

INNER CIRCLE JUNE

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This month
The Right Mindset for Language
Learning Success

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WELCOME TO THE INNER CIRCLE

Last month, you learned about the best way to practice speaking, even if you're on your own.

This time? Mindset — the #1 determinant in your success with learning a language. Tools. Tactics. Resources. All of these don't hold a candle to the power of having the right mindset. So, what is the right mindset for learning a language? Find out today.

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.

SO, WHY MINDSET?

We're now at the halfway point of the year. When you start a new journey — as many of you have back in January — it's very exciting. Motivation is high. But as time goes by, it gets a little tougher. Usually, by month three, most people have given up.

Mindset — not motivation — is one big reason why people give up (although the two overlap in some ways).

So, now is a good time to refresh your mindset and see if it's helping or hurting your progress.

And this subject of mindset is kind of like grammar in your own language. It's there; you have it, and you use it (somewhat), but you don't understand how it works. Mindset is very similar.

But what is "mindset" exactly? Just so we're all on the same page.

I always like to start with a dictionary definition. Mindset is an attitude or way of thinking held by someone about

a certain topic. So attitudes and way of thinking.

For example, there's the growth mindset (believing you can) and the fixed mindset (believing you can't)... whether it comes to learning languages or doing pretty much anything.

The first and most important mindset to maintain is...

1. Resilience

Resilience is simply keeping at it and not giving up when things get difficult. This is key to succeeding, not just in language learning, but in life.

For example, I studied Italian for several years back in school and I did terribly. But now I speak upper intermediate Italian.

How did I get to this point?

It's not a question of motivation but a question of, "why do you keep trying?" Motivation comes and goes, and

mindset (resilience) is the reason why one persists year after year. The answer to that question may differ per person. I don't like that there's something I struggle with and so I want to overcome that — that's a mindset: a way of viewing obstacles.

2. Confidence

If resilience leads you to not give up, at some point, your results will start showing up. And that provides a certain sense of confidence.

So, resilience gets you confidence. That confidence can push you further to aim higher and better.

3. Openness to new experiences

This is another key factor. In order to pursue something that you have no expertise in, you have to have an open mind. And the good news is if you've decided to learn a new language... you likely already have this in some form.

4. Intrinsic motivation or "learning to love the process."

Finally, intrinsic motivation or... enjoying the journey, learning how to appreciate the steps, taking a few steps, enjoying it rather than looking where you want to wind up.

This is the pinnacle of mindset.

But learning how to appreciate the process is a very, very difficult skill.

Take Kyejin's example — she learned to like taking language tests. Now, tests are not the end-all-be-all of language progress, but the point stands. Test-taking is on the extreme end of learning. How many people can say they enjoy taking tests? It's safe to say at least 90% of the world's population does not.

And it's easy to develop a negative mindset after a bad test-taking experience.

But in Kyejin's case, through preparation, she was able to change her mindset to something that is enjoyable and actually even enjoy the experience itself.

And myself? How do I apply this?

So, I have a Live Korean Class with Kyejin every Wednesday. I'm enjoying that class.

When I don't do the homework, I put pressure on myself, show up to the class, and the class isn't as good as I want it to be. So I don't enjoy the lead up to the class. I don't enjoy the class and I beat myself up afterwards. This is a negative mindset.

A positive mindset is — it's easier if I do my work. I do my homework, I show up, I have a great class, that makes me happy for the whole week and gives me a great memory.

By learning to love the journey, it doesn't become a chore anymore.

But it doesn't start this way — especially as you're looking for results and looking ahead.

It's like anything in life; it doesn't start this way.

Someone has to point it out; then, you have to learn how to enjoy the process.

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!