

INNER CIRCLE JULY

#7/ 2023

This month
The Power of a Promise

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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 how Kyejin prepared for her DELF exam (the French language proficiency test)... and I was let go by my French teacher.

And this month, Kyejin is looking forward to her DELF results, and I went on a trip to Europe to learn French... because drastic times call for drastic measures.

KYEJIN'S PROGRESS

THIS PAST MONTH

20 hours

- FrenchPod101 Live Group Classes
- 1-on-1 Online Teacher
- French In-Person Classes at Language School

Next goal:

- Maintain current routines
- Work on getting motivation back

The fact is... Kyejin does not know whether she hit her goal or not. Why? Because her goal was to find out her results and adjust. And the results haven't come in yet.

But all that preparation for the DELF has left her feeling burned out, and she lost motivation. So, whereas she was doing over 40 hours of French a month before, now she's only at 20. And all of these hours come from external classes and sessions... NOT her own self-study.

On one side... this seems like bad news.

On the other hand... the good news is that she's still keeping at it thanks to routines like attending in-person classes. Thanks to routines that include external commitments to other people.

PETER'S PROGRESS

THIS PAST MONTH

- **40 hours**
- **Next goal: Maintain 40 hours of French a week**

Thus far, this year has not been good for me.

My teacher fired me.

Kyejin took the DELF way earlier than I did.

And yet... I hit 40 hours of French this past month. Double what Kyejin did. How?

Ironically, enrolling in a language school in Europe was NOT the progress turbocharging hack I hoped it'd be. In fact, the total opposite. This goes to show... that learning the language in the country that speaks it... may not always work.

In my case, the school and the teacher were not a fit for me. Plus, my mindset wasn't quite right — otherwise, I would've made it work regardless of the school's teaching style.

However, I did find a new online teacher that fit my learning style, and I have been studying with her 5 days a week at 7 AM. And this is on top of my other routines with FrenchPod101.

So, while I still have a long way to go... and still need to take the DELF at the end of the year... I was able to bounce back somewhat.

How? Well, I think it goes back to the power of a promise.

TAKEAWAYS FOR YOU

#1 THE POWER OF A PROMISE

Earlier this year, Kyejin and I made a pact... or promise... to take the DELF (French Proficiency Test).

And whether we realize it or not, making these promises... and setting these goals... gives us a North Star.

Every time you are side-lined by life, work, school, and other responsibilities, if you have a North Star, getting back on the right path is not hard. All you have to do is look up.

And we see it a lot as a language learning company. People that wanted to learn a language years and decades back will often come back... to finish a goal they promised to reach.

That promise becomes their North Star.

What is your North Star within language learning?

You probably already have one. It's your goal. Something you want to accomplish with the language. And the more specific it is, the easier it is to aim for it.

Just like we often talk about with goals.

It's one thing to "learn French" or "learn Japanese."

It's another thing to pass a proficiency test, speak for 10 minutes, or learn 1000 words.

The former is vague and a bit harder to wrap your mind around.

The latter is specific and very easy to aim for. Very easy to come back to when you've fallen off and need a North Star.

And that is the power of a promise.

#2 THE POWER OF EXTERNAL ROUTINES AND COMMITMENTS

Although it looks like Kyejin fell off after the DELF exam and did no-self study...

...she was still able to put in 20 hours of French practice this past month. And it's all thanks to the external routines (FrenchPod101 Group Classes, 1-on-1 teachers, and so on) where someone is waiting for her, and she's expected to show up.

This is something we also call "anchor points" or attachments to the language.

Some attachments are easy to break. Some, where it's as if you're a ship anchored to the sea floor, you can't float away as easily, even when life gets busy, and the seas get windy.

And this is one of the best ways to keep up with language... even when you're low on motivation. You don't need any because it's not just up to you — someone else is waiting for you and expecting you.

We offer that with our Live Group Classes (for Japanese, Korean, Spanish, French, German, Greek, Italian, English, Chinese, Portuguese, and Thai), which are opened up 3x a year and the next one starting in September.

You can create these external commitments by...

1) Hanging out with native-speaking friends on a set day every month or week

2) Getting an online tutor

3) Joining a local language practice group

So, how about you?

Do you have any external commitments of your own?