

MEMBERS ONLY

JANUARY

INNER  CIRCLE

01

THIS MONTH
YOUR NEW YEAR'S
RESOLUTION SOLUTION >

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New year's resolutions: the hard truth?



Peter here, and welcome to a new year of language learning!

It's halfway into January and everyone's focused on their New Year's resolutions. This used to happen to me year after year, and now I see it year after year. The start of a new year gives everyone renewed hope that THIS is finally going to be the year they master their goal!

The hard truth? 90% of these people will fail. 70% will have given up by February. Resolutions have become a kind of societal joke that we all pretend to play along with. That is, until we actually have to do something about it.

Do these numbers surprise you? I know from personal experience that it's easy to let your goal go. For many, many years I had the same goal year after year! Then one year, that all changed. I'll get to that a bit later.

I saw a post on Facebook that reminded me of the predictable New Year's resolution cycle:

"Damn, people with New Year's resolutions crowding my gym. Can't we pretend it's February already?"

Hilarious and also true.

Everyone knows that New Year's resolutions are a joke.

But they don't have to be.

So how do you break the cycle? How do you stay motivated and productive enough that you're still improving yourself come March, June and December?

Questions like these have been flooding my inbox this month, so today, as a sneak peek at what we're offering with our new Premium Inner Circle, here are a few tips on how to avoid failure.

Can't we pretend it's February already?



3 REASONS WHY

NEW YEAR'S RESOLUTIONS FAIL





THEY'RE UNSPECIFIC AND UNMEASURABLE

FOR EXAMPLE, "I WANT TO MASTER JAPANESE THIS YEAR!"

The problem: what do you mean by "master Japanese"?

And does this goal pass the measurable test?



THEY'RE UNREALISTIC

FOR EXAMPLE, "I JUST STARTED AND I WANT TO BE FLUENT BY SEPTEMBER."

Really? And you just started learning today? The problem is you might be setting yourself up to fail from the get-go. It's NOT impossible, but are you ready to commit yourself to nothing but language learning?



THERE IS NO ACTION PLAN

FOR EXAMPLE, “I WANT TO LEARN 800 WORDS BY DECEMBER.”

Now you have a specific and realistic goal, but you’re still not on the path to success. Why? The problem is: language learners will fail even with specific, realistic goals. Can you answer the following questions?

When will you study? • How long will you study for every day? •

Where do you plan to study? • How will you study?

What is your study schedule?

Those are the 3 biggest reasons people fail in their New Year's resolutions.

Knowing these 3 mistakes allowed me to make 3 simple changes with my Chinese studies last year and it kept me on track throughout the entire year.

Let's look at an example of successful goal setting. Here are the 3 rules you must know:

Example: Master 100 words by March 1st.

Remember

With setting goals, you need deadlines and you need to break them up into specific and realistic action steps. Break up your resolution into a month-to-month plan and ask yourself this – what do you want to get done by March 1st?

1

A SPECIFIC AND MEASURABLE GOAL

I'll master 100 words by March 1st. The 100 words are measurable and there's a clear deadline set. Either you know all 100 or you don't.

2

A REALISTIC GOAL

For most learners, 100 words can be learned in a month. Divide it by 4 weeks and it's 25 words a week, or about 5-6 words a day. This is much more realistic than cramming 100 words in one day.

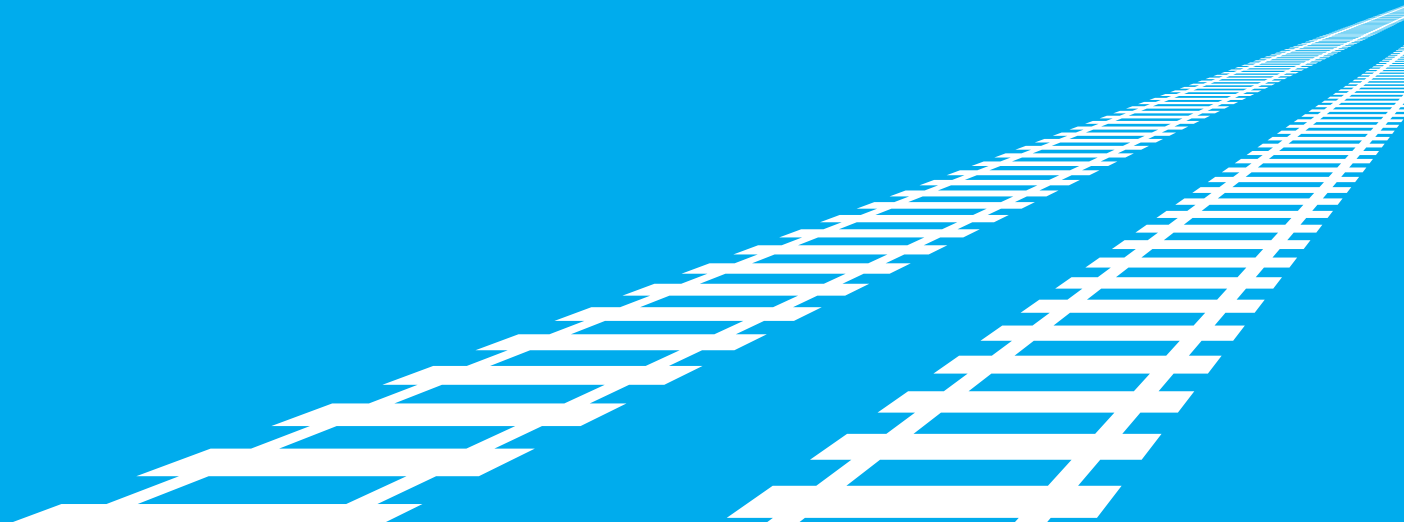
3

THERE MUST BE AN ACTION PLAN

I can spare 5 hours a week from my schedule and will study 5 words a day for 5 days of the week, totaling 25 per week. I will study daily at 5PM for 1 hour in my room and I'll use the 2,000 Core Word List and flashcards to study.

Take the first step towards achieving your 2014 resolution right now

My personal resolution for 2014 is to have a 30-minute conversation in Italian.
So, for this month, I plan to get up to 3 minutes of pure Italian conversation
and will outline the process for you >



1

START SMALL. SET MONTHLY GOALS BASED ON YOUR 2014 RESOLUTION.

My goal for the month is to have a conversation in Italian for 3 minutes. I have to make sure it's specific, realistic and that there's an action plan. So, I'll ask myself the following questions before starting:

DO YOU HAVE AN ACTION PLAN?

I can devote 5 hours a week to Italian study. I'll devise my action plan based on the answers to these questions:

When will you study?

I'll study at 9PM on weekdays. That's 5 days a week.

How long will you study for every day?

I'll study for 1 hour.

How will you study?

I will be using an Italian Skype tutor for 2 out of 5 days a week for one hour who will help me reach my 3 minute goal. For the other 3 days, I will listen to 3 ItalianPod101 lessons within that hour and prepare for the next Skype lesson.

What is your study schedule?

> **MONDAY**
Self Study with ItalianPod101, 9PM

> **TUESDAY**
Skype Lesson at 9PM

> **WEDNESDAY**
Self Study with ItalianPod101, 9PM

> **THURSDAY**
Skype Lesson at 9PM

> **FRIDAY**
Self Study with ItalianPod101, 9PM

Where do you plan to you study?

I'll study at home.

IS 3 MINUTES OF ITALIAN CONVERSATION BY MARCH 1ST SPECIFIC & MEASURABLE?

Yes. I can time myself to measure and see if I've reached my goal. Plus, March 1st is a clear deadline for me.

IS 3 MINUTES OF ITALIAN CONVERSATION REALISTIC?

Yes, 3 minutes is short enough to accomplish within the month. I'll aim to get to 1.5 minutes by the middle of the month.



2

WRITE YOUR MONTHLY GOAL DOWN.

Putting your goal down on paper increases your chances of success by 90%. Write your goal down. I've provided a Monthly Goal Success Checklist at the end of this newsletter. Print it out, write it down, sign it, and keep it in front of you throughout the month.

3

TAKE ACTION & START LEARNING.

The beauty of specific, realistic goals with action plans is that you already know what to do from day one. From here on in, you stick to your schedule, sit down at your assigned time, and stick to the schedule until the March 1st deadline. It's that simple.

4

REWARD YOURSELF. THEN ADJUST AND REPEAT THIS PROCESS NEXT MONTH.

After you're done with your first month, reward yourself. Psychological studies have long proven that getting rewards for achieving goals is the key to creating lasting habits. In this case, it's the habit of language learning.

Then, adjust. Was your first month too easy? Too hard? Adjust next month's goal accordingly instead of quitting like most learners do when they think it's impossible.

So, now you know the 3 reasons why New Year's resolutions fail and how you can beat these common mistakes. Armed with this, you're ready to knock over your 2014 resolution.

Apply these rules and e-mail me after your first month.

I want to know what your monthly goal was and how you achieved it with our learning system.

Email me here:

inner.circle@innovativelanguage.com

To your fluency,
Peter Galante
Founder, InnovativeLanguage.com

Knock over your 2014 resolution.

Email me here:

INNER.CIRCLE@INNOVATIVELANGUAGE.COM



YOUR GOAL			
	Is it specific & measurable?		Is it realistic?
			Do you have an action plan?
YOUR ACTION PLAN			
When will you study? (Include days and times)		How will you study? (What materials and tools will you use?)	
How long will you study for every day?		Where do you plan to study?	
When will you study? (Include days and times)		What is your study schedule? Write it down below?	
DATE:		SIGNATURE:	

BAD GOALS

- ✗ I want to improve my speaking skills
- ✗ I need to learn more words
- ✗ I'd like to be fluent in Japanese and Korean...some day
- ✗ I want to lose weight

GOOD GOALS

- ✓ Learn 100 words by March 1st
- ✓ Completely understand conversations from 10 audio lessons by March 1st
- ✓ Be able to remember and repeat 10 conversations from 10 audio lessons by March 1st
- ✓ Have a 5-minute conversation purely in the language I'm learning by March 1st

Putting your goal down on paper increases your chances of success by 90%