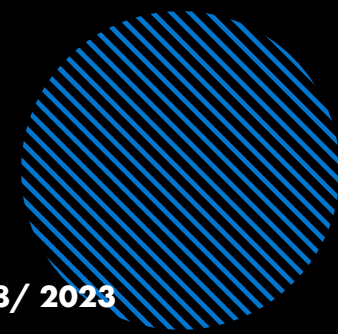


INNER CIRCLE
AUGUST



#8/ 2023

This month
The Power of Consolidating
Your Routines

innovative LANGUAGE.COM

WELCOME TO THE INNER CIRCLE

Welcome to the Inner Circle. This is the monthly no-holds-barred newsletter giving you tried and tested learning methods to help you reach your language goals this year.

Last month, you learned about the power of a promise. In other words, having a north star when it comes to language goals. And also about the power of external commitments to help you stick to a routine, even when your motivation is low.

This month? Kyejin finally got her DELF score back, and I am back from my vacation after clocking in 40 hours of French study last month. But did we hit our goals?

KYEJIN'S PROGRESS

THIS PAST MONTH

20 Hours Continued

The good news? Kyejin ended up passing her DELF test (French Language Proficiency Test). This past month, Kyejin worked on regaining her motivation by taking a light approach: watching movies, listening to French music, and watching Top Words lessons.

While she hasn't made much progress, the more important part is that she's continuing with her French routine with that light approach. And from here on in, she can start expanding her routine again.

PETER'S PROGRESS

THIS PAST MONTH

32 Hours

In my case, I came short of hitting the 40 hours I hit in July. Why? I came back from my vacation in Europe.

But it has dawned on me why I did so well back in July. It has less to do with learning the language in the target country (which was my initial goal) but more so with “the thing blocking you from making that progress are the existing routines in your life.”

By taking a 1-month vacation, I was no longer bound by my usual everyday routines and was able to start new routines.

Of course, the problem is maintaining good routines once you're back home. And once you're back home, it's easy to revert your mindset to your old ways. So, that's why I lost 20% of my July numbers - I couldn't fit my new routines into my old schedule. The good news, though, is I'm managing to continue maintaining 80% of my French learning routine, which is better than 20% or 0%. I call this "continuing" the consolidation phase, where you work on maintaining and making that routine stronger.

How about you?

Have you ever focused hard on a goal only to fall off?

Or did you manage to keep on with your routine?

Let us know.