

MEMBERS ONLY

FEBRUARY

INNER  CIRCLE

02

THIS MONTH
ADJUST YOUR ROUTINES
SO YOU DON'T FAIL YOUR
LANGUAGE GOALS >

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Welcome to the tipping point. This is where



Welcome back!

Last month, you learned about setting measurable, specific and realistic goals with an action plan. Then, we asked you to set your monthly goal. Chances are, you're well aware of how easy it is to set goals. But sitting down day after day to improve your language is easier said than done.

Welcome to the tipping point. This is where 80% of new language learners fail.

What happens? Life gets in the way. And by life, I mean...coming home tired from work, school work, being interrupted by family members, watching TV, and so on. Suddenly your goal gets pushed back and you revert to your old ways.

And learning language with your newly set goal?

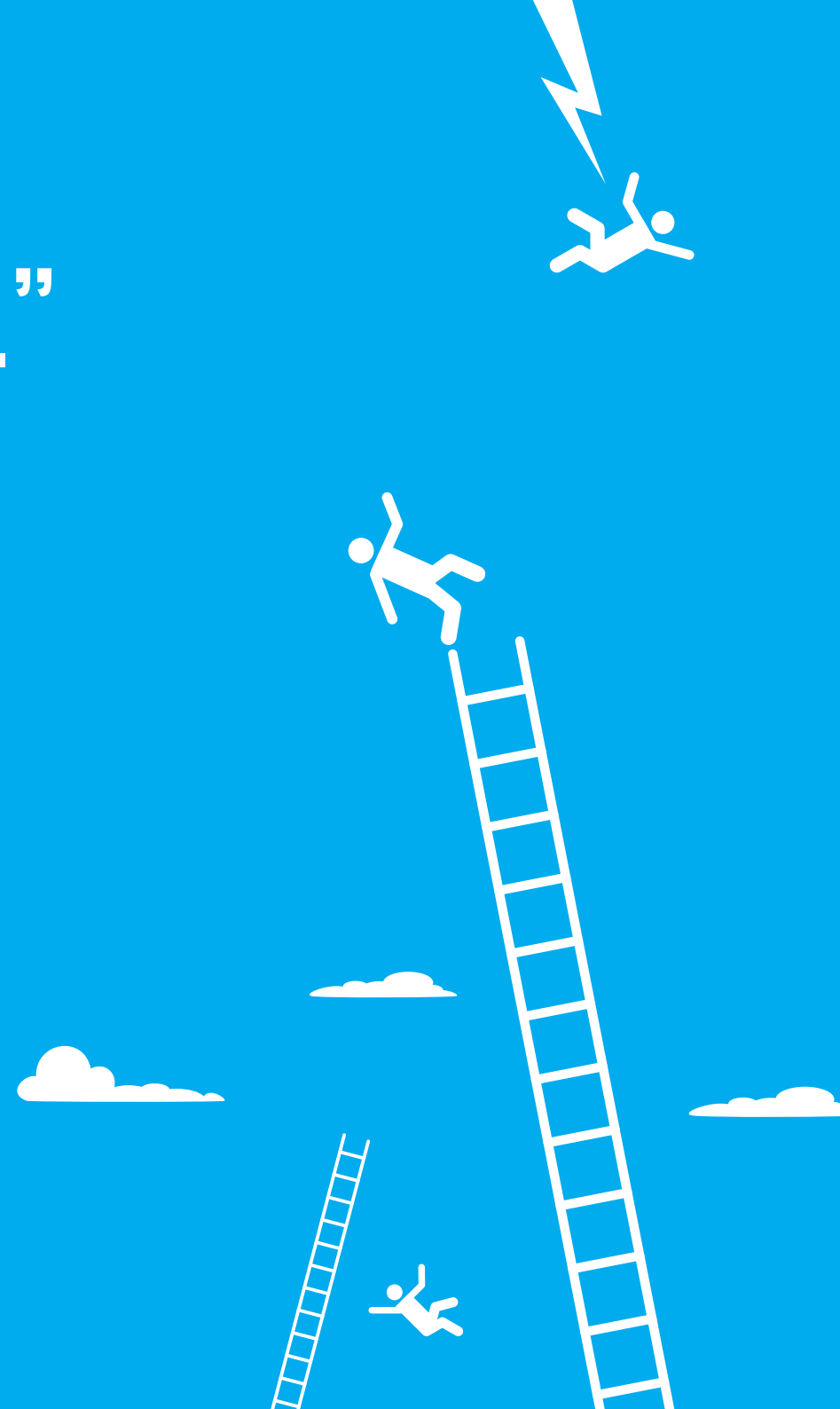
“I guess it’s not for me.”

FAILED LANGUAGE LEARNER, FEB 2014

**“Maybe the goal I set
was too unrealistic.”**

FAILED LANGUAGE LEARNER, FEB 2014

So, does that mean that your goal is unrealistic? No.





THE GOAL ISN'T THE PROBLEM

Most Learners Fail And Quit Because They Think Their Goal Is The Problem

Or they believe they just simply can't do it. If you've followed through with last month's task, your goal should be **very realistic**.

But, I know what it's like. **It's easier said than done and I almost failed too.**

My February goal was to get up to 3 minutes of Italian conversation. **Sounds very realistic, right?** At the very least, I just needed to memorize enough basic phrases to last three minutes. And with a whole month of February, an Italian Skype tutor, ItalianPod101 lessons and a textbook in hand, it seemed totally doable.

IT'S ALL HERE. SO, WHAT WENT WRONG? >

2

IDENTIFY YOUR CURRENT ROUTINES

And Spot The Issues

Your day consists of routines and habits. And these routines dictate whether you'll succeed or fail at the goal you've set. So, I was planning on taking Skype lessons at 11 PM.

How'd those lessons go? In the beginning, they were a disaster. My Italian tutor assessed me in the lowest possible category for everything! Why?

My daily routines weren't matching my goals. Let me explain:

Usually, I come home around 8 PM and eat dinner. The family is asleep by 9 PM

so I surf the Internet or watch TV until midnight. This is my typical nightly routine. So, it makes sense to sacrifice the non-productive TV and Internet time for some Italian, right?

I thought so too. Until some high-priority emails came in. And then a relative called. And of course, I wanted to check Facebook. By the time I was done, it was 11:02 PM and my Skype tutor was waiting for me.

As you can tell, I didn't prepare anything she asked of me. I had nothing to say to her in Italian.

My routines of watching TV, checking email, checking my phone, and so on, in no way contributed to my simple three-minute goal.

So, identify your daily routines and the issues that are stopping you from learning.

For me?

- Checking my phone and email after 9 PM.
- Surfing the Internet and watching TV after 9 PM.
- Hanging out in the living room with the TV and other distractions.

3

MATCH YOUR ROUTINES TO YOUR GOALS

Remember, Your Routines Dictate Whether You'll Succeed Or Fail At The Goal You've Set

Remember, your routines dictate whether you'll succeed or fail at the goal you've set.

In order to meet your goals, you must match your routines to your goals. Here's an example that's completely unrelated to languages but carries the same point.

You're looking to lose weight this month but you're used to eating fatty food at lunch with friends or co-workers. On top of that, you don't have the time to make a healthy lunch the night before because you

come home tired and prefer to watch TV 'til midnight. And you're coming home tired because you haven't had the proper sleep the previous night.

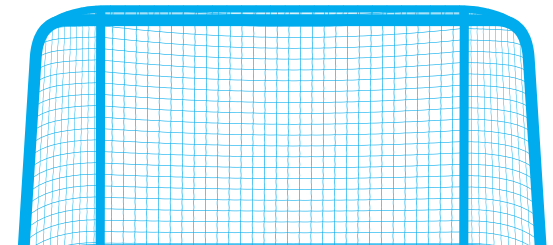
There are several routines here working against you:

- Eating with co-workers or friends that prefer fatty food.
- Not having the time to make lunch the night before. Why?
- Because you're not sleeping enough and are perpetually too tired at night to actually make the time to prepare lunch.

- And of course, watching TV 'til midnight and thus not getting enough sleep.

Clearly, there are a number of routines working against you in the example above.

Though, now that you know the issues, you can begin adjusting your routines to match your goal.



Here's what I did to be able to reach my 3-minute Italian conversation goal.

These changes are simple but completely change my nights into more productive study sessions.

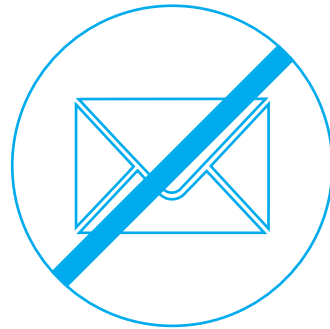


ISSUE

CHECKING MY PHONE AND EMAIL AFTER 9 PM.

SOLUTION

SIMPLY TURNED THE PHONE OFF. THAT'S A WORLD OF DISTRACTION GONE.



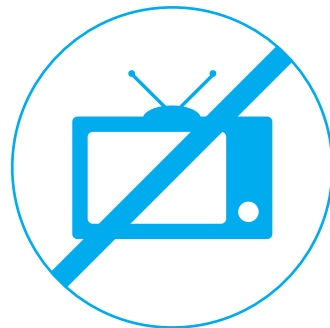
ISSUE

HANGING OUT IN THE LIVING ROOM WITH THE TV AND OTHER DISTRACTIONS.

SOLUTION

LEAVE THE LIVING ROOM AND STUDY IN THE KITCHEN. NO TV AND NO DISTRACTIONS.

Also, i made sure my wife knew that I'd be unavailable until the lesson was over.



Once I was able to free up my time from these bad routines, it was a lot easier to open the Italian textbook and prepare for my 11 PM lessons at 9 PM. I reached my three-minute goal, but not without the initial failures caused by bad routines.

There are always several bad routines perpetuating each other and creating other bad routines that work against you.

FOR EXAMPLE >



If you're having problems with your monthly goal, I've provided a Daily Routine Tracksheet on the next page. This will help you to assess your own situation, spot your issues, and adjust them. On the next page, fill out the tracksheet with the following:

- > Identify your current routines to spot the issues
- > Adjust and match your routines to your goals
- > And remember to set your March Monthly Goal.

My goal for March 31st? I'll be aiming to speak 5 minutes of Italian conversation and will continue to optimize my current routines.

Let me know what your next goal is and what issues you faced with your previous goal. **Send me an email at:** inner.circle@innovativelanguage.com

To your fluency,
Peter Galante
Founder, InnovativeLanguage.com

Assess your own situation, spot your issues, and adjust them.

Email me here:

INNER.CIRCLE@INNOVATIVELANGUAGE.COM



DAILY ROUTINE TRACKSHEET

GOALS SET YOUR TARGET, ROUTINES TAKE YOU THERE

MY CURRENT MONTHLY GOAL IS:

1. IDENTIFY YOUR CURRENT ROUTINES TO SPOT THE ISSUES:

What parts of your daily routine prevent you from reaching your goal?

EXAMPLE

1. Not having the energy to study because of lack of sleep.
2. Checking phone and email after 9 PM.
3. Surfing the Internet and watching TV after 9 PM. (Possibly because you're too tired to do anything else.)

2. ADJUST AND MATCH YOUR ROUTINES TO YOUR GOALS:

EXAMPLE

1. Going to sleep early the night before.
2. Shutting the phone off.
3. Get enough sleep.
Move to a room that doesn't have distractions like the TV and Internet.