



DISCOVER YOUR LANGUAGE VISION

10 DAY SMART
LANGUAGE LEARNING

CRASH COURSE

Review

Reflect on why you want to learn your target language.

What attracts you to it, and how will your life be enriched by knowing this language?

Write down your thoughts.





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Visualizing Fluency

Imagine your future self being fluent in the target language.

How does it feel to communicate effortlessly in this language?

What opportunities and benefits arise from your proficiency?

Who are you connecting with and why?

Take your time and answer these questions thoughtfully. Use Luca and Aleks's visions in the *10 Essential Rules For Smart Language Learning* book as a reference for how to create your own. Do not judge yourself, just let your thoughts and feelings come naturally. When you've hit a rough patch with your language learning, think back to your vision and you'll give yourself a kind reminder for why you started in the first place.





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Revision to Your Vision

Once you've completed your vision, take a moment and read it aloud.

Does it resonate with you?

Does it align with your goals and desires?

Make any necessary adjustments to ensure it captures your motivation and gives a clear picture of your future self using the language.

Tip: Keep your language vision somewhere visible. It will serve as a constant reminder of your “why” and the future you are working towards. Remember, there’s no such thing as a bad language learner. There’s a trained learner and an untrained learner. You are training yourself to succeed.





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Homework

Share your vision with someone else and see how they react!

It could be a family member, friend or even someone in our online community.

You could even make a video and share it!



Review

Can you remember what S.M.A.R.T. stands for?

Write down the meaning behind each letter:

S:

M:

A:

R:

T:





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Reflect & Recall

Take a moment and reflect on your language learning approach so far.

We need to do this to become aware of what hasn't worked in the past and how it has impacted our results.

Consider the following:

- Past language learning goals and their outcomes.
- Actions or habits that have either aided or hindered your progress.
- Insights from Chapter 2 that resonate with your experiences.

Write down your thoughts here:





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Set Your Smart Goal(s)

Time to set your language learning goal(s) for the next three months.

Using the S.M.A.R.T. framework, fill in the following sentence:

GOAL 1

- Within the next three months, I will (specific goal) by (measurable action) for (measurable time).
- This goal is achievable for me because (reason).
- It is relevant to my language learning journey because (reason).
- My deadline for achieving this goal is (specific date).

Do the same for each of the goals that you would like to set for yourself.

GOAL 1:





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GOAL 2:

GOAL 3:

Tip: *Keep your goal in a place you'll see regularly. It will guide you and remind you of what you aim to achieve in the next three months. Remember that there's no such thing as an unattainable goal. There's only a goal you haven't put enough effort into yet. Keep practicing and you'll get there.*





SET YOUR SMART GOALS

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Homework

Share one of your goals in the comment section within the eBook space on Teachable and embrace the next three months like a language learning champion!



Review

Get your SMART language learning goals from chapter 2 of the book.

Remember, a good SMART goal should follow this format:

GOAL 1

- Within the next three months, I will (specific goal) by (measurable action) for (measurable time).
- This goal is achievable for me because (reason).
- It is relevant to my language learning journey because (reason).
- My deadline for achieving this goal is (specific date).

You will need your SMART goal(s) to complete the following sections, so if you haven't done that part, please take the time to create your SMART goals.

Otherwise, we won't be able to dig deeper into them and make them into strong daily habits!





ESTABLISH DAILY HABITS

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Breaking Down Your Smart Goal

Take one of your SMART language learning goals and break it down into at least one daily habit that will help you achieve your goal.

Here's your challenge:

- Identify the most important activity related to your language learning goal.

Write it down here:

- Decide how long you'll practice this activity each day. Remember, consistency is key so start small!

Write down your starting duration:





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Anchoring Your New Habit

Now, anchor your new language learning activity to an existing daily habit (e.g. making your bed).

This will help you remember to do your new activity.

- Identify an existing daily habit that can serve as an anchor:

- Write down when and where you'll practice your new habit:

Tip: *Commit to practicing your new language learning habit every day for the next 30 days. Remember, there's no such thing as a bad habit, only an untrained one. Good luck and keep going!*





ESTABLISH DAILY HABITS

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Homework

Let us know in the comment section how you plan to anchor your new habit to an existing one!





BUILD YOUR SMART INPUT MACHINE

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Review

Reflect on what we learned in Chapter 4.

Can you recall the key factors to consider when choosing a language learning resource?

Write three of the most important factors here:





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Your Smart Language Input Machine Setup

To manage your language learning effectively, it's crucial to select the right resource and stick with it. Based on your target language, research and choose ONE resource that meets the criteria we discussed.

- Write down the name of your chosen resource here:

- List the features of the resource that align with the aforementioned criteria:

- Explain why you chose this resource over others:





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Committing to the Input Machine

It's time to make a commitment to using this chosen resource as your primary language learning material for the next few months.

No excuses, no looking back.

Write down your commitment statement here:





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Your Daily Routine Plan

Develop a plan for incorporating the resource into your daily routine.

The more specific you are, the higher the probability that you'll stick with your new habits and resources!

- What specific time each day will you dedicate to studying with this resource?

How long will each study session last?

- What additional materials or tools will you need to enhance your learning experience with the resource?





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Homework

Consistent Action

Start implementing your plan and commit to completing at least one activity related to your chosen resource every day for the next few months.

Describe one activity you plan to do daily with this resource:

Now post that activity in the comments and let the world know how you plan to dominate language learning!

Tip: Remember, the key to effective learning is to fully utilize and master one resource before moving on to another. Embrace the principle of “less is more” and focus on the quality of your learning. Explore and adapt your learning methods based on the chosen resource. Enjoy the process and stay committed to your Smart Language Input Machine.





BUILD YOUR OWN LANGUAGE STRATEGY

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Review

Have you implemented input practice into your daily routine?

If so, how did it go? Take a moment to write about your experience.



Preparation

Prepare a blank sheet of paper or open a document on your computer.

Divide it into four sections, one for each principle:

1. **U - Uniqueness**
2. **E - Enjoyment**
3. **F - Flexibility**
4. **E - Efficiency**

If it helps you remember these four terms, think of UEFA  but instead of an 'A' at the end, you can place an 'E'.

Reflect on the following questions and jot down your thoughts in the corresponding sections:

U - Uniqueness

What are your specific circumstances, wants, and needs as a language learner?





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E - Enjoyment

What are your hobbies, interests, passions, and personal life experiences that can make your language learning journey more enjoyable?

F - Flexibility

How can you adapt your language learning routine to accommodate your busy schedule and changing circumstances?





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E - Efficiency

How can you ensure that your language learning activities lead to progress and improvement?





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Homework

Based on your reflections above, craft a concise statement that incorporates the elements of uniqueness, enjoyment, efficiency, and flexibility.

This statement will serve as a guiding principle for your language learning journey.

Write your strategy here:

Now post it in the comments, reply to someone else's comment and give them some love!

Tip: Remember, your language learning strategy is unique to you and should evolve as you progress. Regularly reassess your strategy and make adjustments as needed to ensure continued growth and enjoyment in your language learning journey. There's no such thing as a good or bad learning strategy, only a trained and untrained one. Keep training yours!





BALANCE INPUT & OUTPUT

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Review

Can you recall Rule 3 from Chapter 3 about the importance of input activities in language learning?

Write a brief note on why prioritizing input skills is crucial in your language learning journey.





BALANCE INPUT & OUTPUT

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Identifying Activities

Prepare a blank sheet of paper or open a document on your computer. Divide it into two sections: “Input” and “Output.”

Under ‘Input’, list the activities you can engage in to enhance your listening and reading skills.

Similarly, under ‘Output’, jot down activities to improve your speaking and writing skills.





BALANCE INPUT & OUTPUT

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Making Time For Language Learning

Assume you allocate one hour per day for language learning.

Use the 80/15/5 formula from the language learning pyramid concept to distribute this time:

- Input activities: 80% of your time
- Output activities: 15% of your time
- Study activities (optional): 5% of your time

Calculate the specific time you should allocate to each section.





BALANCE INPUT & OUTPUT

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Reflection

Reflect on your current language learning routine.

Does it align with the recommended input and output balance?

Identify any adjustments you need to make and create a revised schedule that reflects the balanced input and output approach.

Tip: Remember, the goal is to prioritize input activities as they lay the foundation for language acquisition and support overall language development. Regularly reassess your time allocation and adjust as needed to maintain a healthy balance in your language learning journey. Always keep your mind open and ready to learn!





BALANCE INPUT & OUTPUT

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Homework

Post a comment displaying your Input-to-Output ratio before you read this chapter.





LEARN GRAMMAR FROM LANGUAGE

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Review

How does going for a more input-dominant approach seem to you?

Has it been different to your previous focus when learning a language?

Take a moment to elaborate.





LEARN GRAMMAR FROM LANGUAGE

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Reflection

Reflect on your past experiences with grammar learning.

Can you recall any challenges or frustrations?

Write them down in the space below:





LEARN GRAMMAR FROM LANGUAGE

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The 4 Pillars Of Your Smart Grammar Machine

Refer to Chapter 7 and familiarize yourself with the four pillars for building your Smart Grammar Machine.

Can you list them? Write them down:

Pillar #1:

Pillar #2:





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Pillar #3:

Pillar #4:





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Your New Schedule

Create a new section in your language learning schedule for grammar.

Set aside just five to ten minutes per day. During this time, apply the 90-10 rule and the 3-step approach to grammar learning:

1. Consume a piece of content in your target language
2. Test your comprehension of the content by comparing the target language with your native language, and see how much you understand.

If you are a beginner, you can use a piece of content for beginners with a bilingual text and easy grammar explanations such as ASSIMIL.

As an intermediate learner, you can create your own bilingual resource by using Translation Tools such as Google Translator, DeepL or the Google Chrome Extension ImTranslator

3. Check grammar explanations related to the content you studied. Keep this activity brief and straightforward.

If the piece of content does not have grammar explanations, identify 1-2 grammar points you want to explore and search the internet for short, relevant and easy-to-understand grammar explanations.

Write your ideal schedule:

Tip: Track your feelings and experiences with this new approach. Notice any positive shifts in your attitude towards grammar and language learning. Remember, your brain is designed to absorb grammar naturally through context and meaning. Enjoy the process and celebrate your progress!





LEARN GRAMMAR FROM LANGUAGE

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Homework

How have you learned grammar so far and has it been effective? Post in the comments!





BUILD YOUR LISTENING COMPREHENSION MACHINE

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Review

What does WWH stand for in the context of language learning?

W:

W:

H:





BUILD YOUR LISTENING COMPREHENSION MACHINE

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Identify Your WWH

Identify your WHAT, WHEN, and HOW for listening to your target language on a daily basis.

WHAT - Choose a suitable listening material based on your language level.

Check the contents of Chapter 8 for recommended materials for beginners, intermediate and advanced students.

What's your choice?





BUILD YOUR LISTENING COMPREHENSION MACHINE

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Identify Your WWH

WHEN - Find a simple and sustainable way to implement daily listening practice.

Check the contents of Chapter 8 for tips on listening time for beginners, intermediate and advanced learners.

When will you do it?

Also, make sure to include daily listening reviews of past content via the Listen-to-Review Technique.

Pair reviews with light tasks, like cleaning or dog-walking. Avoid tasks that need your full attention.





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HOW - Experiment with different modes of listening and/or reading at the same time.

Choose the strategies that best suit your current level of proficiency:

1. Listen while reading: Read the transcript or text in your target language while simultaneously listening to the audio.
2. Listen and compare: Follow along with the written transcript in your target language while listening to the audio. Compare the target language text with the translation in your native language.
3. Listen without reading: Once you're comfortable, challenge yourself to listen without reading the text.

You can also try different language combinations:

1. *Listen to the audio in your target language while reading the corresponding text in the same language.*
2. *Listen to the audio in your target language while reading the English translation of the text.*
3. *Listen to the audio of the English translation while reading the corresponding text in your target language.*
4. *Simply listen to the audio in your target language without reading any text.*

Which strategies will you use? Write them down:

Remember, the goal is to gradually progress from listening while reading to eventually listening without relying on written text.





BUILD YOUR LISTENING COMPREHENSION MACHINE

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Daily Practice

Commit to spending at least 15-30 minutes every day on your listening routine.

Make it a non-negotiable part of your language learning schedule.

What time will you dedicate to this practice daily?

Tip: Remember, the goal of your listening practice is not to perform or test your understanding but to immerse yourself in the language and improve your listening comprehension over time. Trust the process, stay consistent, and enjoy the journey of developing your Listening Comprehension Machine.





BUILD YOUR LISTENING COMPREHENSION MACHINE

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Homework

Post your WWH in the comments and give someone else in the comment section some positive feedback!





DON'T MEMORIZE, FAMILIARIZE!

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Review

Can you recall what we mean by “chunks of meaning”?

Write down your understanding:





DON'T MEMORIZE, FAMILIARIZE!

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Vocabulary Exploration Journey

Your first task is about immersing yourself in comprehensible and interesting content. Follow these steps:

1. Circle or underline any words or expressions that you find interesting or useful in your coursebook or chosen resource.
2. Focus on “chunks of meaning”—short phrases or language fragments.

e.g. *Vale la pena* = It's worth it

Write down three chunks you're currently learning:

1:

2:

3:





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Vocabulary Review and Application

1. Integrate the Smart Review of previously discovered vocabulary into your daily routine.

e.g. *Vale la pena*

2. Create two new sentences using each stored language fragment.

e.g. *Vale la pena* aprender un idioma | It's worth it to learn a language:

3. Share these sentences with a friend, language partner, or teacher in meaningful communication.

Tip: *Engage in conversations and interactions with native speakers whenever possible. The usage of new words or phrases in actual communication reinforces their meaning and makes them more memorable.*





**DON'T MEMORIZE,
FAMILIARIZE!**

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Homework

Post a complete sentence using your sentence fragment in the comments! Please post the English translation as well, so we can join in on the fun :)





EMBRACE CHANGE. START A REVOLUTION!

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Review

Do you remember what a growth mindset is and how it can transform your language learning journey?

Write down your understanding of the concept.





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Overcoming Your Language Learning Fears

In this task, you're going to identify and challenge our limiting beliefs and fears about language learning. Remember: there's no such thing as a "language gene" or being "too old" to learn a language. These are just beliefs, not truths.

1. Find a quiet and comfortable space free from distractions. Take out a pen/pencil and paper, or open your language learning journal.
2. Write down this heading: "My Limiting Beliefs and Fears in Language Learning."
3. Think about your beliefs and fears.

These might be thoughts like "I'm not talented enough to learn a language," or "I'm afraid of making mistakes."

Write them down as they come to mind.

Write down a list of your limiting beliefs and fears:





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4. Reflect on each belief or fear.

How do they hold you back?

How do they affect your motivation and confidence?





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Facing Your Fears

Now, challenge your beliefs and fears.

1. Refer back to the chapter about embracing a growth mindset and the stories shared by Francesca and others.

2. For each limiting belief and fear you wrote down, ask yourself: “Is this belief/fear serving me?

How can I reframe this belief/fear into a more empowering and growth-oriented perspective?”

3. Write down new, empowering statements that counteract each limiting belief or fear.

For example, if you wrote “I’m not talented enough to learn a language,” you might reframe it as “I have the ability to learn a language with dedication and consistent effort.”

Write down your new, empowering statements:





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Tip: Set a monthly reminder to review your limiting beliefs and fears. Track your progress, note changes in your mindset, and reinforce your commitment to growth. Share your breakthroughs with the rest of the language gang by leaving comments in the comment section. Remember: if you want to go fast, go alone. If you want to go far, go together.





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Homework

Congratulations on making it to the end of the book and the course!

To finish in fashion, please post your old limiting belief and your new liberating truth in the comment section.

Good luck, language learner!

