



FRAMEWORK TO FLUENCY
"MASTER" PLAN

**HOW TO
MASTER**

ANY LANGUAGE

STEP

BY

STEP



WELCOME!

Language learners are plentiful. Successful language learners are few. In my experience, there are 6 crucial stages to the language learning process. These stages do not stand alone. In fact, you will most often be working within more than one stage at a time. When your progress slows, you may even find yourself revisiting stages that you had previously seen to completion.

But you see, learning a language is never actually “complete,” not even in the case of our native tongue. It is this truth that makes language both intriguing, as well as potentially overwhelming.

With this guide, it is my goal to remove the overwhelm and allow you to visualize the process that nearly every successful language learner goes through, at least in some way, shape, or form. In doing so, my hope is that you will be able to spot your strengths, your weaknesses, and ask yourself the right questions to discover your own motivations and style of learning.

Best wishes for you during this thrilling journey!

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FRAMEWORK TO FLUENCY
"MASTER" PLAN

**6. Refinement
& Retention**

5. Exchanges

4. Tools

3. Systems

2. Accountability

1. Mindset



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STAGE 1: MINDSET

Determine your reason for learning the language. Is this important enough to you to put in the work required? If so, proceed with the next steps.

- **Based on your reason, set a large goal (i.e. - Within 18 months, I would like to be able to confidently converse with my family and friends in this language about everyday topics).**
- **Once your large goal is set, create smaller S.M.A.R.T. goals that are specific, measurable, achievable, realistic, and timebound. An example of a S.M.A.R.T. goal is, “In 2 months time I would like to be able to have a brief conversation with my Spanish-speaking grandparents about my kids, work, and future plans.”**
- **Think about current and future roadblocks to your success. Write them down along with a possible solution. An example of a roadblock is, “I may not have what it takes to learn a language.” Possible solution: “I will find others with similar circumstances as mine (i.e. mothers, full-time workers) who have accomplished what I want to accomplish and look to them for inspiration. I will also remember times when I have lacked confidence in the past, but I DID accomplish what I set out to do. Language learning is an acquired skill, like any other, and will not be different for me.”**



STAGE 2:

ACCOUNTABILITY



Understand that after the newness of learning a language wears off, it often becomes hard to continue. Therefore, you need to establish some accountability.

- **Make a commitment to document your progress and determine how often you would like to do so. Daily journaling is a great habit to establish. Write every day about what you're planning on doing with your language that day and what you accomplished.**
- **Determine if you would like to make your journey public for added accountability. You can get supportive family and friends involved and/or use social media.**
- **Recording yourself is a powerful way to stay accountable. Why not make a recorded video of yourself speaking the language each month (or at the interval that you've chosen) and keep them to yourself or share with your support team?**



STAGE 3: SYSTEMS

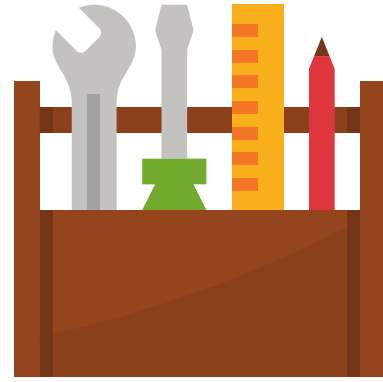


Now that your S.M.A.R.T. goals are in place and you know you'll stay accountable, it's time to create systems (daily learning habits) to accomplish your goals.

- **Will you break different aspects of your learning into different segments throughout your day or will you block off one chunk of time?**
- **Consider your schedule. How much time can you reasonably spend studying the language each day and when will you do your studying? Remember that studying a bit each day is much better than cramming your sessions into only a few days per week.**
- **An example of a daily habit that could form part of your system is reading out loud daily for 10 minutes right after your morning coffee and before getting dressed. This specific and deliberate action will eventually turn into a habit and help you towards your goals of speaking fluency, increased vocabulary, etc...**



STAGE 4: TOOLS (RESOURCES)



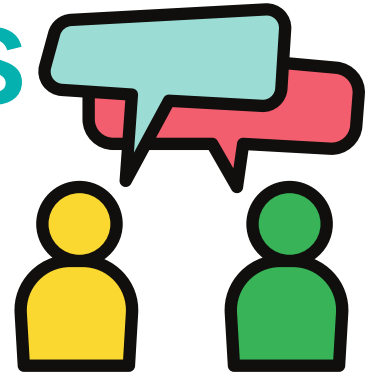
Going back to your goals and your preferred methods of study that you determined in Stages 1 and 3, begin to choose your tools/resources.

- How do you enjoy consuming information? Do you like videos, reading, textbooks, audio-learning, such as through podcasts? The way in which you enjoy learning in your native language may transfer into your target language. Choose your tools accordingly.
- Do your main goals revolve mostly around speaking and understanding or reading and writing? Choose your tools accordingly.
- What resources will you use outside of your structured learning time? This is a good time to select Netflix series, movies, YouTube videos, and music, for example.

Ultimately, your personalized study plan will be a combination of your systems and tools working in harmony with a proper mindset and consistency (accountability).



STAGE 5: EXCHANGES (CONVERSATIONS)



Unless your only goal is to be able to read or write a language, then you must speak with people in order to learn it well.

- **Determine who you would like to speak to. If you have family or friends who speak the language, you can start there.**
- **Another popular option is to find an online (or in-person) language exchange partner, tutor, or teacher. It's not necessary to have a professional teacher during the exchange stage. Your main goal is to practice speaking.**
- **In addition to practicing your speaking, don't neglect your at-home study plan during this time.**



STAGE 6: REFINEMENT & RETENTION



At this point, you can speak the language pretty confidently. Congratulations! The refinement portion of this last stage is optional. But in any case, retaining what you've learned is crucial.

- **If you wish to refine your language, you will now turn your attention to a more grammar-focused learning style.**
- **You may wish to use grammar books and/or a professional teacher at this point.**
- **Whereas your focus up to now has been on effective input and general speaking practice, you will now want to be open to more error correction from your teacher, both in spoken and written word.**
- **If you haven't had the chance to do so yet, you may consider spending time abroad in a country where your language is spoken to absorb more of the language in a completely immersive environment.**
- **If you are going to move on to learning another language or anticipate not being in a situation in which you are naturally obliged to use your language daily, then you'll determine a new system to retain the language that you've learned.**



Framework to Fluency

LET'S KEEP IN TOUCH!


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