

# How to self-learn a language

## GETTING STARTED CHECKLIST

- ✓ Read the language study guide
- Define your language learning goal
- Divide the goal into actionable steps
- Choose tiny habits to move you along
- Find a coach to keep you accountable



## My language learning goal is:

Make it specific, meaningful and challenging. Ex.: Speak about crocheting in Japanese at TEDx Tokyo

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## The next 3 steps to reach my goal are:

Ex.: Learn the 100 most common words related to crocheting; Listen to the 10 most popular TED talks in Japanese; Write a powerful introduction to my speech and share it with my native friends

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## I'll start with the following two study habits:

Ex.: After I turn on the kettle in the morning, I will watch a TED talk.; "After I start the dishwasher, I will read two headlines in a Japanese crocheting magazine."

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## I have a study coach to motivate me to do my best:

Ex.: Japanese tutor Chikako at LinguaLift, Language exchange partner Shoko

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