

MEMBERS ONLY

2018



JANUARY 01

INNER CIRCLE

THIS MONTH

YOUR FIRST STEPS
TO LEARNING A LANGUAGE

innovative LANGUAGE.COM

Your First Steps to Learning a Language



Welcome to the Inner Circle, listeners.

This is the monthly, no-holds-barred newsletter giving you tried and tested learning methods to help those of you who took the 2018 Challenge reach your language goals this year.

Last year, I took on the challenge of re-visiting Chinese, and if you're a Premium or Premium *PLUS* member you can access prior Inner Circle series inside the Lesson Library under "Bonus." This year, though, I'm taking on French. We'll get into the reasons in today's Inner Circle.

Let's jump into this Inner Circle.

You'll learn...

- 1. Why Your Reason for Learning is Crucial for Motivation**
- 2. How to Use Anchor Points to Succeed**
- 3. How I am Learning French in 2018**
- 4. Your First Step to Learning a Language: Routines and Goals.**

But first, let's jump into the first part.

1

Why Your Reason for Learning is Crucial for Motivation

Listeners, what language are you learning this year... and what's your reason?

Most people learn out of self-interest, and that is a strong motivator. Improving yourself is definitely a top reason. For me, I'm not really interested in going to France at this particular time, but I decided to learn because my son is learning French right now. I thought it'd be an interesting dynamic to learn with him. He's learning because his two best friends speak French, along with some of our close family friends and his Jiu Jitsu coach.

That's my reason. And here's why we ask about yours.

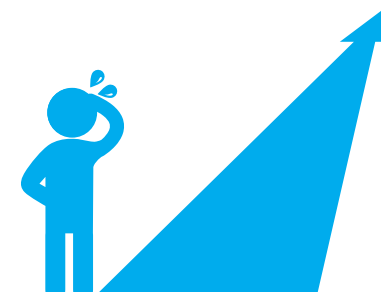
Your reason is directly related to your motivation.

The greater your motivation, the better your results, and the more likely you'll succeed. That reason plays a big part in mastering a language. If your reason is because you live in that country then your motivation is probably high.

You're in survival mode and you're hungry to learn.

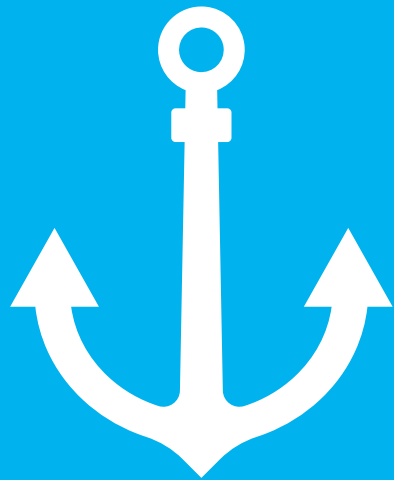
Self improvement, learning for love, or for a relative are also strong reasons. For me, my son has me motivated. But listeners, before you worry about not having an urgent reason, don't worry. There are ways to boost your motivation... regardless of your reason.

Once you have a reason for learning, you need your anchor points.



2

How to Use Anchor Points to Succeed



Listeners, picture this. Picture a small ship in the middle of a big lake. It's windy. The boat is actually drifting around. Now... here's a question: what can you use to stop the boat from drifting?

The anchor.

Just like an anchor on a boat, anchor points keep you from drifting away from your goal. An anchor point is what keeps you motivated and committed to your language goal.

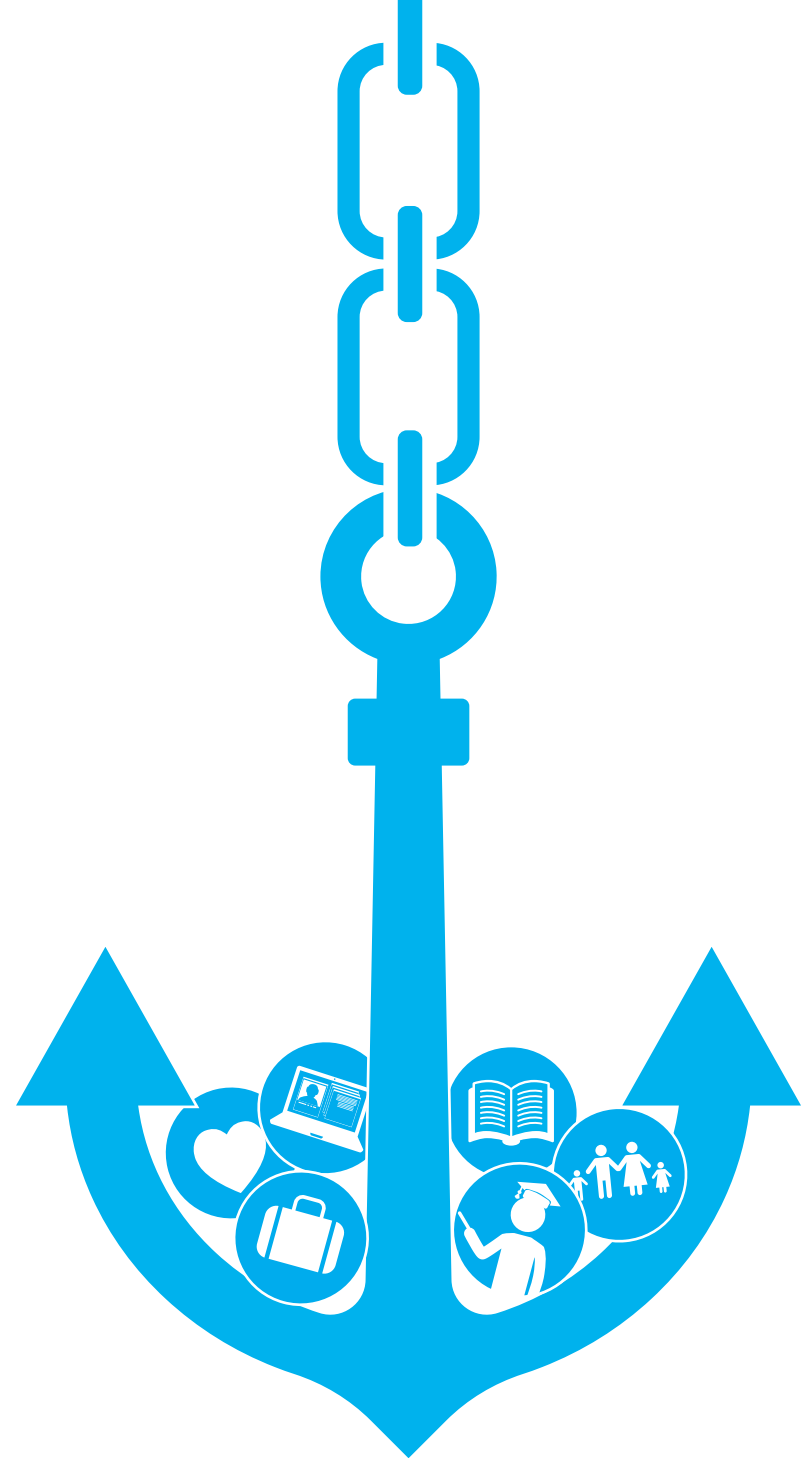
It makes your life revolve around your language goals and not the other way around. So, an anchor point can be language classes, where you have to change your schedule to match the class. It can be a family member, or a significant other that you're learning because of. In my case, it's my son...he's really into French because of his friends, and because he's expecting me to learn with him. I can't back out. I am anchored in.



Another example is investing in a book or a learning program. Since you've invested your hard-earned money, you want to get as much value as possible. You're more motivated and committed, and you use that resource to the fullest.

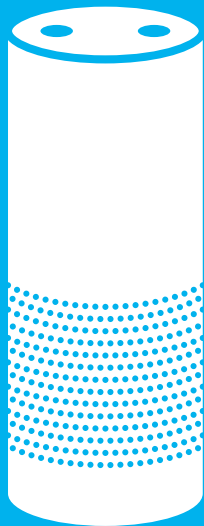
The more anchor points you have, the better off you are. I actually have a few more. For example, we have a plan to visit the family of one of my son's friends in Belgium this summer. Setting a goal and selecting a destination where they speak the language is an extremely powerful anchor point. Also, we have family friends who speak French. That gives me more exposure and opportunity to practice.

I also have a **NEW** way of learning.



3

How I am Learning French in 2018



For my first month, it's mostly be about input. Simply consuming the language. Taking it in. Input is everything that you hear, see or read. I'm doing that by taking one FrenchPod101 lesson a day. That's my daily goal.

I won't be focusing on output as much... I want just get familiar with French. But, let's make one goal. My goal is to speak 1 minute of French conversation and learn 50 words by January 31st. That's similar to goals I've had in the past.

But the medium I'm using to execute on this goal is **brand new**.

You can now take our lessons with Amazon Alexa on the Echo. It's a voice controlled digital assistant for your home. The apps for it are called "skills," and we recently released our own skill, "Daily Dose by Innovative Language."

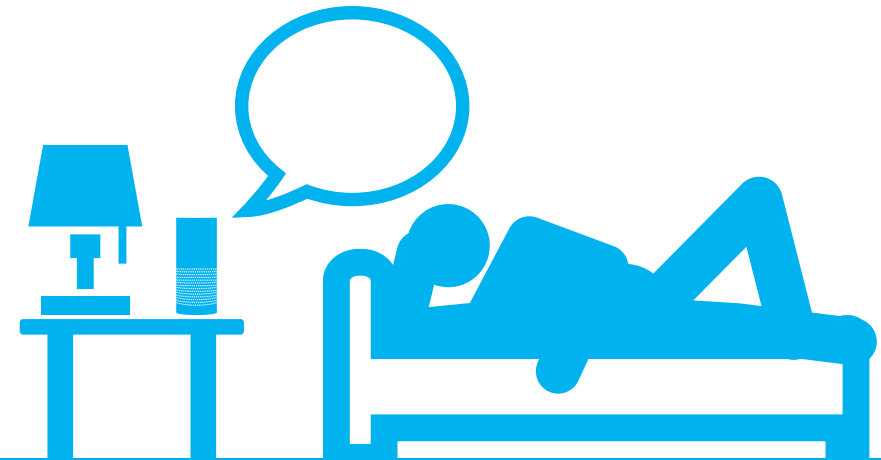
[Click Here to Get the Daily Dose with Amazon Alexa](#)

With it, you can listen to our lessons and get the word of the day for all 34 languages. I listen together with my son and we repeat the phrases. It's a lot of fun. That is my learning routine, and I'm practicing speaking and listening. Then I go back to the site afterward, to read the lesson notes and the grammar point.

I prefer to learn by listening and speaking right away, and with Amazon Alexa, that's all you do. There is one more POWERFUL advantage, at least for me, with learning on Alexa, and that's the **convenience**. In fact, I've been hitting my goal every day simply because of how easy it is to learn. You can literally learn without touching anything. You just say "Alexa, open daily dose.." She'll ask which language you'd like to learn, and if you'd like lessons or words. Then you start.

It's just so easy. In some ways, it is easier than learning on a smartphone because you won't get distracted by a different app or messages. With Alexa, it just starts so fast. I can be lying in bed or at the dinner table and learning. It's that easy.

I've set my routine. And that's exactly what you should do, listeners.



4

Your First Step to Learning a Language: Goals and Routines

If you're just starting to learn a language, **your first month should be all about input**. Start learning from day one by just taking language in. It could be reading, listening, learning words or watching lessons. Just get familiar with the language and try not to overwhelm yourself.

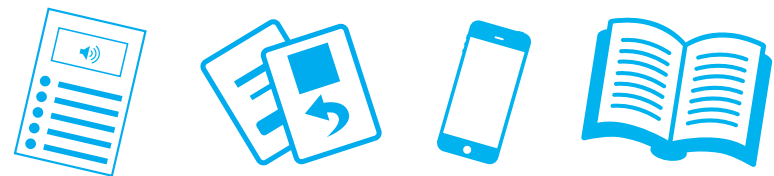
There are a ton of ways to start learning with our program.

- watch video lessons
- listen to audio lessons
- read the extensive reading books
- learn new words and phrases with our vocab lists and flashcards
- learn on the go with our app.

There are a ton of ways to start learning right now.

See what works for you.

Once you've started doing language input, it's time to set goals and routines to turn your language dream into reality.



Goals

First, you need to set a small, measurable monthly **goal** with a deadline.

Avoid big, vague, unrealistic goals like “I want to be fluent,” because they’ll only set you up for failure. Fluency is hard to define. You don’t really know how you’ll reach the goal, or when. That’s actually why most learners fail with their New Year’s Resolutions.



Now, take a small, measurable goal like “speak 1 minute of conversation” or “learn 50 words by the end of the month.” This sets you up for success because it’s small enough to accomplish and you can measure it. Either you’re at 1 minute, or at 50 words, or you’re not.

And the deadline is the mark of success. Either you reached it by the end of the month or you didn’t.

Here are some more examples of small, measurable, monthly goals:

- Reach 1 minute of conversation by January 31st
- Finish 30 Absolute Beginners Audio Lessons by January 31st
- Learn and master new 50 words by January 31st
- Complete 10 assignments from your Premium PLUS teacher by January 31s



Routines

Once you set your goal, you need to create a routine that you can stick to.

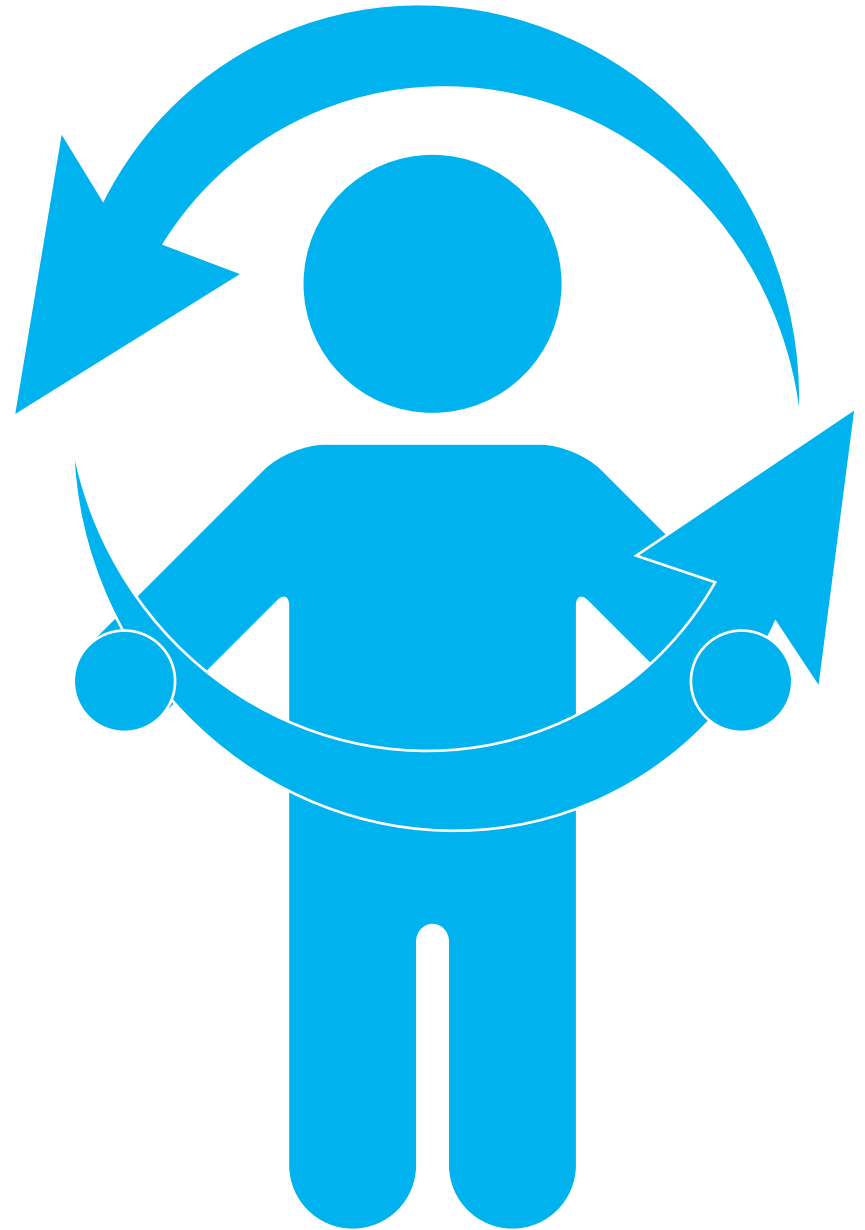
Let's say your goal is to learn 50 words in a month.
Let's create a routine.

If you want to learn 50 words in a month, how many should you learn a day?

50 words divided by 30 days in a month is 1.6 words.
So, you need to learn 1-2 new words a day.

Now that you know how much you need to study per day, make a routine. Answer these questions:

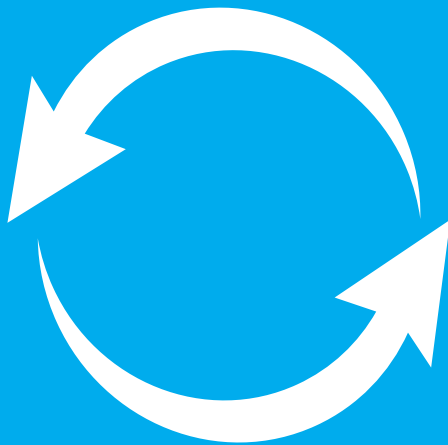
- When will you study?
- How long will you study every day?
- Where do you plan to study?
- How will you study?
- What is your study schedule?



Some answers may be:

- I'll study at 9PM every day, after the kids are in bed.
- I'll study for 5 minutes.
- I'll study at home, at the dinner table, with FrenchPod101.
- I'll use the FrenchPod101 flashcards.
- I'll learn 1 or 2 words a day, every day at 9PM.

Even though it doesn't seem like a lot, sticking to that routine will give me 50 words by the end of the month.



Now you know how to set successful goals and how to create routines. You're on your way to reaching your goals!

And I've got my goals:

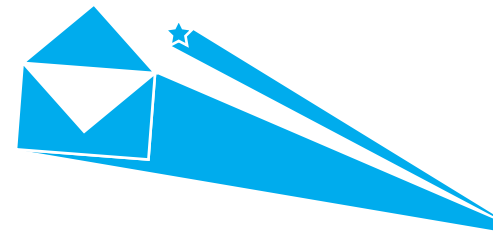
- 1 minute of conversation
- 50 French words
- 1 lesson a day

Let me know what your goals are for the month.

Shoot me an email at

inner.circle@innovativelanguage.com

See you next month!



To your fluency,
Peter Galante

Founder, InnovativeLanguage.com