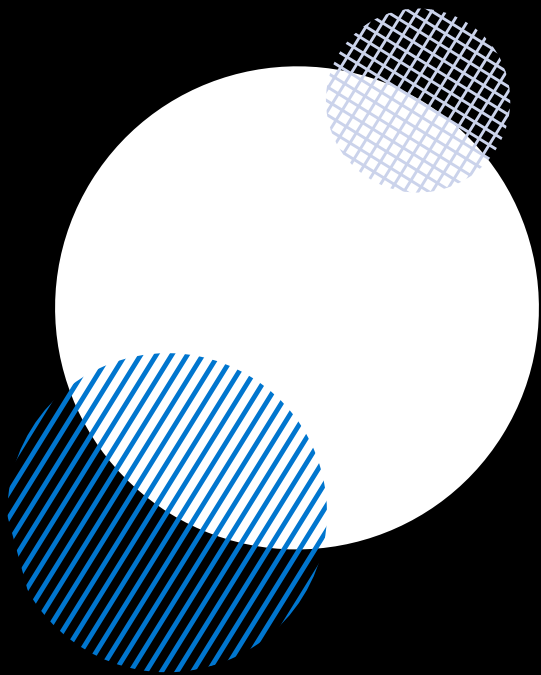


INNER CIRCLE

AUGUST



#08/2024

This month

How to Get Back into Your
Language Routine

innovative LANGUAGE.COM

WELCOME TO THE INNER CIRCLE

This is the monthly, no-holds-barred series giving you tried and tested learning methods to help you reach your language goals this year.

Last month, you learned how to stay motivated when learning a language...

This time? How to get back into a language learning routine. Whether you've ever fallen off or you just took a break just because life got away, this lesson is for you.

How to use this PDF: This PDF provides you with tips, takeaways, and resources mentioned in the lessons. You can review it for a quick recap after watching the video.

Have you tried learning a language... and then took a break...? Where a week break turns into two weeks... which turns into a month?

That happens all too often, but before you go blaming yourself, just remember it's okay to take a break.

Life happens. Things get busy. Summer vacations get in the way.

Every single language learner experiences this in one way or another.

Some even come back after decades... wanting to revisit an old goal.

Now, when we say break...

I think anything over two weeks is a break. If you're not feeling well and you miss a week, that's fine. But over two weeks that's a risky time because, let's be honest, learning a language is not easy.

And when you're out of your routine, you'll find something easy that will slip right into that time — watching Netflix, scrolling through social media, and so on.

And that's why two weeks is a crucial time frame.

Anything below, you can bounce back.

If you miss two weeks in a row, it's so easy to say, "You know, let me take a longer break." Before you know it, months have gone by, and you have no progress, and even worse — time starts to eat away at your progress. So not only you're not progressing, but you're also losing.

That's why bouncing back or starting again is a crucial skill, not just for language learning but for life and good habits and good routines.

So, how do you bounce back after a break?

1. Motivation

When you take a break, you essentially swap out a routine of "work" to "having fun" or otherwise. And if you need to get back to "work," it'll be hard.

Some people can switch on and off. Others need motivation to get them going again.

In my case, I use the fun I had on my vacation to justify doing something hard again.

How about you?

If you need some help with motivation, you can revisit our last Inner Circle lesson...

- [Click here to get last month's Inner Circle PDF](#)
- [Bonus! How to stay motivated PDF eBook](#)

But, one thing I like to do is...

2. Revisit goals

At the beginning of the year, I always write down my goals. So, I start by reading the goal again. I read why I started in the first place. This helps with motivation.

3. This one is a little questionable but...

I will share my goal with other people.

If enough people know I am working on it, it adds a little external pressure for me to continue. Of course, I never share if I haven't gotten started yet because it's easy to feel good about what you're "dreaming of doing"... even though you haven't put in any work. And I want to avoid that as much as possible. I'll only share it after I've been working on a goal for 3 to 6 months.

4. Start small.

Something a lot of people don't factor in is that time eats away at your progress. You'll naturally forget what you've learned — think about it, even in your own language, you forget words.

When most people come back, they think they're still at the same level as they were when they took their break. But just like with the gym, if you lifted 100 pounds last time and took a long break... you won't be able to lift as much... and have to start smaller.

So, look at your old routine and scale down.

If you dedicated 30 or 40 minutes a day in the past, bring it down to 10 or 20 minutes. If you did 30 lessons a month, bring it down to 15.

Now, if you've been gone for a few months, you'll have to...

5. Start anew and create a new routine.

If it's a short break, you can probably get back to your regular routine.

If it's a longer break, it's guaranteed some other routine has filled your language time. So, don't be afraid to start from scratch; print out a calendar, fill in your calendar, and find out when you have that time.

Some easy things you can do are...

- Sign up for our free Word of the Day lessons - an easy way to learn a language and get a simple routine going.
- Take one lesson a day inside the Learning Pathway - you can listen while multi-tasking so that it's an easy re-entry into the language.
- Join our Group Live Classes or Private Live Classes, where you're given a routine and have to show up for the classes.

Get your calendar template on the next page ↓

DEADLINE _____

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BACK TO YOU

If you have an example of your own ways to stay motivated, email us at inner.circle@innovativelanguage.com and let us know.

See you next month!