

MEMBERS ONLY

APRIL

INNER  CIRCLE

04

THIS MONTH
HOW TO ACHIEVE YOUR
LANGUAGE GOAL WHEN YOUR
MOTIVATION IS LOW >

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Motivation doesn't always last.

SO, HOW DO YOU ACHIEVE YOUR LANGUAGE GOALS WHEN YOUR MOTIVATION IS LOW?

Welcome back!

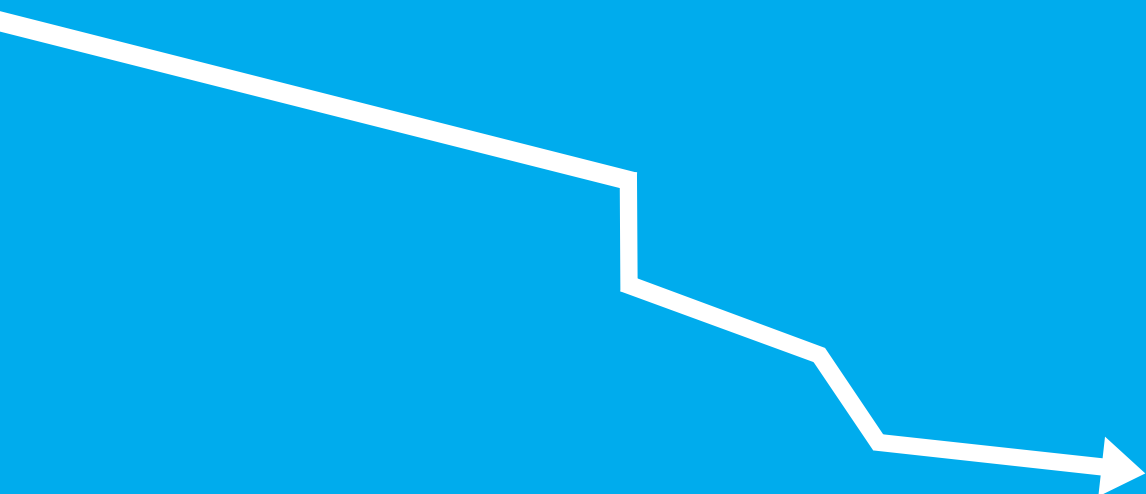
Last month, I gave you 3 key ways to stay motivated to accomplish your language goals. Then my e-mail inbox overflowed. It was amazing to see just how many of you wanted to know more about motivation.

And many Inner Circle Members hit on a crucial point: **motivation doesn't always last.**

So, how do you achieve your language goals when your motivation is low?

And more importantly, how do you get it back?

This is the topic of April's Inner Circle. I've faced this issue since the day I first started learning languages. And it happened this month too.



No insane progress. My motivation slipped. So, what happened?

See, my March goal was to reach 5 minutes, which I doubled to 10 minutes of Italian conversation. My motivation was running high for the 3 key reasons I talked about last time.

For April, I wanted to hit **18 minutes** but barely reached my **14-minute minimal goal**.

No insane progress. My motivation slipped.
So, what happened this month?



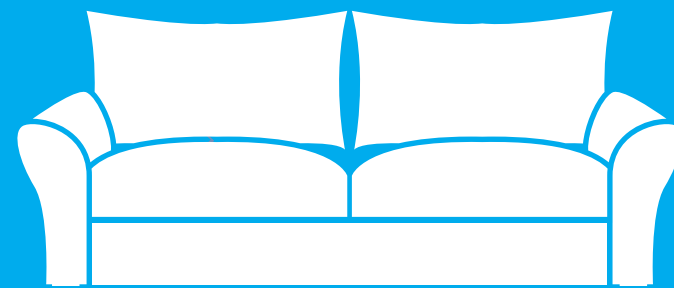
Here's my story. Simply put, when you compare watching basketball on TV to cracking open an Italian textbook, one is A LOT more appealing. At least for me. So, one Monday, I took the night off and cancelled a lesson. What's one day, right? Of course, that led me to canceling three more lessons. And skipping lessons meant my progress slowed down, and worse, plummeted.

So I did less Italian practice, and you can easily understand why I started to forget a lot of vocabulary. An obvious loss of progress is really de-motivating, especially when someone says it to your face.

My tutor wasn't happy.

She wasn't happy with my Italian homework nor with my last-minute cancellations. In fact, **she charged me \$90, double the lesson price**, as a penalty we had agreed upon earlier. I'll tell you why this is so important for motivation later. But, this isn't all bad news.

I took the night off and cancelled a lesson. What's one day, right?



I reached the 14 minutes of Italian conversation goal despite bottoming out this April.

Here's how you achieve your goals when your motivation is low.

I used these tactics for learning Japanese, Chinese... And forgot
about them when i started learning italian this year.

Until now, that is.

1

FIND A WAY TO
ENJOY LEARNING

2

YOU MUST
SEE YOUR PROGRESS

3

YOU MUST HAVE
SOMETHING TO LOSE

4

DO IT REGARDLESS OF
HOW YOU FEEL

SO, AFTER BOTTOMING OUT...

**HERE'S HOW I APPLIED THESE
4 TACTICS TO KEEP GOING.**



1

FIND A WAY TO ENJOY LEARNING

“The easiest way to keep going is to enjoy what you do.”

When it comes to enjoyment, the harsh truth is that if I’m choosing between basketball on TV or Italian studies, basketball wins. **So, this is where my tutor comes in.** And this is what I meant in last month’s Inner Circle about having a great tutor that caters to your interests.

She was flexible enough to switch our lessons and conversations over to sports. So, we used sports-related ItalianPod101 lessons and talked about basketball. It’s something I love talking about with my friends in English, **so why not in Italian?**

Ask yourself:

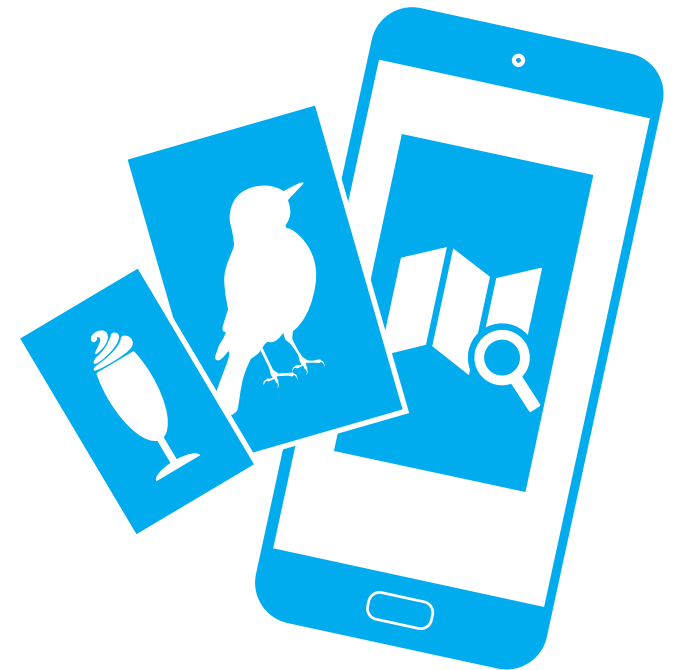
- What interests you?
- What do you regularly like talking about?

Base your learning around your

interests. If you can talk about things that you enjoy, you’ll enjoy learning about them in your target language and increase your motivation.

Quick solutions to this issue:

- *Search* through our lesson library for lessons based on your interests
- *Use the Custom Word List App* to create your word lists based on your interests.



The Custom Word List App is located in the “Resources” menu on our site.

2

YOU MUST SEE YOUR PROGRESS

“There’s nothing more motivating than seeing progress.”

I’ll let you in on a hint about how this works. My tutor writes feedback about my progress after every lesson. In January, I was failing every single aspect: speaking, reading, writing, etc. March’s feedback was stellar and we maintained conversations without using a dictionary. April? I was mis-conjugating verbs and forgetting words I learned days before. Awful.

However, seeing that progress, the good and the bad, helped push me through. Why?

- January’s awful feedback fueled my motivation to improve
- In February, I was improving as I settled into my routine
- March’s feedback was amazing since I was up to 10-minute conversations

The awful January feedback gave me that boost of motivation to improve. Then, reviewing February and March’s positive reports brought back motivation when I hit rock bottom this past month. I re-read these good and bad progress reports to get motivated again.

So, how can you see your progress?

- *Use the Dashboard* on our site to measure how many lessons you’ve mastered. There’s a progress bar that shows the completion percentage of every series you’re studying
- *Use the Spaced Repetition* Flashcards which will measure your progress for you and test you on the words you don’t know well enough
- *Get feedback from a tutor* or a native speaker. For example, if you’re leaving comments on our lessons, our instructors will respond with corrections

3

YOU MUST HAVE SOMETHING TO LOSE

“It hurts a lot more to lose \$10 than to gain \$10.”

Remember that \$90 I had to pay for the missed lessons? This was an agreement my tutor and I made that actually slipped my mind. If I were to miss a lesson, I'd have to pay double.

Why is it so important?

According to psychology studies, avoiding loss is a powerful motivator. In fact, it hurts a lot more to lose \$10 than to gain \$10. So, when I was billed twice the amount for my missed lessons, that hurt. And when my tutor joked about me forgetting our agreement, that hurt.

I never cancelled a lesson again and stayed on top of my studies.

Don't worry, this is one step you've already taken care of.

Investing something, whether it's time or money, keeps you motivated to continue. You put value in and you want to get value back. Since you've already invested in language learning and are consistently studying with us, you've covered this rule.



4

DO IT REGARDLESS OF HOW YOU FEEL

“This is the one quality every successful language learner has.”

And this is the one rule that gave me most of my language progress and it'll do the same for you. And here's why.

- › Some days, you're going to feel tired
- › Some days, your mind will be elsewhere
- › And on some days, life will just get in the way

Work. School. Errands. It all happens.

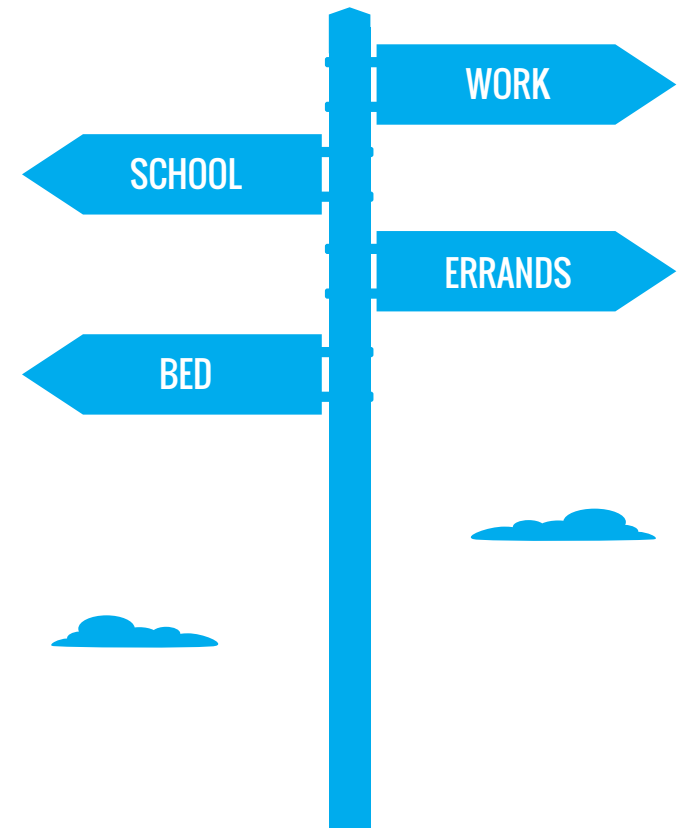
Do it anyway. Learn language regardless of how you feel. While you can't "feel motivated" every day, you can physically sit down and keep going.

Similarly, if you "feel" you just can't run a mile, you can physically put one foot in front of the other and start taking steps.

So, do it regardless of how you feel.

Every successful language learner has this quality; they keep going regardless of how they feel. And the best thing about these hard times is that they're the ones you really remember.

You always remember the toughest days when you are trying to reach your goal.



What's my May Goal? I didn't hit 18 minutes like I wanted to, so that'll be the goal for May. Just 4 minutes above my current time of 14 minutes of Italian conversation.

And remember to set your May Monthly Goal. I want to hear about your next goal. Remember to keep it specific, realistic and measurable and have a deadline.

I'd also like to know – how do you keep yourself going when you're low on motivation? Tell me your stories, strategies and tactics as to how you stay dedicated. Have you dealt successfully or unsuccessfully with motivational issues in the past?

Send me an email at:
inner.circle@innovativelanguage.com.

To your fluency,
Peter Galante
Founder, InnovativeLanguage.com

How do you keep yourself going when you're low on motivation?

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