



3 Secrets (*that aren't that secret*) to help you learn English.

Links mentioned:

[The 3 secrets of adult language learners.](#) (Podcast).

[You cannot manage time](#) - Youtube John Maxwell.

[Time flies!](#) - Blog post by John Maxwell.

Secret One: People often give up too soon because they're uncomfortable with not being able to express themselves well in a new language

Secret Two: Consistency is key - even studying for 5-20 minutes regularly can make a significant difference

Secret Three: Focus on activities that directly contribute to your language learning goals to stay motivated and make progress

To help push you forward:

- Maintain your vision and motivation, especially during challenging times in your language learning journey. **Activity:** write down the reasons why you decided to make this big move in the first place. What do you want to see happen in your life? Keep your vision front and centre! (Don't forget it!)
- Manage your priorities to make time for consistent language practice, even with a busy schedule. **Activity:** Before going to bed, try thinking about the things you did today. How many activities were helping you practice English and move towards your CELPIP goals? Remember: little but regular pockets of study and practice build up over time!
- Talk with native English speakers more often than you are right now. Can you make it your goal to have one conversation a day with a native English speaker?

- Look for opportunities to switch your regular activities to English, rather than adding more to your schedule!