

INNER CIRCLE MARCH

#3/ 2022

This month
Tipping Points -
The Secret Signposts of
Language Progress & Success

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TIPPING POINTS - THE SECRET SIGNPOSTS OF LANGUAGE PROGRESS & SUCCESS

1. Why tipping points are crucial for confidence and language learning.
2. How you can tell when you're reaching a tipping point.
3. How I reached tipping points with Hindi this month.

Welcome back to the Inner Circle, listeners.

Last time, you learned how to create long-lasting habits for language learning. We covered tactics like the 2-minute rule, piggybacking, habit tracking, and commitment devices.

This time, we're talking about tipping points.

They're small victories that give you confidence and let you know you're going to make it. Sure-fire signs that you're on the right track. They're not immediately recognizable, but they're very important to your language progress. So, today, you'll learn...

- 1. Why tipping points are crucial for confidence and languages**
- 2. How you can tell when you're reaching one**
- 3. How I reached tipping points with Hindi this month**

To give you an idea of what a tipping point is... imagine the gym on a Friday night.

Not 5 PM or 7 PM. I'm talking at 10 PM and later.

If you've ever been to a gym on a Friday night, there's a very interesting group of people. In fact, they're the fittest and most committed people you'll ever see. While the rest of us are enjoying our weekend, they're at it.

So what does this have to do with language learning?

Let's get into the first point.



WHY TIPPING POINTS ARE CRUCIAL FOR CONFIDENCE AND LANGUAGE LEARNING

It works the same way with languages.

For example, If you are...

- Studying your target language at 8 PM instead of watching Netflix
- Taking lessons with a tutor on a Friday night instead of going out
- Using the lessons on the Innovative Language Learning App instead of swiping endlessly down your social media feed

If you find yourself doing these — or even less extreme versions of these, you've reached some great tipping points. **It's when your free time shifts from usual routines like watching TV towards the goals you really want — like mastering a language.**

And it's crucial for your confidence and overall language learning. Why?

This is cold, hard evidence that you're on the right track and you're going to make it.

Learning a language, like life and getting better at other skills, comes down to where you put in your time. The more time you put in, the better your results.

Note: If you're interested, there's a new feature called "My Report" that you can find in "My Account" on the website. This tracks the time and effort you've put into learning your target language with our learning system.

But how can you tell that you're on the right track?

And how do you know you're reaching tipping points?

They're not easy to spot right away...and you only realize later that you've hit a tipping point.



HOW YOU CAN TELL WHEN YOU'RE REACHING A TIPPING POINT.

Picture this. You're learning a language in your free time. You have a small goal set.

People with goals and interests see their time differently. Because they have goals, they choose their tasks differently. They start leaning more towards their goals. If they're on the train, they now label that time as a time to review vocab instead of checking email.

Between watching TV and mastering a language, they choose the language.

Here's an easy example. Imagine this: last week, you started with 10 minutes of learning and 50 minutes of TV a day. Then, it grows.

This week, you spend 20 minutes on language, 40 minutes on TV. You're on your way to reaching a tipping point.

Soon, you're at an even split of 30 minutes apiece. And when your time spent on language surpasses TV, you've hit a tipping point.

Here's how you can tell you're reaching or have reached a tipping point:

- Take a look at how much time you spend on a language.
- Take a look at your recent choices of activities.
- Is language learning advancing beyond and outweighing your other free-time activities?
- Are you automatically choosing language over other options?

Again, the My Report feature can offer some great insights into how much time you spend on a daily basis on our lessons. If the time you put in goes up, especially on a daily basis, then you're definitely on the right track.

And you can also push yourself to reach a tipping point as well.

This is simple.

It's just a matter of putting in more time. Again, if you started with 10 minutes a day last week, bring yourself up to 11 or 12 minutes a day this week. I often ask you to set small, measurable goals with deadlines every month.

Next month, add an extra 5 minutes to your routines. Or even better, start now.

What about my monthly goals and tipping points?



HOW I REACHED TIPPING POINTS WITH HINDI THIS MONTH

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If you've learned languages long enough, you'll start noticing these points.

This past month, I've noticed a few as well with Hindi. They're easily recognizable in hindsight.

- I've been using the Innovative Language Learning App
- I've been doing more conversation practice with my Hindi Teacher.
- I've been watching Conversational Phrases Video Lessons on HindiPod101.

And mind you, this is on top of my already existing study routines and other languages that I'm maintaining.

So, while I may not have hit 3 minutes for March... I think I'm on the right track for April.

For April, I plan to aim for the same 3 minutes of Hindi conversation.

As a quick note: If you ever fail a goal, it's almost an automatic reaction to want to come back stronger and do double the work... in order to "make up for it." This is a mistake. If you couldn't reach that goal then, you're making it even harder now. Aim for the same goal, or scale down a bit, which is why I'll go for 3 minutes again.

How about you? What's your monthly goal? Be sure to set it and stick to it.

Also, let me know – have you had a language learning tipping point? Or are you close to one? Are you seeing your free time shift towards language learning?

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