

INNER CIRCLE MAY

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This month

The 2 Minute Rule to Cracking
Through the Hard Parts of
Language Learning

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THE 2 MINUTE RULE TO CRACKING THROUGH THE HARD PARTS OF LANGUAGE LEARNING

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Welcome back to the Inner Circle, listeners.

Last time, you learned how to speak more of your target language with your teacher. And last time, I hit my 3-minute goal and set a new goal - 4 minutes of Hindi conversation. And, I hit it.

Does that mean my Hindi is coming along well?

Well, yes and no. What I've been noticing is that... learning grammar is easy, but putting it to use in a real conversation is not so easy. I've noticed this with prior languages too, but right now, it's one of my pain points when it comes to learning Hindi — actually using new patterns instead of relying on the few that I already know.

So, how do you get over this then?

Let's get into this inner Circle.



THE 2-MINUTE RULE FOR BREAKING THROUGH

So, the hard part of learning Hindi, at least right now... is being able to comfortably put grammar to use in conversation. There are a few specific patterns that I'm really struggling with.

By the way, you might have different pain points in the language that you're learning.

But, it's safe to say that all language learners have something that they're not fully confident in or comfortable with at any given time.

So, how do you deal with these pain points?

I often strongly recommend when you start to study a second language, you actually start with your own language because most people - their grammar foundation in their own language is kind of weak.

So when they're trying to learn a new language, it's doubly confusing because they don't even have that foundation in their own language, so... but let's put that aside for a second.

How did I deal with these pain points?

Back in the day, when I first started learning languages... I didn't deal with the pain points.

I avoided them... And that's not the best approach because it took a long time to learn them. But, a few Inner Circle lessons ago, we talked about creating habits, right?

And one of the many ways to start a habit is something called the 2-minute rule.

To keep it simple, if you want to start a new habit...and do something new, do it for just 2 minutes a day. Once those 2 minutes are up, you can walk away and come back to it tomorrow. You can apply this very same rule toward cracking the hard parts of language learning.

But the trick is, you have to keep up with it almost daily... or do it every time you're learning a language.

How have I been doing this?

In my notebook, I keep a list of grammar points that I'm not confident about... and at the start of every session, I put in a few minutes towards creating sentences with the rules.

- I write them out.
- I say them out loud.
- Then, I record that and send it to my Premium PLUS teacher for corrections.

So, I write them, say them, record them, and get feedback on them for about 2 minutes.

But why just 2 minutes? If it's hard, you'd think you'd need to spend MORE time on it, right? Well, yes and no.

If you can spend more than 2 minutes and you're getting good value out of it, please keep going.

But the point is, concepts that are hard — whether it's a tricky grammar point or pronunciation — are not something many of us enjoy. It's not fun to do the things we're not good at. And so, chances are, if you know you should spend some time on that tricky grammar point, you won't, just like I avoided these pain points in the past.

So, that's where the 2-minute rule comes in.

The 2-minute rule makes things easier. If you only have to do 2 minutes, it's not that bad. And second, you could put in more time upfront, but... that's not the best way to learn and get "used" to the tough stuff. You only get used to it over time.

After that, I move on to the HindiPod101 lessons and my usual routine. So, I spend just a little bit of time on the stuff that's really challenging, just to get it into my routine. Then, I move on to the stuff I like. But, by getting that exposure, I'm actively chiseling away at the hard parts... that I'd normally avoid.

So, that's the point of that 2-minute rule. You get to practice, but you can walk away before it starts to feel like a struggle.

When I first started, I could maybe do 1 sentence or 2 sentences. Now, I race to see how many get inside of that 2 minutes. And I'm up to sometimes 6 or 7, so that makes it fun.

Now, what can you take away from this?

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HOW TO APPLY THIS LEARNING TACTIC

What do you currently struggle with?

The fact is, you're always going to have a hard time with something.

Whether it's the alphabet, pronunciation, grammar rules, or conversations, chances are... you're going to avoid these pain points because, well... you'd rather do what's fun or easy.

So that's where the 2-minute rule comes in.

To start, all you have to do is put in 2 minutes a day... or per session if you want to do multiple sessions a day. Once you're done, walk away, or move on to something that you like. Again, in my case, I practiced creating sentences with the grammar rules I really struggled with.

Now, you might think that 2 minutes is not enough...

but it's not about mastering everything right now, but making it easy to do and putting in the time consistently.

The point is not to overwhelm yourself... which can easily happen if you're practicing something you're not good at. The point is to end it before it gets frustrating.

And if you keep at it daily, you'll start cracking through the hard parts of your target language.

How to apply:

So...

1) **Think about what it is you're struggling with right now.** It could be conjugating verbs. It could be a specific grammar point. It could be just finding the time to study each day.

2) If you're using a notebook, which I strongly recommend, at the top of the page, **write down the one pain point you want to focus on.**

3) **And just put in at least 2 minutes practicing that specific thing.** You can do more if you want, but keep it short for now and walk away before it feels like a struggle. There's no rush to do it all now. Remember, mastery comes from doing it over an extended period of time and not from overwhelming 2-hour sessions every now and then.

4) **Then, move onto your usual routine or learning plan.** So, if you usually learn with our lessons or drill words with flashcards, then continue on with that. The 2-minute rule is not meant to replace your current routine but goes on top of what you're already doing.

5) **Then, at your next learning session, do it again.** There are also a few ways you can apply this with our learning system.

6) **(Grammar & general feedback)** If you're a Premium user, leave comments with example sentences on the

lessons. Our teachers will respond with feedback.

7) **(Grammar & general feedback)** If you're a Premium PLUS user, message your teacher with example sentences — whether written or recorded.

8) If you're struggling with **writing**, spend 2+ minutes copying out words or a lesson dialogue.

9) If you're struggling with **reading**, then spend 2+ minutes a day on our Extensive Reading Books (find these inside the Lesson Library.)

10) Want to remember a certain **grammar** point? Download the specific lesson or lesson dialogue that covers it, and listen to it daily.

11) If you have trouble with **speaking** or saying a line from a lesson conversation, use the voice recorder to practice it. Or, as mentioned above, send speaking samples to your Premium PLUS teacher.

And bit by bit, you'll start getting used to the grammar point, the pronunciation, or whatever else that you're struggling with. It'll slowly become natural for you over time.

Again, remember, practicing a little bit every day is vastly superior to studying 2-hour cram sessions once in a while.

BONUS: By the way, we've included a monthly tracking calendar at the end of this PDF. So, after you put the time in, you can cross off that day and maintain your streak.

NOW, LET'S GET BACK TO GOALS.

For June, I'll go for 6 minutes of Hindi conversation.
How about you?

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

Also, let me know – what are the tough spots/pain points within your target language? And how will you apply the 2-minute rule to address them?

Shoot me an email at inner.circle@innovativelanguage.com

To your fluency,
Peter Galante
Founder, InnovativeLanguage.com



2-MINUTE TRACKING CALENDAR

"Learn in 2 Minutes a Day" Monthly Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

Print this calendar out. After you finish a 2-minute practice session, cross the day out.
Try to put in 2 minutes every day and keep the streak going.