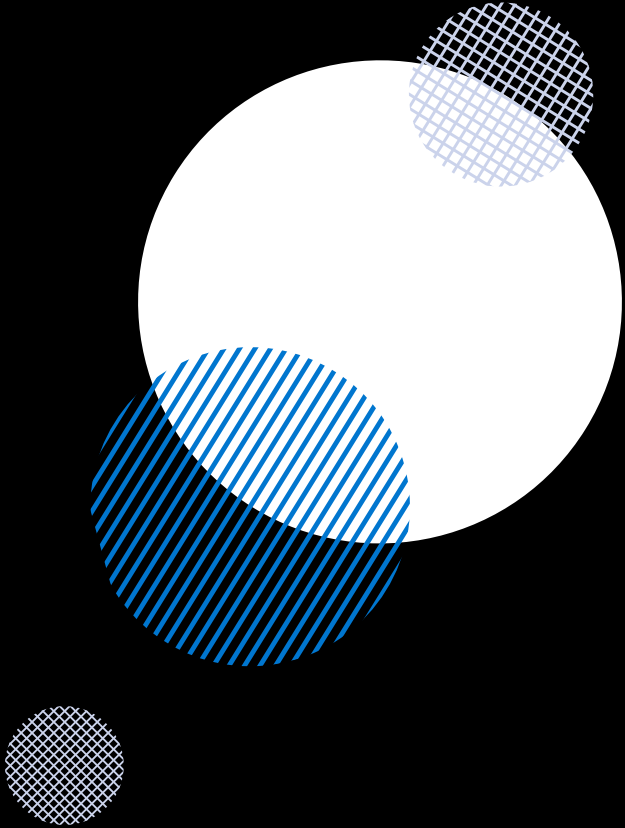




INNER CIRCLE JULY



#07/ 2024

This month

How to Stay Motivated with
Language Learning in 2024

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 all about the importance of mindset.

This time? Motivation — a close relative of mindset. So, how do you stay motivated with learning a language? You'll find out in this lesson... based on Peter's many years of experience.

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.*

First, let's define motivation just so everyone's on the same page.

Motivation is a psychological drive or force that directs Behavior toward a goal or need.

Or simply, it's what drives you to do something—that inner push.

Most people's motivation to learn a language comes from a desire to 1) improve oneself, 2) talk with friends or family, 3) travel, and so on.

But this is just what gets us interested in starting.

How does one keep going, maintain, or boost that motivation?

After you're interested, the very first step is usually to download an app or get a book.

And it doesn't matter which you go with — getting a resource can and will boost your motivation for a time. There's something powerful about “getting” and “owning” that makes your first few days very exciting.

Your next step to maintain that motivation is on you. You must set a goal — a small, realistic goal, such as reading 10 pages of that book a week... or doing lessons 5 minutes a day.

Keep up with it for four weeks in a row, and you will have a routine.

But be careful about setting too big of a goal such as doing 2 hours a day. Big goals can be demotivating.

Now, if you can stick with it for four weeks, not only do you now have a routine...

But you also unlock a crucial element for long-term motivation...

If you can obtain this, then the rest of the language journey will be fairly straightforward.

I'm talking about progress.

Progress is THE most powerful force behind motivation. If you see progress, your motivation will skyrocket. If you see no progress, it's very easy to get demotivated.

If you started with a book or an app...

Now you'll be more motivated to invest more into the language...

Whether by buying a course, hiring a tutor, or enrolling in classes.

And this new plateau comes with even more motivational benefits.

By investing and paying money, you're more motivated and more serious about your progress. You don't want to waste your investment so you try harder. And this works because of a psychological effect called loss aversion that we all feel — between losing \$10 and gaining \$10, the loss feels 2x worse and we'd rather avoid losing \$10 than gain \$10.

Also, by involving other people — such as teachers — in your learning journey...

Your motivation spikes up even more.

With a teacher, you now have that human element where you're held accountable, and things are expected of you.

And if you're in a class, you can also gauge where you stand amongst the other students — which can motivate you to compete and do better.

You can join our Premium *PLUS* plan, our Live Group Classes... or find a teacher on your own.

Now, motivation can and will spike with the aforementioned tactics (getting your first resource, setting goals, seeing progress, investing in a course, getting a teacher, etc.)...

Motivation still can and will naturally go down — it's normal.

It is at this point where you also want to create anchor points.

Just imagine anchor points as hooks that anchor you or keep you tethered to the language.

Where life can happen — you may be busy or get sick — but you'll still come back around to keep on with the language.

Anchor points keep you hooked to the language... so that you're naturally motivated to keep going... even when your progress slows down...

And the more anchor points you have, the better off you are.

Anchor points include...

- Watching TV and movies in your target language
- Listening to music in your target language
- Joining a community of language learners
- Having friends and/or relatives that speak the language
- Visiting a restaurant that sells cuisine from the country of your target language
- Planning a trip to the country of your target language

And yes, investing in courses or getting a teacher can also be considered anchor points.

But the key behind each and every one of these points... whether getting your first resource or getting a teacher... is progress.

Progress is the key to motivation, and motivation will allow for progress...

And it's a beautiful cycle when it goes well.

BACK TO YOU

If you have an example of your own positive mindset, email us at inner.circle@innovativelanguage.com and let us know.

See you next month!