

LESSON TRANSCRIPT

Inner Circle S1 #01

January 2014: Your New Year's Resolution Solution

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INTRO

Becky: Welcome to a special Inner Circle Audio Lesson! I'm Becky and I'll be hosting today's lesson with my co-host, the founder of Innovative Language... Peter!

Peter: Hi everyone! Peter here.

Becky: Why do most learners fail at their New Years Resolutions or language learning goals?

Peter: Today you'll learn the top 3 reasons why language goals fail, and what YOU can do to succeed with your resolution.

BODY

Peter: So January's almost over, but let me ask you a question Becky. Have you set a resolution for this year?

Becky: I was interested in learning Italian this year.. but I don't know... New Years Resolutions don't seem to work for me.

Peter: Really? I bet we can get to the core of it in today's Inner Circle Episode.

Becky: Well... it's almost like a joke nowadays. You set a resolution. You try to do it in January. And by February... there's no progress and doing it isn't fun anymore....

Peter: ...so you quit and put it off until next year, right?

Becky: That's right. Or... for someday in the future.. when I feel inspired to try Italian.

Peter: Sounds very familiar, don't you think so listeners? Even I failed resolution after resolution of trying learning Chinese. Then I figured out 3 reasons why 90% of learners... including myself... have failed.

Becky: So what's the problem with setting resolutions and why do we keep

failing?

Peter: Well first of all, regardless of what most people say, setting resolutions or goals, is a GOOD thing. You have to know where you're going and what you want to achieve, right?

Becky: That makes sense. Otherwise, we'd all be floating around aimlessly.

Peter: But with most resolutions... it's usually something like "I want to master Chinese" "I want to lose weight" "I want to be fluent in Japanese".

Becky: Those are the typical big goals most people set!

Peter: Exactly Becky. So based on these kind of goals, here are 3 reasons why 90% of New Years Resolutions fail.

Becky: So what's the first reason?

Peter: First reason, Resolutions fail because they are are unspecific and unmeasurable.

Becky: What do you mean by that?

Peter: Take a goal like..."I want to master Chinese this year." The problem is... that's a very vague goal, right? What do you mean by master? And can you measure how much progress you need to "master" the language?

Becky: Well... no, you're right. It doesn't tell me anything about how much Chinese I should study.

Peter: The second reason is... New Year's Resolutions fail because they are unrealistic.

Becky: But isn't it good to set huge goals? You know, aim for the stars?

Peter: Oh, it's not bad to want to go far... but if you say "I want to be fluent by September" and you just started learning a language

today?

Becky: Sounds like I'd be setting myself up to fail from the start.

Peter: It's NOT impossible Becky, but are you ready to commit yourself to nothing but language-learning? 6 to 8 hours a day, non-stop?

Becky: I don't think that's possible for me or for most busy learners. Okay! What's the third reason?

Peter: The third one is... resolutions fail because, there is no action plan. The problem is... you will still fail even with a specific

OUTRO

Becky: Okay, well that's going to do it for this Innovative Language Inner Circle lesson!

Peter: Bye everyone!

Becky: Thanks for listening, and we'll see you in February.

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