work involved, consistency and persistence, just like in any accomplishment with a long-term value. I know you don't want to spend three more years re-learning a language the other way. **To help you in your language learning venture, I dedicated time to collect and provide some definitive "secrets" of language learning. This is definitely NOT a speak-like-a-native-in-three-months book. It's a roadmap of a fast, exciting, and effective learning process towards feeling confident while speaking a language.**

So, let's just dive in and see how it works.

**NOTE!** Please note that the attachments and practical worksheets are available for Lonet.Academu users only and on request. Please ask your tutor at Lonet.Academy

## THE “SECRETS” OF LEARNING VOCABULARY

**T**he first step everyone undertakes when starting to acquire a new language is, undoubtedly, expanding their vocabulary - words. Palabras. And the most frequent claim is. “**I just can’t remember the words!**”

The trick is to understand that you don’t need to memorize all the words. You never need to learn the whole vocabulary to master the art of conversation in another language. Take your native language and think about it... Do you really use all the vocabulary that exists in your language during normal daily conversations?

Let’s take Spanish as an example. While there are around **200,000 words** in the Spanish language dictionary, the average native Spanish speaker only uses about **15,000** in their active **vocabulary**.

It doesn’t mean they don’t know all the other words. It means they just don’t use them. They keep them in their passive vocabulary. So, **build two types of vocabulary: active and passive**. Your active vocabulary is stored in your long-term memory. Your passive vocabulary is only in your working memory. So don’t worry if some of the words just don’t stick - it’s normal.

### **My own observation:**

*When I read in Spanish or when I listen to other people talking, I recognize some words and I understand them. But when I need to speak, they just don’t show up. Suddenly, I lose them, and I can’t remember. This is how I distinguish my passive vocabulary. I know those words, I understand them, but I never use them, and I live happily **replacing them with other phrases or synonyms**.*

## CHAPTER 2:

**So, why don't they move to my active vocabulary? And which words are really worth memorizing?**

**Learning two to three thousand words is enough.** This should include words that are used to construct sentences and used in general conversation. You will identify them easily once you start to learn a foreign language, so that is where you need to focus.

When you are learning new words or reading a text in your targeted foreign language and picking up a few words that you don't know the meaning of, how do you decide whether you need to memorize them? Before you place them in your memory palace, try imagining a real situation where you could use that/those word/s. That is – link them to a context. Be precise. **In which context (conversation), where, when, and who with, could you use those words?** If you can't imagine this kind of situation because you don't usually discuss this kind of topic with your acquaintances or because you don't normally use this word even in your native language, don't waste your time trying to memorize



## CHAPTER 2:

it. Focus on that vocabulary which you are going to use in your real life.

An even better practice is to **master phrases instead of words.**

Think about the vocabulary as a huge puzzle, where a word represents a piece of the puzzle, and the phrase is the chunk of contextually connected pieces together (coherent idea). You can memorize as many words as you want, but they won't make much sense if they only contribute to your technical memory. This means they won't build chunks for the formulation of ideas whereas **language is all about being able to express your ideas.**

Think of the ideas and phrases you want to express as pieces of a puzzle, to build the whole puzzle, you need those pieces or chunks. This also requires you to be able to put them together in the right way. If you have a clear picture of the puzzle, you can determine where each piece needs to go. So, it's much more effective to memorize the whole "chunk" at once than just individual pieces of the puzzle separately.

Therefore, **context is important. The context is the puzzle itself (a picture).** Don't waste your time learning a list of words technically (out of context), unless completing an exercise on testing and training your memory. **Learn the phrases and work with the words by linking them in the context. Always!**

**Please see an example:**

Attachment I (for Lonet.Academy members only)

**Practical exercise:** Worksheets 1.1., 1.2., 1.3.

(On request. Please ask Your Lonet.Academy tutor)

## HOW TO COPE WITH GRAMMAR

**T**he second step everyone “struggles” with is grammar – the algorithm of the language. And this becomes the most challenging part for many foreign language learners. The problem is that if you are not very aware of your native language grammar, it can become the most difficult part of your learning process. Did you learn your native language grammar at school? If not, you are not alone! You are not the only one saying: “Grammar is the most difficult part for me! I hated it at school. It is too complicated.”

Now, I am not going to tell you “Don’t learn grammar”! Grammar is the structure of the language, its system, and a very important part of learning a language. It cannot be avoided. So, if you aim to learn a foreign language you must respect this part too.

But I suggest you take a different approach to learning grammar. Before you start learning any grammar rule, you must discover it yourself!

Have you ever heard about a “guided discovery” technique? If you have ever taken classes with a professional language tutor, then I am sure the process of discovering a rule or algorithm is familiar to you. It works very simply and very efficiently. And again - context is required!

Let me explain how it works:

The context (a text / a story) provides information about the main idea (sets a plot) of what happens, when, where etc.... That is your puzzle, which is already made (it’s whole). All

## CHAPTER 3:

the pieces are gathered. Then you take a detailed view of the puzzle and recognize the chunks and pieces in it. And you can actually see that some specific pieces have a similar color. The tutor guides you to elicit the pattern. The pieces of a specific color belong to a specific chunk (an image - a flower, for example) inside the puzzle. In this same way, you discover a specific grammar rule and get the algorithm formulated before even the tutor explains it to you. The role of the tutor in this process is to guide you towards discovery. **Your tutor guides you, but you find it yourself!**

The trick is that if you discover something yourself, then you remember it much better than if it has just been explained or shown to you. Because **when you discover it yourself, you are the explorer, you're an active participant and learner.** But when you are told the rule, you are a passive observer and a receiver of the information. Do you think Christopher Columbus could forget America? **Is it easy to forget something that you have discovered yourself?**

As an active language learner, I know that remembering rules is not a big problem. Where the challenge comes is applying it when you speak. **Of course, it's not as easy as it sounds. I know. I have a never-ending battle with the subjunctive mood in Spanish.** Technically, I know the form of the subjunctive very well! But when it comes to a real conversation, I keep stumbling.... But I keep practicing. I know that one day it's going to come naturally to me. **Be persistent.**

When you reach the upper-intermediate level, the grammar can overawe you and affect your motivation. Becoming overwhelmed by complex constructions may discourage you. This is when it's really important to remember **that your primary goal is communication - unless you need it for academic studies or professional life.**

## CHAPTER 3:

Another very important point that must be mentioned regarding learning grammar is – **don't learn more than one topic (one grammar rule) at a time**. Don't mix several grammar topics in one session of learning and don't rush grammar. Don't move to the next tense until you are a confident user of the previous one. I suggest going slowly with grammar, especially in the beginning (on the beginner, elementary and pre-intermediate levels). Grammar is really something that **requires quality instead of quantity**. It's better to acquire three basic tenses and use them correctly than to know the structure of 5 tenses and mix them up chaotically when speaking.

So, if you feel like you have a total mess of grammar rules and tenses in your head now, take a step back and check the basics once again. And don't be frustrated. Stepping back doesn't mean you don't progress. While revising the grammar you can simultaneously expand your vocabulary, improve your listening comprehension, and develop your speaking skills.

**Example:** Attachment II  
(available for Lonet.Academy members only)

**Practical exercise:** worksheets 2.1., 2.2., 2.3.  
(On request. Please ask Your Lonet.Academy tutor)





## DEVELOP YOUR LISTENING SKILLS

**K**nowing and understanding a language is a practical skill. You can only say that you speak a language when you understand it (audio perception) and speak it (communicate freely with other people on different topics). The previous two aspects of learning a language – **vocabulary and grammar** – **serve to help you to understand a language and speak it**. Right?

Then why do we often hear from language learners, “I have been learning Spanish for three years now. I know a lot of words and I know the grammar perfectly, but when I watch a movie in Spanish, I still don’t understand even half of what they say. I have a bad ear for listening and comprehension in languages”?

Another typical example concerning Spanish is, “I can read books in Spanish, and I understand almost everything, but when I hear Spanish people speaking I just can’t get it .... they speak so fast!!!! I just don’t manage the speed, so I miss the meaning of what they say.”

Or, about English, “I can speak quite good English and I feel fine reading in English, but I avoid speaking with English native speakers, as when they speak, I don’t understand almost half of what they say. I feel so frustrated, because they have this accent that is so different from what I’ve learned.”

Well, it’s nothing new. Every language learner knows that listening comprehension is one of the most difficult parts, especially in the beginning. And I think I know why. It’s because **listening requires training**. It relies on hours and hours of practice. (As does speaking, by the

way.) **Therefore, there is only one way to work on your listening skills – to listen! And I am sure this is not news to you.** But the problem is that many of us don't have the time to dedicate hours and hours to listening. We all have many other responsibilities and priorities.

I'm the same – I am a very busy person. And I have other passions and priorities in my life apart from learning Spanish. I have my own company (business), I teach English (around 5 – 6 classes a day), I have two children, I do sports (beach volleyball training 3 times a week), I read books and I have my private life as well. So, how do I manage to find time for listening practice?

### **My own experience:**

*I made it part of my daily routine and inserted listening as a habit in between different events. It takes 25 minutes to walk from my home to the beach where I have my volleyball training. So, instead of listening to my favorite songs in English, I put on an interview with someone in Spanish. For instance, I like listening to Isabel Allende talking about her life, literature, feminism, gender inequality issues, etc. These are the topics I like and time flies for me while listening to her. So, it's about 20 minutes of listening in the morning. Same thing when I return – 20 minutes more.*

*Another time for listening practice is when I cook. While cooking, I love listening to music, so I put on songs in Spanish. I prefer listening to songs rather than to any other context when cooking as I don't have to concentrate a lot on the words. This is how my ear gets another portion of "Spanish sounds" and at the same time I don't get distracted and don't cut myself. And these are about 30 minutes again!*

*Basically, I have almost stopped listening to anything in English and switched to Spanish.*

*And as it became my normal practice (a kind of a habit), I don't feel forcing myself! And this is an important point. I*

## CHAPTER 4:

*listen to things that I am interested in. The only difference is that I listen to it in Spanish.*

Make your listening practice a routine. Routine becomes habit. Habit leads you to automatization of the process and

it finally becomes part of your life and personality. Start with easy audio material (from your student's book) and, step-by-step, increase the difficulty. Consult your language tutor to help you with audio materials and ideas. **Don't only listen to easy recordings. You can't live on mental candy if you want to progress.**

Additionally, different people tend to have different accents. So, it is wise to prepare for that. This is where extensive listening will help to get your ears accustomed to understanding a foreign language more easily. Real-life conversations are of utmost importance, so try to listen to interviews, podcasts, videos on YouTube, etc. in the language you are trying to learn. **The key is to listen to different people, different voices, different accents as a habitual practice.** So, try to learn through a context that is personally engaging for you. For instance, you can listen to the news, tutorials, audiobooks, etc. to practice extensive listening daily.

Listen to your favorite podcast. With podcasts on nearly every topic, you're sure to find something you'll enjoy. Podcasts are also usually recorded in a quiet studio, so the dialogue is clear. Find the show's transcript (a written document showing what the podcasters said) and read it along as you listen. **Note new vocabulary you come across.** (Do you remember...? Note phrases, not just some words).

**Example:** Attachment III  
(available for Lonet.Academy members only)

**Practical exercise:** worksheets 3.1., 3.2., 3.3., 3.4  
(On request. Please ask Your Lonet.Academy tutor)

## EXPAND YOUR COMPREHENSION WITH EXTENSIVE READING

I live in a vibrant and multinational city – Barcelona, it’s a beautiful and diverse city in the north of Spain on the shore of Mediterranean Sea. It’s no surprise that Barcelona attracts people from all over the world, people of all professions, cultures, and educational backgrounds. Many of us here (I mean, ex-pats from all over the world) are multilingual. And the question “What languages do you speak?” is very common here.

When I moved to Spain, I could actually “speak” a bit of Spanish. I could introduce myself, tell my age and say where I was from.... I could even ask for a coffee with milk and order some typical food at a restaurant. So, I asked myself a question: Can I actually say that I speak Spanish? How can one set a point or a moment in their learning journey when they can say: “I speak the language.”?

How could I distinguish the level of my Spanish knowledge to be considered a “spoken” language for me?

Well... everyone sets their own objective in their language learning process. Personally, I made it my **objective to start reading books** in Spanish. I decided that the moment when I could enjoy reading them without looking up every second word in a dictionary, I would consider speaking Spanish as a skill I genuinely have. That would be a **transition for me from “school” to authentic language use**. So, when I reached B2 level in my students’ book and grammar book, I had dived into the practice of extensive reading.

## CHAPTER 5:

**‘Extensive reading’ means reading for enjoyment and fun, reading for pleasure.** It is not studying, although it’s **one of the most effective methods to learn a language!** It involves reading a broad array of different texts to develop your comprehension of a language, and to increase literacy and vocabulary.

It is important to understand that learning languages doesn’t only mean studying them, it’s more about acquiring languages by being exposed to them. **Expose yourself to different types of reading material to widen your overall knowledge and comprehension of the language.** Extensive reading can involve reading books, newspapers, journals, online materials – anything that is not written for the purpose of language learning. It is a way of immersing yourself in the language. When you practice extensive reading, you experience your second language in its authentic form. Learning materials are crucial but they don’t fully expose you to the language in its natural form.

When you come across a word or phrase you don’t understand, don’t reach straight for your dictionary. Try to work out what it is saying using your existing knowledge of the subject matter, your passive vocabulary and any words that might look similar to words in your native language. In most cases you are able to elicit the meaning from the context. Of course, once you think you have worked it out, you might want to check it using your dictionary or an online translation tool. But working through the text will help you to use your existing knowledge of your chosen language, build on it and reinforce your comprehension.

### Ideas for extensive reading:

- Blogs about your favorite subjects. For example, if you like football and are learning Italian, read news stories on football from an Italian news website. The content will interest you and your existing knowledge of the game will help you to understand what you are reading. In addition, you will be exposed to new words connected to a subject that is important to you. This means that, not only will you increase your vocabulary, but you will be able to use those words as part of your conversation. They will become part of your active vocabulary.
- Follow tweets or Facebook pages from people who use your chosen language, you will see lots of short sentences throughout the day which will introduce you to new words or phrases, but which are easily digestible and won't overwhelm you.
- Comics are a great way to learn basic speech.
- Novels will introduce you to more sophisticated use of the language. It's important here to stress that you should take it slowly and build up.
- you may want to follow one celebrity on Twitter or Instagram and one blog in the language you are learning. This will give you something to read each day which you can fit around other commitments. Read the blog or check out your chosen page while waiting for your bus in the morning or when you have your coffee break.

One thing to bear in mind when reading informal writing such as blogs or social media posts is that a lot of the content is often in slang. This is not necessarily a bad thing – in fact, it can be beneficial to know a few slang phrases and idioms –

## CHAPTER 5:

but you must be aware of what is slang and what is more formal speech.

As with every aspect of language learning, the key is to get into a routine. That way you know when you are going to read in your chosen language and know you have the time.

What you read is entirely up to you (although I suggest you consult your tutor to ensure the content is appropriate to your level). The most important thing is to make sure you set aside time each day to read and take notes if necessary.

Of course, your reason for learning the language may sway your decision on what to read. If you are learning a language in order to study abroad, it will make sense to include mainly academic papers that is what you will encounter when you begin your studies. That doesn't mean you can't also read texts just for fun, but your priority will be to get to grips with academic writing.

Extensive reading is essential for language learners, but it should not become a chore. This is your chance to start living the language you are learning, so make the most of it.

**Please see an example:** Attachment IV  
(available for Lonet.Academy users only.  
Please ask your tutor)

**Practical exercise for**  
**You:** worksheets 4.1., 4.2., 4.3., 4.4  
(available on request. Please ask  
your Lonet.Academy tutor)



## CONSISTENCY IS KEY

**T**he world is littered with people who have a qualification in a foreign language from their school days but now say that they can't remember a word of it. Others take up language learning as an adult and throw themselves into it only to find the desire to learn it fades and they give up with just a few words or phrases in their vocabulary.

**The common theme is a lack of consistency.** Anybody can learn a language. Remember, we all learnt to speak in our native tongue, and there are countless stories of people who have moved to live in another country with no knowledge of how to speak the language but have picked it up and are fluent within a matter of months.

Why? Because they are surrounded by it every day. Everything they read or hear is in a language they don't initially understand but that they need to get to grips with very fast. They are consistently exposed to the new language, and this helps them to learn it quicker.

Of course, learning a foreign language while living in your native country is different. Your learning fits around other commitments and does not immerse you in the language in the same way. But by making **consistency a key part of learning a language**, you will give yourself a platform to learn quickly.

I have already spoken about some of the techniques that I and my students use to ensure we add a little language learning to each day. And there are two things that keep you going when you struggle to find the time:

Results  
Fun



## CHAPTER 6:

Too often people give up because they say they have been learning a language for months and are not yet fluent. But if they took a step back, they would realize that they know considerably more than they did when they started. **Set small targets and work towards them.** It might be to learn some new vocabulary on a specific subject or to gain an understanding of a grammar rule. Whatever you choose, **set yourself an achievable goal, commit to daily tasks to work towards it, and reward yourself when you reach your target.** Even if your target is just to do that extra half an hour of reading on a day when you don't have the motivation. Make yourself do it and reward yourself afterwards. Not only will you learn something, but you'll also feel good about yourself too.

I am not here to promote my tutoring services or Lonet. Academy tutors, but I must say that most of the language learners on my platform confessed that one of the main reasons why they keep learning with their tutor is that their **tutor motivates them, helps keep their learning process on track and disciplines them to show up and do the thing** when they don't really feel like doing it.

It's also worth reminding yourself that this was something you wanted to do. So don't be hard on yourself if your progress is slower than you might have hoped. Everybody will have some aspects of language learning particularly challenging. The trick is to remember the process is fun. Celebrate something every day. Be kind to yourself. **Remember the goal but focus on the process and enjoy your learning.**

One of the biggest reasons for people to fall out of love with language learning is that they start to find it daunting. In the early days, when you're learning the basics or perhaps recapping things you learnt previously, it can be easy to

## CHAPTER 6:

spend 3-4 hours every few days on it. But as your learning content becomes more complex, 4 hours can seem like an incredibly long time.

So, break things up. There is no rule that says you have to do all your learning in one go every day. Find ways of incorporating your language learning into your existing activities. **Learn in “small portions”** (25 minutes) several times a day rather than non-stop 4 hours every 5th day.

**Link your language learning to other activities you enjoy.** Remember, every time you speak, read, or listen in the foreign language you are reinforcing your learning. The more you do it, the quicker you see results, and the more motivated you become.

When learning archery, there is a saying - “be one with the arrow”. This same motto can be applied to language learning: **Be one with the language you learn.**

Learning a language is rewarding. It builds self-confidence, career prospects, life opportunities and your outlook on the world around you.

Consistently remind yourself how you felt when you first picked up your learning materials. Remember the excitement? The anticipation? The hope? Harness those feelings every day.

**Fall in love with language learning.**

**Live your learning.**

**Live your new language.**

**Be inspired by your own success and change your life.**