Fearlessly FLUENT FOREVER

How to Learn Any Language *Fast* in Months and Never Forget It

MARA LERNER

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to this heart."

Nelson Mandela

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Foreword:

With **Fearlessly Fluent Forever**, you can accomplish your language goals without any hesitations. I provide an effortless and comprehensive step-by-step approach for mastering any language! Don't be fooled into believing that learning a foreign language is an insurmountable, high-cost or time-consuming endeavor - with the right tools and techniques, it's entirely achievable.

Within this book, you'll find **The FLM Method (Fast Language Mastery)**. An adjustable, comprehensive, straightforward guide to mastering a language that is sure to deliver results. Furthermore, I will give you a comprehensive breakdown on the quickest and most effective methods to learn any language with an approach adapted to fit whatever amount of time is available for commitment. I'll walk you through several of the incredible, transformative experiences that were only made possible through my dedication to mastering foreign languages. Soon you will understand why I consider learning another language to be the best decision of my life.

By deciding to read this book, you have made an amazing choice that will bring you a plethora of opportunities.

Making the right decision now could save you hundreds, maybe even thousands of dollars, along with countless months or years of wasted time. Once you've read this book, you'll be equipped with everything necessary to excel in language learning. The best thing about this book is that it does not focus on one specific language, but rather provides a universal approach to learning any language. Therefore, the method and techniques learned can be applied to mastering German just as well as they could for Italian! By reading this book, you'll soon experience firsthand the

gratification of language learning as a fun, fast and simple process - provided that you follow the right path.

Finally, if there's one thing I need you to know, it's this:

If you commit to The FLM Method you **WILL** be able to confidently speak in the language of your dreams. Trust in the method, and most importantly believe in yourself. It’s possible and you can do this.

Table of Contents:

Shall We Get Started? 8
Introduction

How I Began Learning Languages 10
How I stumbled down the rabbit hole

Is It Possible to Become Fluent in a Language? 16
Anyone can learn a new language (and why not everyone does)

Your 'Why' of Learning a Language 17
Find your "why"

The Proper Mindset to Learn a Language 20

Debunking Myths 22

Having Clear Foreign Language Goals Maximizes Output 32
Setting realistic language learning goals and expectations

What is Fluency and How Fluent Do You Want To Be? 34

How Long Does It Take to Learn a New Language? 38
How long does fluency take?

How To Create a Language Learning Plan and Have a Routine 39
How to plan your learning activities

Adapting To Your Schedule 42
Progress in a foreign language should be measured in hours, not months or years

Studying vs. Learning: How We Acquire Languages 49

Learn Like a Baby, Master Like an Adult 54
The natural method reinvented

Subliminal Language Learning 59
Can you learn another language while you're sleeping?

The Formula 92

The FLM Method 95
The natural order of learning a language: The three stages

How Babies Learn - And How Adults Can Do It Faster 100
Adults can recreate how babies learn - but smarter and faster

The 4 Stages of Language Apps 103
Matching tools to how we learn

The Real Costs of Language Learning (and How to Save Money) 109

The FLM Method 111
Full App Breakdown

❏ **The Clicking Point** 145

How To Build a Daily Routine With These Apps 176
❏ Why It Works 182

Advanced Refinement Tools 186
Leveling up after fluency

❏ 10 Secrets For Reaching High Levels in a New Language 194

The 12 Most Common Mistakes Language Learners Make and How To Fix Them 199
Twelve common mistakes to avoid

Embrace Being Corrected as a Means of Progress 206

Review and Revision (Remembering What You've Learned) 207

Common Pitfalls (Preventative Things From Achieving Your Target Language) 208
Why people fail & how to avoid the same fate!

❏ How Do I Stay Disciplined? 221
❏ The Downdays 225
❏ Common Language Learning Challenges 227
❏ Dealing with Performance Anxiety 232

How To Stop Procrastinating 234

Is It Possible To Learn Two or More Languages at the Same Time? 240
Hyperpolyglot: When one is just not enough

Taking Tests and Getting Certificates 246
Should I get a certification that proves I speak the language?

Ten Common Questions 261

Go Forth 267
The long game

Chapter 1 - Shall We Get Started?

Welcome to Fearlessly Fluent Forever.

This book has been a long-time dream of mine, and I'm finally ready to share it with the world. For aspiring language learners such as ourselves, the journey to fluency can be confusing and uncertain at first. It's almost like navigating a maze. To make progress, you must consistently choose the right path and take action in the right direction; otherwise, you risk hitting a roadblock. Without proper instruction, the likelihood of veering off course when you initially try to teach yourself a language is highly probable. If you're studying a language that is widely spoken and has abundant resources, your choices become nearly limitless! With so many great options to choose from, you can purchase a dictionary, take language classes, invest in an expensive program, experience living abroad or even find yourself a penpal - the possibilities for learning a new language are endless! With the multitude of options out there, it's overwhelming to determine which methods are proven and successful, what is a total waste of your hard-earned money, how best to utilize those various programs, and in what order you should use them.

In the early stages, doubt has a tendency to fill your mind with uncertainty. It’s a highly unfair combination. On one hand, it can be a challenge to not know whether you're taking on a language with the correct approach. On the contrary, you may still be plagued with doubt that maybe languages simply aren't your forte and mastering one could very well feel like an insurmountable task.

This is the underlying reason that I decided to write this book. I want to share with you what I believe is one of the most effective ways to learn any new language and remove any uncertainty that

may be lingering in your mind. By reading this book, you'll discover that it's not as difficult nor time consuming as you may have thought. You don't need to spend years abroad or drain your wallet either and most importantly - learning should never feel dull or tedious. You can acquire any language of your choice in as little as six to twelve months - with minimal time investment each day and still have loads of fun throughout the process!

I wish this book had been available to me when I first began my language learning journey - it would have made a world of difference! Had I had the opportunity to read such an invaluable book all those years ago, I would have been able to save a great deal of money, time and frustration in my language learning journey. After realizing this, I feel a strong desire to share the invaluable knowledge I've gained from my experiences over the past few years. After all, language learning is a skill like any other – the only way to become proficient at it is through trial-and-error, by recognizing your mistakes and making sure you don't repeat them. Therefore by proxy of this book, you won't have to make the same mistakes I made at the beginning that cost me a lot of time and money. You get a head start. You can begin mastering a foreign language as if you have already experienced long-term success studying it.

After having encountered numerous struggles while mastering several languages, I have gained the assurance that any language of my choosing is within reach as long as I employ The FLM Method. All it takes is a bit of time.

I want to pass on that same confidence to you.

It's time to go from merely daydreaming about learning a new language, and start dreaming in it instead!

Chapter 2 - How I Began Learning Languages

I currently speak two languages. Both of which I taught myself from scratch. The languages I currently speak are **Brazilian Portuguese** and **Norwegian**. And I intend to learn a few more languages that are on my bucket list. I was not raised with any of these languages besides English. All the others I learned as an adult.

I am not a genius. I am not talented. I am not linguistically inclined. Anyone could do what I've done. In fact, based on the information in this book, I am certain that if they wanted to, they could accomplish it much more quickly.

I, like many people, used to believe that I was bad at learning languages and it wasn't something I could do well. I had the common "learning French in Junior High school" experience. Meaning, by the end of several years of study I could barely construct a sentence. In addition, my accent was not very good and my grades were below average. If you think that your doubts about learning a new language come from negative experiences you had with learning a foreign language in school, I want to address that right away. The way they teach foreign languages in most schools is incorrect. They go against the natural order of things. They start off with memorization of vocabulary and grammar rules, as well as grading, which goes against how humans actually learn languages. If infants and children had to learn their mother language only by memorizing vocabulary lists, verb conjugations, and being graded on their ability to recall them, it would be impossible for anyone to speak any language.

The natural way to learn a language is very simple. There are three main steps. Input, Output, and Refinement but we'll go into each of these steps in great detail later.

If it wasn't related to school, what other possibilities are there? Could it be that growing up in a multilingual environment ignited my passion for learning new languages? Nope. Before beginning my journey to learn a new language, I only knew how to speak English.

So what was it then? What was that spark?

It was actually very simple.

Genuine interest.

It happened to come in a way that I'm glad to share it. I enjoy sharing this story as it helps to clarify how I am able to speak multiple languages. The fact that I have learned multiple languages was not a deliberate plan made by my younger self, and it does not make me a genius or mastermind. Rather that I'm simply a regular gal who happened to fall headfirst into the language rabbit hole.

The ENTIRE reason why I speak several languages, with a few more planned for the not too distant future, can be traced back to taking up a hobby.

Back in 2010, while I was working at my full-time job I was looking to take up a hobby. Not sure as to what kind of hobby to take, I was having a conversation with my mother and she made the suggestion to pick up a language, and I thought "That's a great idea, why not!" My mother thought it would be a fun idea for me to learn German only because her parents (my grandparents) spoke German around the house while my mom was growing up. Unfortunately, my grandparents didn't feel there was any point in raising their children in a bilingual household only because they were now living in Canada (an English speaking country). Nowadays, raising children in a bilingual or multilingual household is highly encouraged from the moment they are a newborn.

Luckily I found a German course through a community newsletter that offered all types of different night classes in different categories and German happened to be available. I took the course and immediately disliked the classroom setting. In fact, it felt like I was learning French back in my Elementary and Junior High school days. This course went on for three months and I literally couldn't speak a lick of German after taking the course. It was rather disappointing and somewhat discouraging but I didn't want to give up! I liked the idea of becoming bilingual one day and so I was determined to make that happen, it was just a matter of finding another way to learn a language.

I went to my local bookstore to see if there were any language books or language learning kits and they did offer a variety of textbooks that came with CD's. Keep in mind this was before language apps were available on mobile devices. I bought a few textbooks but still couldn't speak German in a conversational setting. It was super frustrating to the point where I actually gave up! Luckily enough in January 2011 my dad gave me a late Christmas present. As it turns out he got me a set of CD's called Pimsleur. I had never heard of Pimsleur before so I was really curious to see what kind of language program this was. My dad happened to be on the computer and saw a promotional ad on learning how to speak Spanish in 7 days. Immediately he thought of me knowing how frustrated I was learning German at the time and decided to purchase the set of CDs. He said if I didn't like it he could return it and get a refund. So I thought why not? I've tried learning a language in so many different ways. What do I have to lose?

As it turned out, IT WORKED! I was surprised that I was able to speak Spanish within those 7 days. Not only did this excite me but it encouraged me to not give up. The fact that there was a program online to get you speaking in the language from day one was important to me. From there, I ended up going to Pimsleur's website and saw that they offered over 50 languages. As nerdy as

this sounds, I felt like a little kid in a candy store! If this method got me speaking Spanish in seven days what other languages could I potentially learn to speak?

In 2014-2015 I ended up traveling abroad to Europe and Asia and was inspired by all the languages that were spoken around me. It was an amazing experience. Up until that point, I was a relatively sheltered Canadian when it came to different cultures. Me having that exposure to ideas, stories, lives, and history from outside of Canada fundamentally changed me.

So for the next few years I began to dabble and try different languages using the Pimsleur program. I didn't really have any specific reason as to which language I wanted to learn. I wasn't learning a language for a job nor was I moving to another country so I had to figure out and decide which language I would ultimately focus all my attention on.

After experimenting with learning how to speak different languages, I ultimately decided to focus my studies on **Norwegian** and **Brazilian Portuguese** for several reasons. For one, I love the sound of both languages. I was naturally drawn to Brazilian Portuguese because of the way the language sounds and feels when spoken. There is something deeply appealing about its rhythm and musical quality, which makes both listening and speaking an enjoyable experience. I also enjoy reading in Brazilian Portuguese, finding the language pleasant to follow and engaging to explore.

Norwegian also drew me in for its own reasons. Norwegian has a calm, melodic quality that feels both grounded and expressive, often described as a language that reflects the natural beauty and rhythm of the Nordic landscape. What makes it especially fascinating is how closely it’s connected to its neighboring languages — speakers of Norwegian can often understand Swedish and Danish with little difficulty, creating a unique sense

of linguistic unity across Scandinavia. While it's primarily spoken in Norway, Norwegian exists in two official written forms, Bokmål and Nynorsk, which adds an extra layer of cultural and historical depth. Despite being spoken by a relatively small population, its clarity, musical intonation, and strong regional identity make it a truly distinctive language.

I was extremely interested after completing several lessons of Norwegian and Brazilian Portuguese on Pimsleur. At first, the thought of learning multiple languages bounced around in my head in a silly, non-serious way. Speaking Brazilian Portuguese and Norwegian seemed like a completely realistic task to achieve. It helped when I found out that Brazilian Portuguese and Norwegian is considered some of the easiest languages in the world for English speakers to learn. Not only that, Brazilian Portuguese is spoken by over 200 million people, while Norwegian is spoken by around 5 million people, primarily in Norway. Little by little, the silly idea to learn Norwegian and Brazilian Portuguese eventually transformed into a "not so bad" idea, and finally into an idea that made sense.

You see, I always thought it'd be so convenient if I could have any new skill or language instantly programmed into my head. It'd be super easy to learn Norwegian and Brazilian Portuguese that way: just a push of a button, and bam — it's in my head. Unfortunately, the real world doesn't work like that. Yet, for someone like me, I have to say that I was determined. Despite my strong desire for instantaneous language success, I realized that I had time on my side. One day I'll wake up, and instead of being twenty-one, I'll be thirty-five, and that day will come sooner than I expect. Nothing ever lasts, and time will pass regardless if I learn a language or not. I decided that I didn't want my future self to wake up empty-handed, thinking back to having all that time wasted. No, my future self should be multilingual, and she should definitely speak Brazilian Portuguese and Norwegian! So I made up my mind. I knew Brazilian Portuguese and Norwegian would be easy, and I

didn’t care because I was enthralled by the culture and in love with both languages. I figured if I put in thirty minutes to an hour of work daily, I’d eventually pick it up.

There you have it, the complete story behind why I became fascinated with learning different languages and why I currently speak the languages that I do. You can see that there was no master plan. I stumbled upon different languages by chance and made a choice to study one of them. After years of experimenting, I developed a method that worked well for me after going through numerous trials and errors. I have created a method that I am confident will help you achieve your desired outcome. Use this method to help you learn any language you desire. By using The FLM Method, you only need to dedicate a short amount of time each day, be consistent, make it enjoyable, and watch some great TV shows.

I understand that you may still have some doubts about learning a language. You may have doubts about whether it's truly possible to learn languages quickly and if this method will work for you, especially if you believe you lack the necessary skills or have heard different opinions from others. No need to worry; let's dispel any lingering doubts.

Chapter 3 - Is it Possible To Become Fluent in a Language?

Anyone Can Learn a New Language (and Why Not Everyone Does)

Yes! It's absolutely possible to become fluent in a language, but it requires dedication and persistence. Whether you're looking to pick up a language for personal or professional reasons, it's totally possible to become fluent in a new language faster than you might think. Depending on the language, it can take anywhere from 6-12 months or more of consistent practice to gain a conversational level of fluency. **It's important to note that learning a language does not have an end point, as one's proficiency can always be improved.**

So why don't more people stick with it? Many potential learners are put off by the effort that's required to learn, or the large amount of time and money they will have to invest in order to reach fluency. That doesn't mean that learning a language quickly isn't possible, however in this book, we'll discuss the ultimate guide to learning a language quickly and efficiently.

The key to success is having a clear plan of action and sticking to it. Make sure you set achievable goals, use the right resources, and practice regularly. Additionally, try to immerse yourself in the language as much as possible by reading books, watching movies and talking with native speakers. It's also important to be consistent and take advantage of any opportunities that come your way.

By following these tips in this book, it is possible to become conversationally fluent in a language within a year. With the right step-by-step approach, you'll be well on your way to becoming a proficient speaker.

Chapter 4 - Your 'Why' of Learning a Language

Find Your "Why"

It's important to have a deep understanding of **why** you want to learn a new language. You may have the best methods but without a "why" you won't be able to take **ACTION** on your goals. This will provide clarity and motivation during your journey.

STRONG MOTIVATION = STRONGER WILLPOWER

The "why" of language learning is multifaceted and can have different meanings for each individual. For some, turning to a foreign language may be a way to escape the mundane routines of day-to-day life, while others may see it as an opportunity to broaden their horizons and gain access to new cultures.

For many, the major draw of language learning comes from its job prospects. With an ever-globalizing world, having the ability to communicate with people from other backgrounds is becoming increasingly important and can give you a major edge when it comes to job opportunities. It can also help you develop entirely new skills that can be applied in both **professional** and **personal situations**.

You may be motivated by personal or professional reasons:

- You want to learn a new language for the sake of understanding other cultures.
- You may be interested in reading books or watching movies/TV shows in another language.
- You may travel abroad.
- You plan on moving to another country.
- You might want to expand your career prospects.
- You want to learn a language for career advancement.

- You want to increase your current income.
- You LOVE the way the language is spoken.
- You plan on learning a language as a hobby.
- You are simply trying to get a higher rank in CELF (A1, A2, etc.).
- You want to simply pass a class in school, even for Post-Secondary education purposes.
- You want to connect with extended family members and future in-laws.
- Potentially find love or communicate with a current and/or future romantic partner.
- Connect with millions of people and make new friends.

Whatever your motivation is, it's important that you have an awareness of why you are learning the language. This will help you to stay focused and motivated when it gets hard, which is inevitable at some point during your journey.

It's also important to build a strong foundation of motivation that can carry you through any obstacles. **This could be something as simple as setting up rewards for milestones achieved or creating a vision board of your goals.** Find something that works for you and use it to keep yourself motivated and on track.

Brain Dumping

Write down all you "**WHY's**" for learning a language. Then place that list somewhere where you can see it everyday as a constant reminder for your reason of learning your target language.

With the why firmly in place, we can now move onto the how. In chapter 15, we will look at the three main stages of language learning – input, output and refinement – as well as which resources are best for each stage. Stay tuned!

No matter the reasons for learning a language, it can be an incredibly rewarding experience. If you're looking to take on a new challenge or expand your skill set, then learning a language may just be the perfect opportunity! By understanding the why behind your language learning journey, you can stay motivated and make it to the end of your goal.

Chapter 5 - The Proper Mindset To Learn a Language

Believe It's Possible

The first step in learning any language quickly and efficiently is to believe that it's possible. There will be days when you feel discouraged, but having a positive mindset will help keep you motivated throughout the process.

Have a Strong Why

As I've mentioned earlier in Chapter 4, it's important to have a solid reason for learning the language. Whether it's for business, travel, or communication with family or friends, having a strong "why" will help keep you on track and motivated throughout your journey.

Are You Your Biggest Obstacle?

You may find yourself constantly questioning if learning a language is even possible for you. The truth is that anyone can learn a language as long as they have the right mindset and take the necessary steps. It's important to remember that it won't happen overnight; there will be challenges along the way but with enough motivation and dedication, fluency can be achieved in just 6-12 months.

If you find yourself getting discouraged or doubting your progress, take some time to reflect on why you began this journey in the first place and how far you have come since then. Remind yourself of your end goal and praise yourself for all the hard work

that you have done so far. Finally, set realistic goals that are achievable within a reasonable timeframe and stick to them.

Don't Try To Be Perfect, Just Get It Going

It's important to remember that no one is perfect. You may make mistakes here and there as you learn the language, but don't let them discourage you. Just keep going!

Learning a new language doesn't have to be a daunting process. With this knowledge in mind, it will be easier to stay motivated and focused throughout your language learning journey.

Here's a quick recap:

- Remember to keep your motivation up by setting rewards for milestones achieved and having a clear vision of the end goal.
- Don't listen to those who tell you that learning a language is too hard and don't be too ambitious when setting goals.
- Make sure you take the time to review your language goals and stay on track.
- Set realistic goals that are achievable within a reasonable timeframe.
- Trust the method you are using and stick with it.
- Create a plan before you begin.
- Study regularly and don't take too long of a break in between sessions.
- And don't be afraid to reach out for help when needed.

Chapter 6 - Debunking Myths

Before we continue, I want to clarify any myths that may be embedded into your subconscious. Learning a language can be challenging and even more so if you have excuses in your mind that are leading you to give up. As the old saying goes, “whether you think you can, or you think you can't-you're right.” Learning a language is a mental game.

Once you remove negative beliefs or misconceptions from your mind, you'll discover it's easier to stay motivated and persistent.

Myth #1: Learning a language is hard

This is the most common myth. Learning a new language is commonly perceived as an impossible task by many people. In fact, I even thought the same way prior to my journey. However, it’s not reality. Here’s the actual truth:

Language learning in itself is not hard. More specifically, learning a language when you have a clear path to follow, know which resources to use, and know what to expect both time wise and mentally, is not hard. The thing is, most people don’t have any of those, especially when learning their first foreign language. Therefore, it isn’t learning that’s innately difficult. Instead, it’s not having the proper know-how. There are thousands of ways to approach any language. There are different ways to learn a language such as buying dictionaries, using language programs, taking language classes, etc.

Oftentimes what will happen is someone who’s trying to learn a language will spend $300 on Rosetta Stone. They’ll use it for a month, and then give up on it. Then they’ll try another lackluster approach like trying to memorize a bunch of vocabulary. They’ll

do that for a while and later when they know a lot of words they'll try to talk to a native speaker. In their conversation with the native speaker, they end up understanding practically nothing, and have a very tough time speaking. As a result, the learner gets demotivated and they quit learning their language. Then, for whatever reason, they come back after 3 months super motivated to learn it again. However, now they are very unsure which resources to use as they are somewhere in purgatory between beginner and intermediate level. Unfortunately, not knowing what to do, most people often will spend another $200 on the wrong piece of software. Eventually lose that initial burst of motivation, quit halfway through the software, and give up entirely. In the end, they feel defeated by the challenge of learning a new language and can't help but hang their heads in shame.

Now combine everything from the above paragraph with all the regular challenges that come with learning any new skill. Namely, the need for discipline, consistency, patience, and perseverance. Not only do you have uncertainty and a lack of know-how but you also have all of these character traits you're supposed to be developing at the same time. You could even have all the right resources, and the know-how but not having the consistency or patience could easily be what ends your ambitions.

However, those traits are not specifically linked to the process of learning a language. If you want to learn any skill, such as singing, skating, playing piano, writing, or improving your body, you must develop universal characteristics. Sometimes people find it difficult to learn a new language because they struggle with studying consistently or staying motivated. Stating that languages are difficult without providing a specific reason is not a valid explanation. Over time, acquiring a new skill will test your discipline and drain your motivation. Don't blame Korean, Italian or Polish. It's simply just the process of skill acquisition.

Luckily for you, you're reading this book. Which has the sole aim of providing you with all the information and know-how required in order to make language learning easy. The FLM Method places emphasis on both effectiveness and enjoyment, which can help to maintain motivation. It sets the general framework needed to properly cultivate discipline, consistency, and patience. Simply because you'll learn your target language fast, you'll see results and you'll stop seeing learning as tedious.

Myth #2: Only kids are good at learning languages

This myth is widely known, but it has been repeatedly shown to be incorrect. It is undeniable that children are able to learn languages well. More specifically, they're good at learning the exact sounds that make up languages. As a result, they possess an innate advantage in developing their accent and pronunciation.

Here's the thing. You can't compare three months or even a year of language learning to what your average five year old native speaker has been through. Kids make languages look easy, but there's a reason for that. You, studying three months of French (for example), an hour a day equates to roughly 91 hours. However, a five year old French kid is in a completely immersed environment where he'll likely spend eight to sixteen hours a day listening to and speaking French. Think of all the hours that equates to! Even if it amounts to only 10,000 hours over the course of five years (which is a very, very low estimate). You are comparing your 91 hours to someone else's 10,000 hours. Listen, you can do a lot in three months! You can definitely understand the basics and be approaching conversational fluency (depending on the language). However, speaking better and faster than your average native five year old is a tall order. Improving your word choice and using more advanced vocabulary is important, but it's unlikely that you will be able to outperform a native speaker.

Success in language learning mainly depends on the amount of time spent on it. However, fortunately for us adults, age does seem to be a slight factor. A factor that actually works in our favor.

There are several benefits to being an adult vs. a child when it comes to language learning:

1. Adults have wider vocabularies. We have a pre-existing knowledge pool we can compare and contrast from. We can learn the meaning of a word and translate it, rather than having to understand every concept behind the word (e.g. what a shoe is).
2. Adults choose to learn a language, thus are naturally more motivated to learn. Meaning while a kid could be playing on his iPad and being unproductive, we could be spending that time reviewing a language program.
3. Adults also have many more learning opportunities available. We can travel, talk to tutors online, meet up with other people learning the same language, take a class, watch all sorts of TV programs, read books and visit websites. We have free reign. We ultimately can do whatever we want.

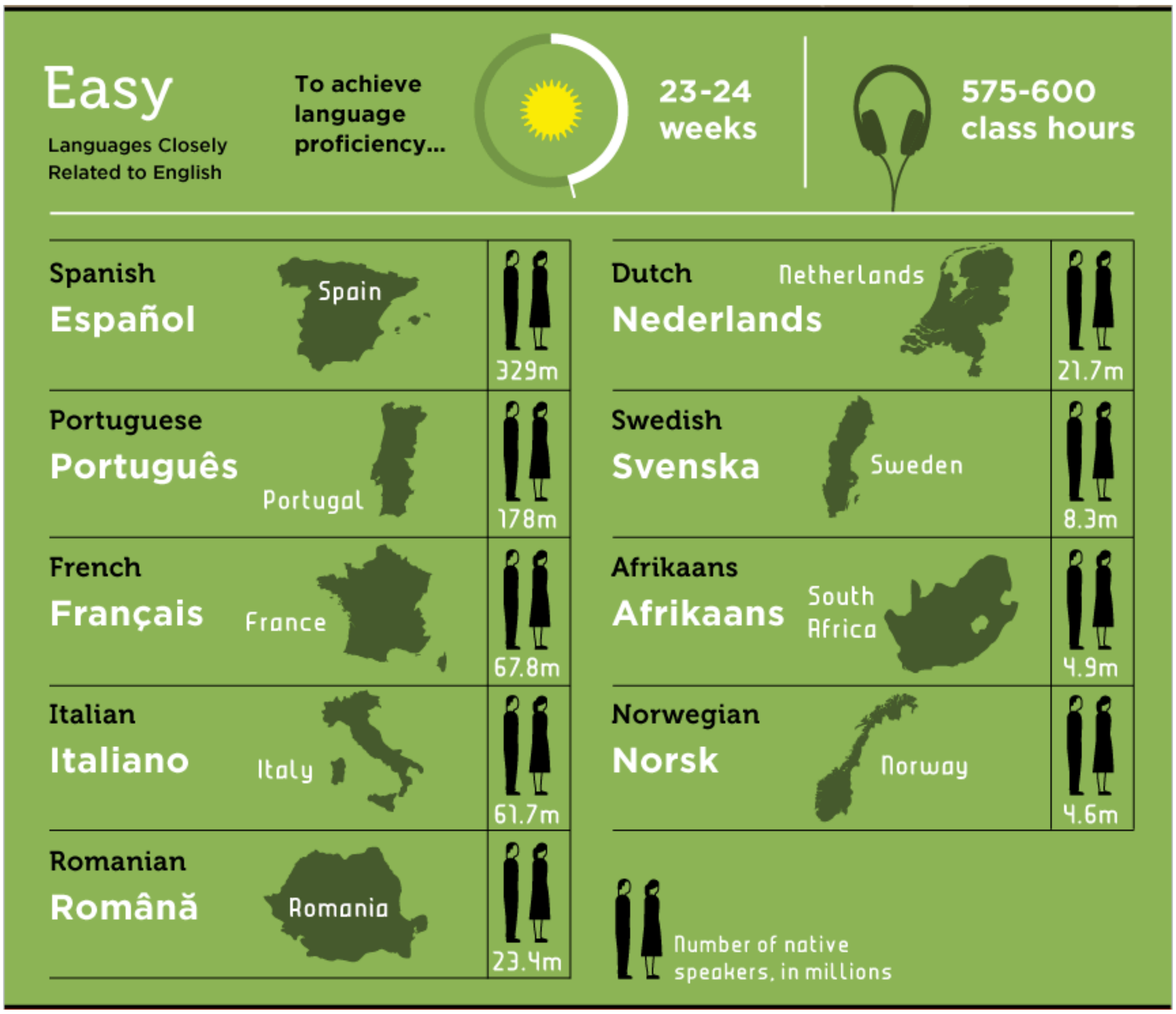
That said, children do have a natural benefit in certain areas, however it isn't as black and white as people make it out to be. Not all children are better learners in the same way. Each age group has specific areas in which they tend to excel.

Do not use age as an excuse!

Myth #3: It takes too long

The amount of time it takes to learn a language depends on how difficult that language is.

Take a look at the following chart:



Medium

Languages With Significant Differences From English

To achieve language proficiency...

44 weeks

1,110 class hours

Hindi हिन्दी	India	182m
Russian Русский	Russia	144m
Vietnamese Tiếng Việt	Vietnam	68.6m
Turkish Türkçe	Turkey	50.8m
Polish Polski	Poland	40m
Thai ไทย	Thailand	20.4m
Serbian Српски	Serbia	16.4m
Greek Ελληνικά	Greece	13.1m
Hebrew עברית	Israel	5.3m
Finnish Suomi	Finland	5m

[COUNTRY LANDMASSES NOT COMPARATIVELY SCALED]

Number of native speakers, in millions

Learning languages is similar to playing a video game, where you can select the level of difficulty from easy, medium, or hard. However, if you know how to play the game right you can actually go relatively faster than this chart suggests.

With The FLM Method, the goal is to get you to a conversationally fluent level in any "**Easy**" language within six months. For any "**Medium**" language within nine months and for any "**Hard**" language within twelve months.

For example, with The FLM Method, six months of study should

be enough to learn Italian to a very solid level (with 30 - 60 minutes of studying per day). Whereas learning something more challenging that's "Hard" like Korean would take twelve months.

That is not a long time at all. Sure, you won't be perfect after that amount of time, as mastering a language can take a lifetime. However, you will get good enough to express anything you want to say, connect to others, and generally be conversationally fluent.

Furthermore, if you already speak a language that belongs to the same language family as the one you are trying to learn, the learning process can be faster. For example, if you speak Spanish already and you're trying to learn Italian. Or if you're trying to learn Dutch and you already speak English, it comes much faster.

Finally, understand that you can achieve proficiency in one or two languages every year. If you find being multilingual appealing, just imagine the numerous languages you could learn to speak in the next five or ten years! If you prefer to focus and perfect only one language, that's completely fine too. Getting to a solid level in your target language won't take long, and once you are there the language becomes much more enjoyable and easier to refine.

Myth #4: You're not smart enough

The stereotype that people who possess the ability to learn languages quickly and easily are geniuses is a harmful myth. The person must either have an exceptionally high IQ, be an autistic savant, or possess a rare ability to absorb languages. However, that's not the truth. In fact, it couldn't be farther from the truth. Although there may be some exceptionally intelligent individuals in the language learning community, I believe that the majority of people possess average intelligence. When people see others who can speak multiple languages they are shocked and often say

"You're a genius!" Mostly because they're seeing the end result. They aren't seeing all of the hours that people put into learning a language. Most people will initially learn slowly, then with each language they get better at knowing how to properly learn languages and it snowballs from there.

Oftentimes it's easy to be swept up in the hype. It's easy to believe that there are certain people with superhuman brains that are more accustomed to doing what we want to do because it gives us an excuse if we fail..."I'm not like that person. This isn't for me! I'm not a natural!"

I know I might be repeating myself, but I want to emphasize the importance of this. It all comes down to having the right method and knowing the proper way to learn a language. Language learning doesn't have to be hard, and you don't need to be a genius. You are perfectly fine how you are! In fact, you are likely ahead of others because you are currently reading this book. Meaning you're serious about obtaining the knowledge necessary to reach language success. A lot of people don't get that far. So stop being hard on yourself and stop doubting yourself. There's no such thing as languages not being your thing or not being for you. Languages are everyone's thing, you've already done the hard part and learned your native language! You have already achieved success at least once.

You are smart enough. Don't let anyone tell you differently. Even if that person is the voice in your head.

Myth #5: I'm too old to learn a language

This is another false statement. Age has nothing to do with learning a language; it's all about motivation and dedication. As long as you are willing to put in the effort and have realistic expectations, anyone can learn a language quickly and efficiently.

It's important to remember that everyone learns differently, so don't be discouraged if someone else is learning faster than you. By staying focused, motivated and consistent, you can achieve fluency in any language of your choice!

Chapter 7 - Having Clear Foreign Language Goals Maximizes Output

Setting Realistic Language Learning Goals and Expectations

After you have debunked all of the myths and believe that it is possible to learn a language, it's time to set realistic goals. If you're feeling overwhelmed at the thought of learning a language, don't be! Learning can be fun and rewarding if you focus on achievable goals.

Before beginning your language learning journey, it's important to be realistic about your goals and expectations. Setting clear, attainable goals will help keep you motivated and on track throughout your journey. Learning a language takes time and dedication, so don't expect to become fluent overnight! Instead, focus on making progress each day and celebrating small victories along the way.

It's also important to understand that everyone learns differently. Some may be able to learn a language quickly, while others may take longer. Don't compare yourself to anyone else and focus on your own journey. With the right tools and strategies, you can achieve fluency in any language of your choice! The best way to do this is to make a plan!

First, decide which language you want to learn, then set a goal for how far you want to go with your language learning. Do you want to be fluent? Have conversational proficiency? Or just be able to understand the language for travel? Then figure out how much time and effort you can dedicate each day.

Set Objectives

Now that you have clear goals and expectations, it's time to set objectives. Goals can be intimidating and overwhelming, so breaking them down into smaller, achievable objectives will help keep you motivated throughout your journey.

Start by setting a timeline for each objective. This could be a month or two, or even an entire year! Set realistic goals that are achievable in 6-12 months and break them down into smaller tasks. Once you have a timeline set, decide what specific language tasks you need to complete each day or week. This could include anything from reading and writing practice to listening comprehension exercises. For example, if your goal is to be able to hold a basic conversation in Spanish, then break it down into smaller tasks like learning the alphabet, key grammar rules and daily vocabulary.

When setting objectives, it's important to be realistic and don't overload yourself with too much information. Start small and slowly build up as you go; that way you won't become overwhelmed and you can build up your confidence as you progress.

To get started, try setting aside a few minutes each day to practice the language and make sure you reward yourself for your progress. Writing down your goals and using a habit tracker printout can also help you keep track of your progress and stay motivated.

Finally, it's important to have someone or something to keep you accountable. Having an accountability partner or group will help motivate you to reach your goals faster. You can also find online language communities that provide support and guidance throughout your journey.

Chapter 8 - What is Fluency and How Fluent Do You Want To Be?

Fluency in any language is more than just knowing a few words and phrases. Fluency is the ability to understand and speak the language with confidence and accuracy. Fluency also means being able to think in the language and converse on any subject with ease.

To become fluent in a language, learners must understand grammar and sentence structure, know their vocabulary, pronunciation, and be able to converse with native speakers. All of these elements need to be studied in order to reach a level of fluency.

The process of becoming fluent in any language is different for everyone. Some people may reach fluency in 6-12 months while others may take longer depending on their individual needs and preferences.

How Fluent Do You Want To Be?

Think about how fluent you want to be in the language. Are you wanting to communicate with native speakers? Do you want to read books and watch movies without subtitles? Or do you just want a basic understanding of the language for travel purposes?

When it comes to fluency levels, there are several benchmarks to consider. The Common European Framework of Reference for Languages (CEFR) divides language proficiency into six levels: A1, A2, B1, B2, C1, and C2. For daily interactions and travel purposes, a proficiency level of A2 or B1 may be sufficient. However, if you plan on working or studying in the country, a B2 or C1 proficiency level will be necessary.

Traveling to a country

When it comes to traveling to a country where the language is spoken, it's important to consider how fluent you want to be in order to have a successful trip. While it's not necessary to become fluent in the language, having a basic understanding can make a huge difference in your overall experience.

If you only plan on traveling for a short period of time, focusing on key phrases and vocabulary can be a great way to get by. This could include greetings, asking for directions, and ordering food. Knowing even just a few basic phrases can help you navigate the country, make connections with locals, and feel more comfortable in unfamiliar surroundings.

However, if you plan on traveling for a longer period of time or more frequently, it may be beneficial to invest more time and effort into learning the language. This could include using language learning apps and programs, or even immersing yourself in the language by studying abroad or living with a family that hosts travelers.

Becoming fluent in the language can open up a whole new world of opportunities, including making deeper connections with locals, understanding cultural nuances and customs, and having more meaningful experiences while traveling.

Additionally, having a solid understanding of the language can also improve safety while traveling. Being able to communicate with locals during emergencies, understanding safety warnings and directions, and being able to navigate public transportation can all contribute to a safer trip.

In conclusion, while it's not necessary to become fluent in a language for travel, having a basic understanding can greatly enhance your overall experience. Depending on your travel plans,

investing in language learning programs, immersing yourself in the language and culture, and practicing key phrases can all help you become more comfortable and confident while abroad.

Living in a country

If you're planning to live in a country where the language is spoken, you have more incentive to learn the language. Being fluent in the language will not only help you integrate into the culture but also make your experience much more easier and enjoyable.

But how fluent do you need to be to live in a country where the language is spoken? The answer largely depends on your purpose for living there. If you're just staying for a short time, you may only need a basic understanding of the language for day-to-day interactions such as grocery shopping or ordering food at a restaurant. However, if you plan on living there for an extended period of time, being fluent in the language will make your life much more comfortable and improve your job prospects.

Being able to communicate effectively with native speakers is crucial in any situation, from finding an apartment to managing daily tasks. Furthermore, learning the language will help you understand and appreciate the culture more deeply. By understanding the nuances of the language, you will be able to connect with locals on a more personal level and build lasting relationships.

Working in a country

When it comes to working in a country where the language is spoken, the level of fluency needed will depend largely on the position and industry. For example, a basic understanding of the language may suffice for entry-level positions, while higher

proficiency levels may be required for managerial and leadership roles.

It's important to note that language proficiency is not only about being able to communicate effectively but also about understanding cultural nuances and customs. Being fluent in a language allows for better integration into the culture and can open up opportunities for networking and building relationships with colleagues and clients.

In addition, certain industries may require specific language skills. For example, if working in the healthcare industry, it may be necessary to have a more specialized vocabulary and knowledge of medical terminology. Similarly, working in legal or financial industries may require a high level of technical language proficiency.

To determine the necessary level of fluency, research the job requirements and expectations beforehand. This will help you better understand the language skills needed for the position and give you a clear goal to work towards.

Overall, when it comes to working in a country where the language is spoken, it's important to strive for a high level of fluency to ensure effective communication and integration into the culture. This can lead to greater job opportunities and success in the industry.

Chapter 9 - How Long Does It Take To Learn a New Language?

How Long Does Fluency Take?

The answer to this question depends on several factors, **such as the language you're learning, your motivation and dedication,** and **how much time you can dedicate to learning**.

There is no set time frame for becoming "fluent" in a language. Generally speaking, it can take anywhere from 6 months to 2 years to become fluent in a language. However, it's important to note that some people may take longer or shorter depending on their individual learning style and needs.

It is generally accepted that it takes about 600-800 hours of study and practice for an average learner to become conversational in a foreign language.

To reach fluency quickly, it's important to practice regularly and use a variety of resources such as audio programs, language exchanges and online courses. Plus, having conversations with native speakers will help you pick up the language a lot quicker.

If you're serious about learning a new language, you should set realistic goals and stick to them. And remember, the more time and effort you put into learning a language, the quicker you'll become fluent!

Chapter 10 - How To Create a Language Learning Plan and Have a Routine

How To Plan Your Learning Activities

Next, it's important to plan out your daily activities or tasks. Learning a language can be an overwhelming process, but with the right plan in place, you can make it manageable. Once you've chosen the language you're going to learn and have a basic understanding of the core concepts, it's time to start planning and organizing your work. Having a daily routine is key to learning a language. This will help keep you motivated and on track with your learning goals, and avoid feeling overwhelmed.

The best way to do this is by breaking down the process into manageable steps and creating an achievable timeline for each step.

Create a study plan

The first step is to create a study plan that outlines what you will be doing each day and how long it will take. How much time do you want to dedicate to learning each week? Then set mini-goals within this timeline and break them down into daily tasks, such as studying for a certain amount of time each day.

This can include anything from reading lessons or watching videos to studying flashcards or practicing conversations in the language. Also, think about your short-term and long term goals. For example, in the short term, your goal may be to learn basic vocabulary related to food items and restaurant phrases, while a longer-term goal may be to be able to hold conversations with native speakers.

Break these up into small chunks that are easy to accomplish within an hour or two, as this will give you a greater sense of accomplishment and progress when you complete them.

Be realistic with your goals so that you don't set yourself up for failure – but also make sure you challenge yourself!

Schedule regular study sessions

Creating a schedule for your language studies is one of the most effective ways to stay on track. Set aside a specific amount of time each day or week, and make sure you stick to it! This will help you build consistency in your learning and gradually improve your language skills over time.

Practice

Make sure you dedicate time to actually using the language. This could involve reading and writing in it, speaking with someone in the language or watching movies or TV shows. The more practice you get, the quicker you will progress.

Motivation

It's easy to get discouraged when learning a language, so make sure you keep yourself motivated. Take regular breaks, reward yourself for achieving your goals and set challenges that will push you outside of your comfort zone.

Adjustments

Finally, don't be afraid to adjust your plan if it isn't working for

you. Nothing is set in stone. If you find yourself getting stuck or frustrated, try something different and see if that helps.

Review

You should also set aside time each week to review what you have learned and practice any previous words or phrases. This can be done through flashcards, podcasts or even by speaking with native speakers.

Track your progress

It's important to track your progress so that you can see how much you've achieved. This can range from making notes in a journal to using an online language learning platform that tracks and records your progress or writing in your habits tracker that you can print out.

Reward yourself

Finally, reward yourself for reaching your goals and milestones! Whether it's treating yourself to a nice meal, having a reward system will help keep you motivated and on track.

Link: Get My Ultimate Language Learning Routine Planner for a Discounted Price

Chapter 11 - Adapting To Your Schedule

Progress in a Foreign Language Should Be Measured in Hours, Not Months or Years

One thing I haven't gone into detail on is how much time all of this requires. This is another reason why I believe The FLM Method works so well.

I'll let you in on a secret....

Many people, like myself, have very little free time each day. You may be working a full-time job or you're currently a student. You may even have kids to take care of or you have other additional hobbies/extracurricular activities that you're committed to and so therefore your time is limited.

Even so, I was still able to pick up several languages within the last few years. Many people think that in order to achieve fluency I must have spent several hours per day learning languages. The truth is, I honestly don't have time for that. Most people don't.

I personally only spend 30 to 60 minutes on language learning per day.

It's nothing too hard, nor overly time consuming. Usually how it works is in the first month or two I'll use Pimsleur/Glossika for an hour a day. Then eventually motivation might slip a bit and I'll do it only for 30 minutes per day. Sooner or later, things will start "clicking" in as far as language progression and I'll get really excited again and kick it back up to an hour a day.

That's basically it. I'm not a robot, and some days I will feel less motivated than others. However, the most important part is being consistent. Whether it's an hour or even 15-30 minutes, just be

sure you are tackling it piece by piece every day.

In terms of entertainment, if you're on a break watch a show or listen to a lesson/podcast episode in the language you're studying. Also, sometimes at night before bed I'll watch an episode or listen to a Pimsleur lesson as well.

Note: I don't include watching TV/films/videos as study time, it's pretty effortless, fun, and something I'd be doing in English anyways.

Based on my experience, dedicating 30 to 60 minutes per day to studying will generally lead me to become fluent in my target language within 6-12 months.

The amount of months it takes to become fluent depends on the difficulty of the language.

So now you know what to expect time wise. However, what if you have less time available per day than me? Alternatively, what if you have more time than me?

Less than 30 minutes per day:

Even if you have a very busy schedule and limited free time, you can still learn a language. If you only have 15-20 minutes a day to spend, follow the method as normal. However, that said I'd strongly recommend making the extra time to bump it up to at least 30 minutes per day (wake up earlier, re-prioritize time-consuming events on your schedule, etc.).

If you are studying a language for only 15 minutes a day, you will make progress but it may take you twice as long to achieve your language goals.

It's okay if you have some days where you only give in 15 minutes a day of study. However, if you are relying only on 15 minutes a

day, it will take a considerable amount of time to reach your desired goal.

Note: Make sure you are consuming media any time you can (lunchtime, while commuting, even exercising). If you're really short on time, you may not be able to watch much TV. However, try to consume a lot of audio content like audio lessons, podcasts and music.

2 hours or more per day available:

If that's the case, then great! The more time the better! However, I'd recommend two hours as the maximum amount of time to study per day.

This is for a few reasons:

1. Memory. Your mind can only retain so much information at once. It's far better to have 4 one hour learning sessions than 1 four-hour learning session. Attempting to learn a vast amount of information at once will result in reaching a point of diminishing returns. For example, if in one sitting you retain 50% of what you learn during the first hour, 25% of what you learn in the second, 10% of what you learn in the third, 5% in the fourth, etc, it's not worth it to put in that third or fourth hour as you're barely receiving any benefit from it.
2. Burn out. Language learning is supposed to be fun. I'm sure you're very excited about studying your target language. That said, if your initial enthusiasm fades away as time goes on, studying for a long duration will become more difficult and feel like a tedious task, leading to you potentially burning out and wanting to give up on your language, which is never a good option.

I would suggest breaking up your studying into two sessions: one in the morning and one in the evening, if you plan to study for

two hours or more per day. Studying before going to bed can help you retain information, in addition to keeping your brain fresh.

In the end, the amount of time you wish to dedicate depends on your personal preference and availability. I believe 30-60 minutes per day is the sweet spot. It's effective, and it's doable even on those days when your motivation might not be high. That said, it all depends on what your goals are, how fast you want to learn, and how busy your schedule is.

Don't use lack of time as an excuse for not learning a language. Even the busiest entrepreneurs in the world have 15 minutes of downtime.

For a language to develop, all it needs is time. With The FLM Method, it's not a question of can or can't. It's a question of time. If you consistently put in the time and effort and don't give up, you can become fluent in any language you desire.

How Much Should You Study?

It's important to remember that when it comes to language learning, quality is more important than quantity. You don't need to spend hours every day studying in order to make progress.

If possible, set a specific time for yourself to study each day, and make it part of your regular routine.

In addition to the daily language practice and immersion, you should also commit to weekly activities such as attending meetups or finding a language partner.

It’s important to vary your study activities so that you don’t get bored. By mixing things up and trying different exercises, games, etc., you can make sure that you stay engaged and motivated while learning the language in just 6-12 months!

It's also important to track your progress by taking notes on what you’ve learned and how much you’ve studied. Doing this will help you stay motivated and accountable for your learning process.

By following a consistent, structured approach to language learning, you can easily reach fluency in 6-12 months. Just be sure not to overdo it - keep the appropriate balance of time and effort so that you don't become overwhelmed.

Clever Methods To Find Time in Your Day

Think You Have No Time to Study?

Creating a realistic language learning schedule is one of the most important things that you can do when learning a foreign language. Having a plan will help to ensure that you are making steady progress, and will also motivate you to stay on track with your goals. However, if you are already struggling to find time in your day for studying, it can be difficult to adhere to your schedule.

Fortunately, there are some clever methods that you can use to maximize the time available in your day.

Making Use Of Your ‘Dead Time’

It’s important to make use of every minute that you have available for language learning. That way, you can maximize your time and get the most out of each study session. One great way to

do this is by making use of your ‘dead time’ – those moments throughout the day when you have nothing else to do.

For example, why not arrange study sessions during your lunch break? This is a great way to get some extra studying done without having to sacrifice other commitments.

If you're commuting to work in the car, on the bus or train each day, why not use this time to listen to audio lessons, music, podcasts or audiobooks in your target language? This can be a great way to learn on the go!

Or if you’re waiting in line at the bank, read an article or watch a video in your target language. Rather than watching a movie or a TV show in your native language, watch it in your target language instead.

For me personally, I’ll listen to an audio lesson while I’m working out, going for a walk, washing the dishes or putting my makeup on.

These little moments add up and can make significant progress towards your goals in 6-12 months!

Using Your Time

When Is the Best Time to Study?

Study when you are well rested. One of the most important things to remember when learning a language is to make sure that you have enough rest and relaxation time. Too much studying without adequate breaks can lead to fatigue and burnout, which can significantly slow down your progress.

It’s best to schedule your language learning sessions for times

when you are well rested and alert, such as early in the morning or late at night. This will ensure that you are able to make steady progress and achieve your goals in just 6-12 months!

When To Take Breaks

It's also important to remember to take breaks during your study sessions. Taking regular breaks will help you to stay focused and motivated, as well as give your brain some time to rest and absorb the material that you have studied.

Taking regular breaks is essential for maintaining focus and keeping yourself on track – so make sure to schedule breaks in your language learning routine. This will help to ensure that you are making steady progress and not getting overwhelmed or discouraged by the amount of material there is to learn.

Dealing with Sudden Changes to Your Routine

Finally, it's important to be prepared for sudden changes in your language learning routine. This could include unexpected work commitments or travel plans that disrupt your normal schedule.

In these cases, the most important thing to remember is to stay flexible and adjust your goals accordingly. Don't try to push yourself too hard – instead, focus on doing what you can with the time that you have available.

To achieve your language learning goals, it's important to be adaptable and have realistic expectations. This will keep you focused and on the right path.

Chapter 12 - Studying vs. Learning: How We Acquire Languages

When it comes to learning any language, there is a big difference between studying and actually learning. Studying is simply memorizing facts and having an understanding of the language's rules and structure. Learning, on the other hand, is about understanding how these rules apply in practical conversations. This means that you will absorb the language through listening and speaking instead of focusing on theoretical rules.

How We Should Really Be Learning a Language

When you think about it, we learn our native language from the moment we're a baby by listening and speaking ONLY. In fact, we don't start learning how to read and write until the ages of 4-7 years old, which is the average age for most children. So just by listening and speaking in our native language - that's full immersion.

The problem with the education system in my personal opinion is that they teach students a foreign language through textbooks. And it's no wonder while the majority of kids that come out of high school can't speak a lick of Spanish or French, for example. Now I'm not saying you can't learn a language by reading and writing through a textbook, and in fact there are some people who learn better that way. These types of learners are called linguistic learners and there are different learning styles out there for everyone. But if you actually want to start understanding and speaking in a foreign tongue conversationally, learning how to listen and speak only in a language is ultimately the best way to go about reaching conversational fluency.

Learning Components and Order of Learning

In order to learn any foreign language, it's important to understand the natural order of learning. There are three main components to learning a language: **input**, **output** and **refinement**.

Input is when you take in new information – this can be done by reading books, watching movies or videos in your target language, listening to podcasts, audio lessons, and so on.

Output is when you try to produce the language yourself – this can be done by speaking or writing in your target language.

Refinement is when you go back over what you learned and try to refine it until it becomes natural.

In addition, there are certain components that must be learned in a specific order in order to progress quickly. Generally speaking, you should start with pronunciation and basic grammar rules first. This will help set the foundation for understanding more complex concepts. Once these are mastered, then you can move on to vocabulary, sentence structure, and finally conversation.

By following this natural order of learning, it is possible to learn any language quickly and efficiently.

Linguistic "Muscle Memory" is a Real Thing

Like any other skill, language requires practice and repetition in order to become automatic. You need to train your brain to remember the words and phrases by forming "muscle memory" or an "intuitive understanding" of the language.

This is why it's important to drill vocabulary, pronunciation and

grammar rules until they are second nature. The more you practice, the quicker it will become second nature and the easier it will be to recall information when needed.

Focus your language learning efforts on listening and speaking as much as possible. Listen to conversations in your target language often and try to repeat what you hear. This means finding online resources like podcasts, videos, and audio lessons. Listening to how the language sounds will help you develop a more natural pronunciation than if you tried to study the language in a textbook.

If possible, find a native speaker who can help you improve your pronunciation or point out any mistakes that you are making. This is an important part of language learning and can be done through online tutoring sessions, online forums and communities or real-life meetups.

To round out your language learning journey and truly become fluent, it's important to read and write in the language as well. This can be done through newspapers, magazines, books, comic books, puzzle books or even social media posts written in the language you are learning.

Finally, make sure to practice in real-life situations. Speak out loud and don't be afraid to make mistakes – this is the only way you will learn! The more you practice and repeat, the better your understanding of the language will become.

Think and Learn Like a Kid

Adults often forget that children are not born with the ability to speak a language. They learn it through interacting and making mistakes in their environment. This is how you should approach learning a new language as well. Think like a child – be curious

and ask questions, take risks and make mistakes!

When learning a new language, try to be open-minded and patient. You will make mistakes and that's okay! Use it as an opportunity to learn from them and move forward. Don't be afraid of making mistakes – they are part of the learning process.

Try to think outside the box when it comes to language learning resources. There are plenty of free resources available online that can help you in your language journey. You don't need to invest in expensive courses or textbooks – use the internet as a tool and you will be able to learn any language quickly and efficiently!

In fact, you can learn a language by reading foreign language children's books and even watching children's shows in your target language.

How Children Learn Languages

Children are able to learn languages faster than adults because they are more receptive to learning new things. They have an innate curiosity and are willing to take risks. They also don't hold back in their language practice, which helps them become fluent much quicker than the average adult language learner.

Children are also not discouraged by mistakes or failure. They take things in stride and move on from any challenges they face. This helps them learn faster because they don't let mistakes stop them from moving forward in their language journey.

Lastly, children have a natural ability to imitate the sounds of a language. This helps them learn the pronunciation of words and phrases much faster than adults.

Language Learning is a Natural Process

Nobody is born with language fluency. Language learning is an organic, natural process that takes time and consistent effort.

It's important to remain patient throughout your journey and keep in mind that you may experience periods of frustration or stagnation. This is normal! Just make sure to stay motivated and consistent and the results will come.

Don’t Be Afraid to Make Mistakes

I know I've mentioned on many occasions that you shouldn't be afraid to make mistakes while learning a language, but it bears repeating. Making mistakes is an integral part of learning a foreign language, and without them you won’t be able to make any real progress.

Don't let fear of failure stop you from speaking or writing in your target language. Mistakes are opportunities for growth and should be embraced! Be open-minded and don’t be discouraged by setbacks.

Finally, remember that language learning is a journey and not a race. Don’t give up when things don’t come easy – keep at it and you will see progress! With the right attitude, motivation and resources, anyone can learn any language in just 6-12 months!

Chapter 13 - Learn Like a Baby, Master Like an Adult

The Natural Method Reinvented

If you want to become fluent, it helps to go back to the beginning. Not the beginning of your Spanish textbook or your Duolingo streak—the beginning of *you*. The way you learned your very native language holds the secret to learning any new one, faster and more naturally than you thought possible.

Why Babies Are the Best Language Learners

Babies are surrounded by language from the moment they open their eyes. They don't take notes or memorize conjugation charts. They listen. They observe. They play. And eventually, they speak.

Their learning is driven by curiosity, emotion, and connection. They don't care about being "correct"—they care about being *understood*. That's the mindset we need to rediscover.

You weren't born bad at languages. You were born with the perfect system for acquiring them. And you still have it. Now it's time to rebuild that system as an adult—only this time, you get to fast-track it.

The Natural Sequence of Baby Language Acquisition

Let's break down the process babies go through and how you can replicate each stage intentionally:

Baby Stage	What Happens	Adult Equivalent
1. Hearing only	Baby listens to nonstop language	Podcasts, YouTube, Glisten, Lingopie
2. Babbling	Tries to imitate sounds	Speaking aloud, Pimsleur, Falou, shadowing audio
3. One-word stage	"Milk!" "Up!"	Learning basic phrases and keywords
4. Short phrases	"Go park" "Want toy"	Sentence building with apps or chatbots
5. Rapid growth	Learning through correction + repetition	Practice with tutors, Teacher AI, Glossika, Italki

This order matters. Babies don't start with grammar rules. They start with immersion and emotional connection. So should you.

Input, Output, Refinement: Baby-Style

1. **Input** is your foundation. Babies spend months just absorbing sound. As an adult, you can compress this into hours per day.
2. **Output** starts slowly: babbling, single words, short phrases. You need to start talking before you feel ready.
3. **Refinement** comes from repetition, feedback, and play. Babies get corrected gently and constantly. You should too—via tutors, AI, or language partners.

How to Rebuild the Baby System as an Adult

Babies have an advantage: full-time immersion. But you have *better tools* and *conscious control*. Here's how to simulate a baby's environment:

- **Input flooding:** Listen to native content constantly. Use Glisten, FluentU, LingQ, or YouTube with subtitles.
- **Low-pressure speaking:** Talk to yourself. Use voice notes. Practice on Falou or ChatGPT Voice.
- **Feedback loop:** Use apps like Teacher AI or tutors on Italki to get real-time correction and support.

Adults Have Superpowers Babies Don't

- You can *read*. That means subtitles, grammar explanations, and translations.
- You can *choose* your content: hobbies, interests, career-specific language.
- You can *simulate immersion* through technology, wherever you are.
- You can *track your own progress* and refine based on what you notice.

Babies have no choice but to learn. You get to *design* your learning.

Repetition: The Unsung Hero

Babies hear the same words over and over. That's why they stick. Adults often give up after one exposure. But repetition is key.

Watch your favorite scenes multiple times. Listen to songs on repeat. Use Glossika, Pimsleur or Clozemaster for spaced repetition. Repetition creates fluency.

Play, Emotion, and Curiosity = Learning Trifecta

Children don't sit in classrooms. They learn through *play* and

emotion. You can too.

- Play games like Lingo Legend or Fun Easy Learn.
- Watch funny videos or cartoons in your target language.
- Talk about topics you love—sports, music, hobbies—not just textbook dialogues.

Live the Language

Babies live in their language 24/7. You can mimic this:

- Change the language on your phone in the settings.
- Narrate your routine aloud: "I'm brushing my teeth."
- Dual-language practice.
- Code-switching for practice.
- Watch movies, follow social media, or cook recipes in your target language.

This turns passive study into active, emotional learning.

Be Fearless

Babies mess up constantly. They pronounce things wrong. They get words mixed up. But they *never stop*. Neither should you.

Fluency isn't about being perfect. It's about communicating. The more you speak, the faster you grow. The more mistakes you make, the more fluent you become.

Babies fail their way to fluency. You can too.

Build Your Baby-Like Fluency Plan

Here's your step-by-step action plan:

1. **Choose 1–2 input sources** (podcasts, shows, YouTube) to listen to daily.
2. **Speak out loud every day**, even if only to yourself.
3. **Schedule 2–3 practice sessions/week** with AI tutors or humans.
4. **Repeat key content** until it sticks: videos, songs, useful phrases.
5. **Track your confidence**, not just your accuracy. Are you speaking more?

You learned your first language without studying. You can do it again. Only this time, you have a brain, a plan, and technology on your side.

And that makes you even more powerful than a baby.

Chapter 14 - Subliminal Language Learning

Can You Learn Another Language While You're Sleeping?

Have you ever heard of subliminals let alone subliminal language learning? Did you know that your thoughts, beliefs and actions on a subconscious level can affect your ability to learn a foreign language and achieve fluency? Are you struggling to pick up a new language and curious about unconventional learning methods?

Do you want to change your negative self beliefs, eliminate any self limiting thoughts, and free yourself from long held patterns of thinking which are holding you back in life?

With powerful subliminal messages you can do exactly this - in just 10-30 minutes a day! With subliminal language learning you can program your mind for success - whatever your target language is!

Imagine if you had the ability to be able to understand your target language - to take in information effortlessly, and be able to speak back. **Imagine all of the extra possibilities and opportunities which would come available to you if you could fully understand and speak your target language!**

The Undeniable Power of Subliminal Audio Messages

Subliminal audio as a self-development tool has been around for the best part of a hundred years, yet there are still those of us who are unfamiliar with the concept. In simple terms, subliminal audio refers to sounds played at a level we are unable to hear, but that our subconscious minds are able to perceive.

Study after study has shown conclusively that subliminal audio can produce measurable and lasting effects, from breaking bad habits to improving performance. One of the reasons this technology is so successful is that it is able to sneak new thought patterns directly into your impressionable subconscious mind, "under the radar" of your more logical conscious brain.

What are Subliminals?

'Subliminal messages' are phrases and affirmations, delivered in a way that has an impact on the subconscious mind.

For example, a subliminal may record the phrase “I feel great!” and then embed that phrase inside a piece of music. By using special audio techniques, I can ensure that the conscious mind can barely hear the affirmation, yet it remains clear to the subconscious mind.

You can then repeat the affirmation over and over, effectively delivering thousands of positive affirmations to the subconscious. This process can help you automatically rewire long-standing thinking patterns – helping you to think more positively, lose weight, or gain confidence, for example.

Listening to positive affirmations will change your thoughts, habits and beliefs for language learning success.

Subliminal messages have been proven through rigorous scientific testing.

How Do Subliminals Work?

A subliminal MP3 works by flooding your subconscious mind with thousands of positive affirmations.

These positive affirmations are layered over audio (such as relaxation music, or sounds of nature), using a variety of special techniques. These techniques mean the conscious mind doesn't get to "hear" these messages, yet the subconscious mind does.

The key to subliminal messaging is that you do not consciously hear the statement, but your subconscious mind is capable of picking it up, and storing it in your mind as normal.

Your mind is like an **iceberg** - your conscious mind is the 10% on the surface, but the more powerful, larger area of the mind is the subconscious part, and it is capable of picking up information you are not always consciously aware of. It takes in this subliminal information and stores it within your mind, and with enough exposure you can make changes to your belief systems, ways of thinking, habits, and much more.

By exposing your mind to these affirmations over and over, you help to rewire long-standing thinking patterns - helping you to think more positively, lose weight, or gain confidence, for example.

This process has been researched extensively and is fully proven by science.

Subliminal messages work as a mild form of hypnosis - gradually sending suggestions into your subconscious mind to rewrite your:

- Self beliefs
- Ways of thinking
- And even patterns of behavior

These messages bypass your "logical" conscious mind to avoid any resistance which would usually hold you back. **Because of this you can develop in ways which would not be possible with conscious personal development alone.**

The possibilities are limitless. You can use subliminal messages to lose weight, focus your mind on success, improve your motivation, enhance your learning capacity, and much, much more!

This audio won't teach you your target language all by itself. It still requires work from you - i.e. you still need to make the effort to study, and really try to practice your target language. What it will do however is give you a real boost towards your learning. It works to rewire your mind to make you think and process language based information a lot more efficiently.

For example, you probably know people who seem to just naturally acquire languages. They learn without a struggle (at a much faster rate). This is because of the way their brains are wired - they process language based information efficiently. Subliminal language learning works to give you the same kinds of thought patterns and ways of thinking as these people. **So, while it doesn't teach you the language directly, it does enhance your ability to learn, and shapes your brain so you can take in language based information just like these "naturals" do.** It will:

- Give you a solid belief in yourself that you are capable of learning your target language to a high level. This belief is actually the core of your learning - once you really believe it and can visualize yourself speaking your language then your learning will really start to accelerate.
- Help you to process/understand language based information effectively. Difficult concepts and areas of language you struggle with will start to "click" and feel much more natural to you.
- Increase your ability to read your target language and to enhance your ability to understand written text.
- Increase the skills required to speak your target language. You will learn to speak at a much faster rate and your pronunciation will improve.

- Subliminal language learning will really motivate you more than ever! It will create within you a real burning desire to learn and so nothing will hold you back.
- Improve your memory, retention of information, recall, reading, writing and understanding of the target language.
- Learn pronunciation much quicker and improve your ability to speak your target language.
- Speed up the process of learning the target language.
- Reprogram your mind to process the language related information more efficiently.
- Develop the neural pathways in your brain when you are learning a new language.
- Listening to positive affirmations that will influence your thinking, helping you grasp terms and phrases fast.
- You'll remember words and vocabulary, gradually developing the skill to communicate with ease.

Just like traditional hypnosis audio, subliminal audio is a longer term process, you will see some early results, but the big changes will come after a few weeks of listening. Within a few days of using the audio for example, you should see an increase in your ability to take in new information and new words & phrases should come to you easier. Then as you continue to use the audio over a duration of **2-4 weeks** you will really see a noticeable difference in your target language with speaking, reading, and writing skill-set.

A Form of Hypnosis

Hypnosis can be extremely effective at changing patterns of behavior, personal beliefs, bad habits, and much more. This is because it bypasses your logical mind, i.e. your conscious mind.

Your logical mind is a function you start to develop around the age of five or six. This is why you can suggest almost anything to

a child and they will accept it as truth. When we are younger we are much more susceptible to suggestion - you don't need hypnosis or subliminal messaging to create self-beliefs in a child.

When we are adults our logical mind does not let us accept all the information presented to us, so bypassing it is critical for making any **major changes** in your self-beliefs, patterns of thinking, and physical behavior. **These changes would be very difficult if using conscious learning/physical action alone, so by accessing your subconscious mind, you can solve difficult problems or issues which you wouldn't be able to otherwise.**

Hypnosis gains access to your subconscious mind by sending you into a trance. And this is where the difference between subliminal messaging and hypnosis comes in. **Subliminal messaging doesn't send you into a trance, but it also accesses your subconscious mind, bypassing your conscious logical mind.** You won't feel drowsy, or need to take a timeout for an hour and enter a sleep/trance-like state. **This means that you can use subliminal audio while you work, study, go about your daily chores or even exercise.**

Based on NLP Principles

NLP was created by John Grinder and Richard Bandler in the 1970s. Bandler used to sit in a lobby of a hotel and cure people of their fear of elevators for free with NLP. He did this in just 30-45 minutes; shocking the world of psychology and therapy who took months to cure someone of a phobia. **NLP has been proven time and time again to make big changes in small periods of time in people when all other methods have failed.**

At the most basic level, subliminal messaging is based on the principles of NLP. NLP stands for Neuro-Linguistic Programming and basically looks at the type of language we use

to speak to ourselves on a specific subject, recognizes the patterns, and then aims to change this language to match that used by someone who is successful in the area you wish to improve.

For example if you want to become more confident but your inner voice is saying things like "I can't do this" or "this will be hard" then NLP would aim to replace these beliefs with the core beliefs of someone who has abundant confidence - someone with an inner voice that says "I can do anything I put my mind to".

Based on these principles of NLP, subliminal messaging sends suggestions to your mind which overwrite your negative beliefs with positive ones. **Subliminal messaging isn't just pseudo-science, it is based on one of the most effective forms of therapy and personal development of modern times.**

NLP has several ways of changing your beliefs and patterns of thinking, but one of the main and most effective ways, and certainly the simplest, is through the use of positive affirmations, and this is exactly how subliminal messaging works.

Positive Affirmations

A positive affirmation is simply a statement which affirms something is true. With repetition, the statement becomes stored in your mind, and starts to change your beliefs, influence your personality and even alter your behavior. For example, if you say the phrase "I can do anything I put my mind to" over and over, you will start to really believe it, and it will influence your personality; you will become more confident.

The general guideline is to repeat the affirmations first thing in a morning and then the last thing at night. This is so your goal is fresh in your mind at the start of the day, and so you go to bed with it on your mind too. **This is a very simple and effective**

method which will make dramatic and lasting changes in your mind.

Subliminal suggestions are basically just positive affirmations, but instead of you having to repeat them they have done the work for you, and instead of hearing them aloud they enter your mind subliminally - without distracting you, and without you being aware of them.

The main benefit of using a subliminal audio is that you can save time - you don't have to stand at the mirror every morning and evening and say the affirmations yourself; it is a more effortless method - you can even play the audio while you do other things; work, study, exercise, and yes, even subliminal sleep learning is possible.

How Subliminal Learning Works

Your regular conscious way of learning is through repeated experience and practice; through this process, the new information will be stored deep within your mind on an unconscious level. This is how we learn to ride a bicycle, learn math, or even develop our confidence and establish self-beliefs for example.

Subliminal learning bypasses this conscious experience and practice stage and sends information directly to your unconscious mind. If the same subliminal messages are sent frequently enough this will lead to the same outcome, i.e. a shift in your self-beliefs. **The only difference is that the shift comes naturally, from within!**

We are all exposed to subliminal messages every day due to the massive amounts of information we are exposed to, and our limited capacity to consciously register it. **As a result, this may**

lead to small changes in our minds, or over time if you are exposed to the same subliminal information over and over then there will be lasting changes.

Listening to a subliminal messaging audio is simply a way to counteract this and take control. By targeting subliminal messages consistently in your mind, in larger and focused quantities you can make positive changes in areas of your choice.

Subliminal audio can be used to improve any area of your life - from deep internal changes to improvements in the physical body. For example, you can increase your motivation, boost your self-esteem, treat illnesses and phobias, the possibilities are endless - even subliminal language learning is possible!

We will now go into the principles behind subliminal messaging and the technical side of how subliminal messaging works. The simplest way to show how subliminal messaging works is to describe it in relation to a more common form of mind programming - hypnosis.

Is this Actually Proven by Science?

Without any doubt – YES!

If you either don't believe in subliminal messages or don't want personal change, then they probably won't work for you. You need to keep an open and positive mind, and you need to personally want to change.

Having said this I want to share with you some of the information which I read myself, many years ago - the same information which got me excited about subliminal messaging and inspired me to start my own personal journey of self-improvement

through the use of subliminal audio. I was amazed at the changes and results I experienced.

Evidence and Research into Subliminal Messages

Before we get into some specific research studies which show how subliminal messages can help in terms of self-improvement, here are a couple of case studies which show the nature of subliminal messages generally, and that information really can enter into our minds without our knowledge.

Proof that Subliminal Audio Works

There are plenty of well-documented studies that prove the effectiveness of subliminal audio technology.

According to Professor Benjamin B. Wolman, author of more than 40 books on psychology, conscious thinking can be influenced by stimuli outside of awareness. He adds, with reference to Silverman (1967), that Freud's study of consciousness "assumes that a subliminal input raises the activation level of existing unconscious motives" [3].

In other words, subliminal messages can be used to spark yourself into action, depending on the kind of action you intend to pursue, such as getting more motivated, organized, confident, and so on.

Dr. Norman Dixon, a psychologist at UCL (University College London), performed extensive research on subliminal learning in his scholarly work, “Preconscious Processing,” citing over 748 studies. He found over 80% of those subliminal studies delivered affirmative, positive results [4].

Dr. Eldon Taylor, director of Progressive Awareness Research and

a Fellow in the American Psychotherapy Association, firmly believes that subliminal information when presented in an appropriate manner is processed, retained, and acted upon [5].

Raising Academic Standards

A class of 60 law students was split in two, with one group exposed to subliminal stimuli and the other not. Students who received the stimuli scored noticeably higher than their peers at the end of the course and continued to outperform them for some 12 weeks later [6].

Weight Control

Two groups of overweight women took part in a weight loss course with one group being given subliminal audio messages and the other group not. The group that was exposed to the subliminal messages lost more weight, and subsequent follow-up showed the difference in weight between the two groups had continued to increase [7].

Stopping Smoking

Psychologist Dr. Lloyd H. Silverman of New York University studied over 40 groups of smokers. Half of each group were exposed to subliminal audio, and half were not. Within just one month, 66% of those in the subliminal group were still cigarette free compared to only 13% of the control group. This led Dr. Silverman to postulate that subliminal audio messaging makes it 4 times more likely you will be able to quit smoking [8].

Audio, transmitted subliminally, does reach the subconscious mind. Peoples' thoughts, feelings, and actions can be influenced by stimuli that are processed without any awareness of perceiving. Researchers from the UK have discovered that even unconscious messages can have a profound impact on the brain,

leaving a lasting impression. Researchers have made a fascinating discovery: by briefly exposing individuals to subliminal messages at a rapid pace, even without their conscious awareness, it is possible to influence their thinking.

Why Does Subliminal Audio Work?

Your mind has a conscious element and a subconscious element. The conscious part, as the name implies, works when you are conscious and awake. The subconscious part, however, is always switched on, always soaking up sensations and information no matter what you are doing.

One way to understand it is to think of your mind as an iceberg. Your conscious mind is the bit of the **iceberg** you can see, say 10% of the total mass, while the rest, 90% is made up of your subconscious mind.

That gives you a good idea about just how powerful your subconscious mind really is. It also explains why so many self-development enthusiasts look for ways to access its power.

The subconscious picks up information you are not always aware of and stores it in your mind. If it picks up enough information with enough frequency, that information will gradually become a part of who you are, giving you the potential to change the way you think and, by extension, the way you behave. As Dr. Joseph Murphy writes in his book The Power of Your Subconscious Mind, "change your thoughts, and you change your destiny [1]."

Making Changes for Good

This ability for information to sneak into your head makes subliminal audio useful in two powerful ways:

- To break bad habits (For example, smoking or overeating)
- To implant new, positive beliefs (For example, self-confidence or motivation)

Examples of people who have used subliminal audio messaging to achieve amazing results are everywhere. Tiger Woods reportedly used subliminal messages to help him become the world's greatest golfer [2]. Director Steven Spielberg found the confidence to follow his dreams and become one of the giants of contemporary cinema. Renowned life coach Tony Robbins has used subliminal audio technology to help celebrities and influential people all over the world achieve levels of success they could otherwise only have dreamed of.

Limitless Applications for Change

It should be obvious by now that subliminal audio messages are more than a fad, more than the latest craze dreamed up by self-help gurus to further their own careers. Time and time again scientific research has proven the effectiveness of subliminal audio to help people overcome real life issues, from eliminating fears to boosting their mental powers, from increasing confidence to decreasing stress.

These messages are intentionally designed to be too subtle for your conscious mind to pick up. **Your subconscious, on the other hand, never misses a trick. It latches on to them, takes them at face value, and makes them part of your belief system. It does not try to filter out what you feed it. Feed it with enough positive stimuli, therefore, and it has no choice but to incorporate those stimuli into your very being.** As Oprah Winfrey puts it, "what we dwell on is who we become."

Why Use Subliminals?

You might be thinking "what's the point in subliminals?" or "why bother making the messages inaudible?". Well, this is because a regular statement and a subliminal suggestion have different effects on your mind.

If, for example, you repeat affirmations to yourself or use an audio with audible suggestions then you may be so set in your ways that your conscious mind will reject the suggestions. For example, if you have self esteem issues and someone tells you "you are confident" this will probably get instantly dismissed as your conscious mind "knows" the statement to be false.

However with subconscious programming the barrier of your conscious mind is bypassed and it is therefore possible to make

changes which you would not be able to if the information was sent via regular conscious development/learning methods.

What Can Subliminal MP3s Help Me Achieve?

Subliminal recordings can help you change any area of your life you desire!

They can help you reach your ideal weight, think more positively, adopt a millionaire's mindset, increase confidence levels, sleep better, and more.

Whatever you wish to achieve, a subliminal recording can help support you, with virtually no extra effort – all by listening to a simple MP3, while you get on with your day.

How Will Subliminal Messages Benefit Me?

A subliminal message is any piece of information which is sent beyond the limit of human perception. However, the subliminal messages still get processed by your subconscious mind. In this way, positive changes can be made without your pre-existing self-beliefs getting in the way, and without holding you back.

We receive information subliminally all day from a range of sources such as media and advertising, but also from simple day to day life - there is always too much going on around us for our conscious mind to act on it all - so your subconscious mind filters through it and you are only aware of the information you need at the time. For example, if you hear your name mentioned across a noisy room you tune into that conversation, this is because you were listening all along on the edge of your perception. Subliminal messages simply take advantage of the fact that your mind can process information you are not aware of.

The real benefit of using a subliminal MP3 is that you are in control of the information you receive. You create a FOCUS - only receiving specific messages which will give you an advantage in pursuing your personal goals, and making the changes you want to make.

Listen to your audio track while relaxing, or even play them in the background while doing your daily tasks, and the messages will begin to enter your mind - by creating this focus of information being received you can make lasting positive changes in your mind and to your life, changes which will give you a mental edge towards pursuing your goals.

How Quickly Do Subliminals Work?

Everyone is different. As a general guide you should see some change within a couple of weeks, and then see the results to build further.
For best results, however, I suggest listening over a period of at least a minimum **two full weeks.** Although it can take up to **60-90 days.**

You can continue after that time as required, or simply listen as appropriate to further enhance the results you receive.

Any two people, even with the same subliminal messaging audio, will always experience a difference in the quantity and speed of changes and benefits they encounter.

Can You Give Me an Example of these Affirmations?

- I am naturally and effortlessly learning Spanish
- Learning Spanish comes easily to me
- I process the Spanish language efficiently

- I understand Spanish naturally
- I read Spanish effortlessly
- I can write in Spanish to a high standard
- I speak Spanish fluently
- Speaking Spanish comes naturally to me
- I love learning Spanish, and every day my Spanish improves
- I am 100% motivated, committed and driven to learn the Spanish language
- I grasp Spanish words easily
- I stay relaxed while learning Spanish
- I find Spanish easy to learn
- I practice writing Spanish words and phrases
- I remember Spanish words easily
- I am motivated to learn Spanish
- I focus on learning Spanish
- I soak up Spanish like a sponge
- I practice speaking Spanish every day
- I read Spanish books and documents to build my vocabulary
- Speaking Spanish is easy for me
- Learning Spanish is exciting and fun

What Will I Feel?

Everyone is different - some people experience the effects of subliminal messages almost straight away; **feelings of being energized, focused, clear in mind, or highly motivated are common.** For others the changes take a little while to take effect, but over a longer duration you should notice a change in your attitude, and you will probably notice you have different thoughts and beliefs concerning the change you are pursuing - this will then start to filter into your everyday actions and change your patterns of behavior on a bigger scale.

Will This Really Work On Me?

Yes. Scientific research has proven that we are all susceptible to subliminal influence.

Others Will Tell You What's Working

Keep an eye out for compliments from other people. With subliminals, the change comes from the inside. That means we often don't even see it happening within ourselves.

By paying special attention to the compliments of others, you'll begin to spot what real changes are coming through to your daily life.

Are Results Permanent?

Yes. You are essentially changing your belief systems about yourself and your thought processes & patterns of thinking, and once you have changed them then yes, the results will last.

Just as you would change with a method like hypnosis, you will also experience a lasting result with subliminal messages - once a change has occurred within your mind it will stay like this and you can move on to another area of development. There is no set time frame for lasting change, everyone is different and some see results quickly, while others take a little longer to experience changes.

Generally, you will see an improvement within a couple of weeks and then these changes will continue to build and produce a permanent change in your mind.

Is This the Same Thing as Hypnosis?

No, but there are similarities.

Hypnosis involves taking you down into a trance state, then using a mixture of exercises and affirmations to help rewrite your patterns of belief.

Subliminals involve exposing the mind to many hundreds of positive affirmations and commands, imperceptible to the conscious mind. Subliminal recordings aren't intended to directly interact with the conscious mind at all.

Is It Completely Effortless?

Subliminal audio basically acts as an aid and will give you a boost towards goals you are consciously pursuing, rather than doing all the work for you.

Subliminal messaging will not work for you if you just want an instant fix to your problems without having to put in any effort yourself. However, if you are driven to succeed and want to do everything you possibly can to ensure your success, then subliminal messages will effortlessly enhance your ability to achieve your goals and help you reach them quicker and more easily.

What Will I Actually Hear?

It depends - some subliminal audio has several mixes to suit your musical taste and preferences. Depending on where you buy your subliminal track from, typically it will come in the following sounds:

- Ocean
- Rainfall
- Thunderstorm
- Wind
- Fire
- Acoustic mix
- Brown noise mix
- Relaxation mix
- Stream mix
- Workout mix
- Spoken subliminal
- Completely silent (*this is great if you're working in an office around people and you don't want others hearing any noises coming from your speakers or mobile device, particularly if you're not wearing headphones OR when you're sleeping at night and you like pure silence*)

When listening, you typically won't hear anything except the music. If you listen really closely, you may just hear the occasional whisper, but that's all!

There are no audible voices or guided hypnosis involved; instead, the messages and subliminal suggestions are presented in a way that cannot be heard by the human ear.

How Long Does a Subliminal Audio Last?

It varies on where you buy your subliminal audio from. A subliminal track is typically between 10-30 minutes long.

Practical Tips For Subliminal Language Learning

What Is the Best Way to Listen?

How you listen is a personal preference. There is no single best way to listen. What works for you might not be right for someone else - it largely comes down to personal choice and finding a method which fits your lifestyle.

You can listen in two ways: actively, or passively.

When listening actively, you purposefully sit down and relax while playing the session.

When listening passively, you simply keep the session playing on repeat in the background while you work, or go about your day.

Both techniques can deliver great results, and you don't have to use headphones to listen.

If you are serious about making a change in your life then try and create a "total immersion", i.e. play your mp3 whenever, and wherever you can.

However, I do offer 3 main guidelines and ways to listen:

1. Most commonly I recommend listening once per day, in a relaxed seating position.
2. You can also listen while you're working, checking email, scrolling on social media, exercising, driving, studying, reading, cooking, cleaning the house, washing dishes, etc.
3. Or lastly, you can listen while you sleep - many people repeat either the whole audio on a lower volume, or just play the silent tracks while they sleep - with good results. Your subconscious mind is accessible while you sleep so the subliminal messages in the audio will still reach your mind.

You should use your subliminal audio track as much as possible, and listen anywhere whether you have access to a computer, or are able to use your mobile device.

As long as you can hear the music/nature sounds you will be benefiting from the subliminal messages, so just use whichever way to listen that fits within your lifestyle best.

Finally, keep listening in this way each day until you achieve the desired results!
Most people see early results within the first few listening sessions. I recommend listening for at least two full weeks for optimum results. Some individuals prefer to listen for a whole month, then periodically to replenish the benefits.

This total immersion in subliminal audio, when combined with planning and conscious action towards your language learning goals will make you much more successful - it will make sure you are ALWAYS focused on reaching your goal. **It will ignite a burning desire to succeed; giving you a massive advantage towards anything you pursue in life.**

Using your subliminal MP3 couldn't be easier. Just sit back, relax, hit play, and let the recording do the rest!

How Often Should I Listen to a Subliminal Audio Track?

I recommend listening at least once per day at first - ideally when you are in a relaxed state of mind. However, you can listen multiple times; you can play it constantly in the background for a few hours while you work and you will still receive the benefits.

There is no right, wrong or best way to listen - everyone is different, so you need to find out what fits your lifestyle and works best for you personally.

Keep Playing On Repeat

You don't have to actively listen to subliminals in order for them to take effect. You can simply play them passively in the background, while you get on with life.

Play them on repeat while you check email, do house chores, or workout at the gym. There's no need to focus on them, just keep them playing in the background.

The subliminal affirmations will continue to seep into your subconscious, helping to change your life.

Can I Listen Too Much?

Simply put, no :) You will never have a negative reaction to using a subliminal audio. You can listen as much as you want.

In fact I RECOMMEND listening whenever you can. If you play your audio frequently you will create a "total immersion". **You will be super focused on your goal, more motivated and driven, and you will really go all out to make it happen.**

Do I Need to Use Headphones?

No. Headphones are not required when listening to subliminals. Your mind will receive the messages through regular speakers - headphones are purely optional. Generally, headphones are required with a hypnosis audio track as different suggestions are sent to each ear as part of the trance-inducing process. However, with subliminal messaging a trance state is not entered and therefore the use of headphones is entirely a personal preference.

Can I Play the Audio Track While I Sleep?

Yes - many people decide to play their subliminal MP3 on repeat,

as they drift off to sleep. This is a great way to take full advantage of a further 8 hours of brain training each day!

Whilst sleeping, studies have shown that the brain is most receptive to new information.

Science shows that the conscious mind turns its hearing off as you sleep but the subconscious remains awake and alert to outside stimuli, so you should see a benefit from night-time listening.

The conscious mind is at rest and easier access is gained to the subconscious. While sleeping you process any new information while the subliminal track is playing and it is further stored within your subconscious mind, so yes, subliminal learning while sleeping is possible!

Can I Listen While Driving?

Absolutely! The background sounds, depending on the type of music mix you listen to can be quite relaxing.

Is it Safe?

Yes, it is 100% safe. You will never experience any negative effects from listening to a subliminal audio track. Companies that create subliminal audio only use positive affirmations on their tracks, they will never encourage any negative behavior and they are completely safe.

If you want to change, if you want the audio to work then your mind will accept the messages and it will help you.

The Top 3 Subliminal Superstores

SubliminalGuru (10 minutes)

- Learn any language
- Chinese
- French
- German
- Italian
- Russian
- Spanish
- Swedish

SubliminalMP3s (12 minutes + includes a silent audio track)

- Learn Cantonese
- Learn Dutch
- Learn English
- Learn French
- Learn German
- Learn Hindi
- Learn Indonesian
- Learn Irish (Gaelic)
- Learn Italian
- Learn Japanese
- Learn Korean
- Learn Malay
- Learn Mandarin
- Learn Portuguese
- Learn Russian
- Learn Spanish
- Learn Swedish
- Learn Thai
- Learn Urdu
- Learn Vietnamese
- Learn Welsh

Real Subliminal (30 minutes + includes mobile app)

- Learn Afrikaans
- Learn Arabic
- Learn Bengali
- Learn Bulgarian
- Learn Chinese
- Learn Croatian
- Learn Dutch
- Learn English
- Learn French
- Learn German
- Learn Hindi
- Learn Indonesian
- Learn Italian
- Learn Japanese
- Learn Korean
- Learn Malay
- Learn Polish
- Learn Portuguese
- Learn Punjabi
- Learn Romanian
- Learn Russian
- Learn Slovak
- Learn Spanish
- Learn Swedish
- Learn Tagalog
- Learn Telugu
- Learn Thai
- Learn Turkish
- Learn Vietnamese
- Learn Welsh

Frequently Asked Questions

What are subliminal messages?

A subliminal message is any piece of information which we receive without us consciously perceiving it. This information can come in any format; from video, to images, and of course, subliminal audio.

What are audio subliminal messages?

Subliminal messaging is a technique by which a message is moved beyond your conscious level of hearing. However, the message still gets registered on an unconscious level by your subconscious mind. In this way changes to your habits, self-beliefs, behavior, and much more can be made from the inside out; without your logical, conscious mind getting in the way.

What is subliminal learning?

Subliminal learning is a process where the mind is exposed to information below the threshold of conscious awareness, allowing the learning of new skills or information without active cognitive processing. This method leverages the power of the subconscious mind, which is continuously absorbing and storing information even when we are not consciously engaged. Subliminal learning can occur through various mediums such as sound, imagery, or text. It's often used in language learning, personal development, and behavior modification programs.

Do subliminals actually work?

Yes, subliminals do work, but results may vary based on the individual and the consistency of exposure. Numerous studies suggest that subliminal messages can influence human behavior and learning. It's believed that since these messages bypass the

conscious mind and go straight to the subconscious, they can be used to instill new habits, attitudes, or skills. However, it's important to remember that subliminals are not a magic bullet. They are tools that need to be used in conjunction with active efforts for a holistic approach to learning or personal growth. As such, their effectiveness is typically enhanced when combined with other forms of learning or behavioral modification techniques.

Do subliminals affect your brain?

Yes, subliminals can have an impact on your brain. They function by transmitting positive affirmations into your subconscious mind, often bypassing the critical and skeptical conscious mind. The main theory is that because these messages go 'under the radar' of your conscious brain and are absorbed directly by your subconscious, they can influence your attitudes, behavior, and perceptions in a positive way over time.

What is the power of subliminal messages?

Subliminal messages harness the power of the subconscious mind, influencing behavior without the individual's conscious acknowledgment. They're often embedded in other forms of media—like music, visuals, or even in print—and are designed to pass below the normal limits of perception. They can be a powerful tool for change, often utilized in self-improvement fields to reprogram the mind for better habits, boost self-confidence, or even learn a new language, as seen in the links above. However, it's important to note that while their power is significant, subliminal messages are not a magic cure-all. Their effectiveness relies heavily on consistent exposure and the individual's inherent receptiveness.

Can you actually learn a language in your sleep?

Technically no, however, if you listen to language learning subliminals, these subliminals depending on the specific language you're learning will help you soak up idioms easily and efficiently, influence your thinking, and help grasp terms and phrases fast. You'll remember words and vocabulary, gradually developing the skill to communicate with ease. You'll enjoy awesome comprehension, becoming fluent enough to engage in conversations and understand everything that's said.

Why are subliminals so effective?

Subliminals are highly effective because they operate on the premise of influencing the subconscious mind. While our conscious mind is limited in the amount of information it can process at a given time, the subconscious mind has virtually unlimited capacity. Subliminal messages bypass the conscious mind’s critical filter, which often rejects or ignores information that contradicts established beliefs. This allows for new ideas or affirmations to be accepted and incorporated into our belief system, leading to changes in behavior, mindset, or performance. Furthermore, because these messages are delivered subtly, often in the form of audio or visual stimuli, they can be repeated frequently and consistently, further increasing their impact.

What is the logic behind subliminals?

The logic behind subliminals lies in their ability to bypass the conscious mind and directly influence the subconscious mind. The subconscious mind is more receptive and non-judgmental, meaning it's more likely to accept subliminal messages without resistance. This will lead to changes in thoughts, behaviors, habits, and beliefs permanently.

What is an example of a subliminal?

- I grasp German words easily
- I stay relaxed while learning German
- I find German easy to learn
- I practice writing German words and phrases
- I remember German words easily
- I am motivated to learn German
- I focus on learning German
- I soak up German like a sponge
- I practice speaking German every day
- I read German books and documents to build my vocabulary
- Speaking German is easy for me
- Learning German is exciting and fun

What do subliminal messages do to your mind?

Subliminal messages have a profound impact on our minds. They function by transmitting specific affirmations or messages directly to our subconscious mind, bypassing our conscious reasoning. This process allows us to absorb and accept information without any resistance or critical analysis, leading to changes in our behaviors, beliefs, and thought patterns over time. It can potentially influence our preferences, motivate us, improve our memory, and even alter our perception of certain experiences. However, the effectiveness of subliminal messages varies widely among individuals and depends on several factors, including the credibility of the source, the frequency of exposure, and the individual's susceptibility to such influence.

What is the power of subliminal messages?

Subliminal messages have an influential power that taps into our subconscious mind. This power mainly derives from their ability to bypass our conscious thought processes and directly feed

information to our subconscious, which is more receptive and unquestioning. These hidden messages can subtly shape our thoughts, attitudes, and behaviors without our active awareness, making them a potent tool in areas such as advertising, self-improvement, and behavior modification.

Can subliminal messages change your behavior?

Absolutely! Subliminal learning is a powerful way to reprogram your subconscious mind and change your behavior. Subliminal messages work by bypassing your conscious mind and directly influencing your subconscious, which is responsible for 95% of our thoughts and actions. By exposing yourself to positive subliminal messages consistently, you can create new belief systems and thought patterns that will ultimately lead to changes in your behavior.

Do I have to listen to subliminals everyday?

Yes! The only way for subliminals to truly work for you is to listen to them every day in order to see results.

How long do you have to listen to a subliminal for it to work?

It usually takes a minimum of 30 days for the subliminals to really kick into your subconscious to a maximum of 90 days.

How does the silent track work?

SubliminalMP3s is the only website that offers a silent track which works in exactly the same way as their other 4 regular tracks - but of course you won't hear a thing. This option allows you to receive subliminal messages in complete privacy - no one

will ever know what you are listening to if you are interrupted. It also means you can play them anywhere, anytime without any distraction at all. This is a popular option for people who listen on the move, or play the album at their desks while working for extended periods, or even play the album on loop all night when they sleep. **The silent track can help you gain a greater level of immersion in your subliminal messages and therefore help you advance towards your goal quicker.**

Final Thoughts

Remember, as you listen, thousands of powerful positive affirmations will reprogram your brain, helping you grasp terms and phrases fast.

You'll remember words and vocabulary, gradually developing the skill to speak like a native. You'll enjoy awesome comprehension, becoming fluent enough to engage in conversations and understand everything that's said.

Simply download a subliminal session, slip on your headphones, and listen, to learn how to:

- Learn the language of your choice!
- Boost your brainpower
- Speak with confidence and assurance

Download your language subliminal audio now to pick up new language skills as quickly as possible.

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Chapter 15 - The Formula

These are the exact steps to become fluent. This formula will allow you to retain vocabulary and phrases for (the long-term) ultimately maximizing your language learning sessions. There are three steps in this particular formula:

- **Input** - Learn how babies learn languages: through context. Create connections between ideas and words and build up your vocabulary and sentence structure. You don't need to be studying for hours, if it's done **right**!
- **Narrow** - Hone in on your weaknesses! It's better to acknowledge them **NOW**, than later. Use methods such as the **80/20 Rule**, **Mnemonics**, and **Common Phrases** to MAXIMIZE language learning results!
- **Diverge** - Take your intermediate language learning to advanced! Use techniques used by polyglots such as **self-study**, **grammar tricks**, and **weekly evaluation**.

Let's break down each of these three steps into detail:

Input

Learn through Context: Babies acquire languages through the CONTEXT of words. With CONTEXT you make connections.

Active vs. Passive

ACTIVE: Action of reading subtitles from a tv show, repeating a foreign phrase

PASSIVE: Listening to podcasts/songs, watching YouTube videos/movies

NOTE: For best results use a combination of both active and passive methods

Narrow

The 80/20 Rule: Also known **Pareto's Principle**, states that **20% of the input will give you 80% of the output**. Therefore, spend time **learning words** that will give you what you **use 80% of the time**.

Common Phrases (Worth Knowing)

- The 5 W + H (Who, What, Where, When, Why, How)
- How do you (word) _____ in (target language) _____
- Pronouns: He, She, etc.
- Connecting Words: But, Therefore, etc.

Top 1,000 Word List

Many people focus on vocabulary words such as "elephant" or "giraffe" which aren't common in conversation. Instead focus on words such as "boy" or "girl" which are words that will be used often. There are 3 ideas worth sharing:

1. Use a reliable list of the top 1,000 most common words. I recommend vocabulary apps that teach the most frequently used words.
2. Use the infinitive form of words. Example: learn "help" instead of "helping".
3. Find cognates (words that sound similar in both languages).

Diverge

You reach the point that I call "The Click" where you are able to understand 75% + of the words spoken.

At that point, there are 3 main steps from intermediate to advanced:

1. Self-Study

Talking to yourself in your target language. In doing so, you realize phrases or vocabulary that you are unfamiliar/uncertain of. Hone in on these limitations and learn from them.

2. Grammar

At this point you can focus on sentence structure + verb tenses, conjugations etc. If you focus on grammar too early on it's shown to deplete motivation. However, if you enjoy grammar structure then feel free to practice it beforehand.

3. Weekly Evaluation

Evaluate yourself based on these 4 areas:

- Speaking
- Reading
- Writing
- Pronunciation

NOTE: You can also use the CEFR Scale (A1, A2, B1, B2, C1, C2)

FREE Quiz: [How Fluent Are You Really?]

Chapter 16 - The FLM Method

The Natural Order of Learning a Language: The Three Stages

The FLM Method has been carefully curated with trial and error through learning several languages.

I consider it to be the most easy, affordable, fun and effective method out there.

The FLM Method starts with the concept of there being three stages of learning any language. The three stages being: **Input**, **Output**, and **Refinement**.

Beginner Stage | Input

This stage starts from the second you decide to learn a new language and generally lasts for 3-4 months for "Easy" languages, 4-7 months for "Medium" languages and 7-9 months for "Hard" languages (see chart on page 26 for general reference).

The Input stage is similar to how we acquire our native language in childhood. Put simply it's all about taking in as much information as possible. Learning new words, reading books, listening to how words are pronounced, listening for differences in grammar, listening to the natural cadence/sound of native speakers and observing the body language of people while they speak, are all crucial during this phase.

The focus is not on speaking at this point.

The focus is not on intensively studying grammar rules.

The focus is not on writing.

In combination with watching a surplus of TV, YouTube videos, films and other forms of media in order to get your ear accustomed to the native rate of speech and pronunciation from day one.

The end of the Input stage is typically marked by the ability to understand media (TV, podcasts, YouTube, etc.) in your target language without the use of subtitles or external translation.

Intermediate Stage | Output

Once you reach a point where you can understand most of the words and sentences being spoken in your target language, you have entered the Output stage. The Output stage will last anywhere between 2-4 months for all language levels.

The focus in the Output stage is to speak, write and text as much as possible with native speakers. Communication is key. The exact form of communication you take is up to you. Some have no interest in writing or texting. Some have a strong interest and desire in being able to do it all.

The goal of the Output stage is to generate your own sentences, share them with a native speaker, and receive feedback on grammar, pronunciation, phrasing and whether or not a native would phrase the sentence in the same way. The only way to get better, faster and more natural at speaking your new language is practice. That's what this stage is all about. Practice, practice, practice.

In the Output stage, you will mainly use online websites to contact language tutors, AI tutors, teachers, or penpals.

You will know that you have reached the conclusion of this stage when you can easily express most ideas and thoughts in the language and feel confident in your conversational abilities.

Advanced Stage | Refinement

This stage is optional. If your goal is to only become conversationally fluent in your target language before starting another language, you can just focus on completing the Output stage and then move on. However, if your goal is to master the language you're studying then the Refinement stage is for you.

The way this stage works is it takes the existing communication you're having with native speakers by incorporating and introducing specific grammar study, spaced repetition vocabulary review, and different aspects of immersion.

There is no specific end to the Refinement stage. Learning a language is a continuous journey that, similar to learning an instrument, doesn't have a specific end point. You can always improve (even in your native language).

Typically, it takes around 1-4 years of on and off studying to advance from conversational fluency to a highly-proficient, near-native level. However, since you have established a strong foundation, studying in the third stage can be less frequent and lengthy compared to the first two stages. Although studying every day is still advisable, it's not mandatory.

Learn Like a Baby: Why FLM Works Naturally

The **Input** → **Output** → **Refinement** framework doesn't just work because it's logical — it works because it's *biological*. It mirrors the exact way babies naturally acquire language. And while we're

not babies anymore, adults can mimic this process with incredible results. Let's break it down:

Babies learn through a natural sequence.

The core of baby-style language acquisition follows this natural order:

1. **Massive Input** (Listening first)
2. **Gradual Output** (Speaking later, with trial and error)
3. **Refinement** (Fine-tuning accuracy over time through interaction and feedback)

How Input / Output / Refinement Fits "Learning Like a Baby"

1. INPUT – "The Silent Period"

- Babies **listen for months** before speaking.
- They absorb pronunciation, tone, rhythm, and patterns through **massive exposure**.
- Adults can mimic this with:
  - Podcasts, Glisten, YouTube, Lingopie, LingoLooper, FluentU, LingQ
  - Graded readers, music, and daily immersion

Key principle: Comprehension comes before production.

2. OUTPUT – "Babbling and Experimentation"

- Babies **start outputting** by repeating sounds ("mama", "dada"), then forming short phrases.
- Adults mimic this through low-pressure, repetitive speaking:
  - Pimsleur, Falou, Teacher AI, Lingbe, HelloTalk, Italki, ChatGPT Voice

Key principle: Don't wait for perfection—just start speaking. Mistakes are part of the process.

3. REFINEMENT – "Corrective Feedback and Expansion"

- Babies get corrections naturally: Baby says: "I goed there." Parent: "You went there? That's great!"
- Adults can replicate this through:
  - AI feedback (ChatGPT, Teacher AI)
  - Tutor correction (Italki, HelloTalk, Jumpspeak)
  - Reviewing patterns (Glossika, Clozemaster)

Key principle: Get feedback and notice patterns. Over time, your brain aligns input with output.

A Practical Summary for Adults Learning Like Babies

Stage	What to Do	Tools/Apps to Use
Input	Listen, read, absorb without pressure	Glisten, YouTube, Lingopie, FluentU, LingQ, Migaku
Output	Speak even if you make mistakes	Pimsleur, Falou, Jumpspeak, ChatGPT Voice, Lingbe
Refinement	Get feedback, correct, fine-tune	Italki, Teacher AI, HelloTalk, Clozemaster, Glossika

Key Difference: Babies Have 24/7 Exposure

Since adults don't get the same immersion, they must intentionally build habits and environments that simulate constant exposure (e.g., passive listening, talking to AI, practicing daily).

Chapter 17 - How Babies Learn – And How Adults Can Do It Faster

Adults Can Recreate How Babies Learn — But Smarter and Faster

While adults don't absorb language exactly like babies, they *can* follow the same sequence — and combine it with conscious strategies to speed things up. Here's how it actually works in first language acquisition (babies learning their native tongue):

Stage 1: Listening (Immersion + Comprehension Input)

Babies spend months just listening to their parents and environment. This is often called the **silent period** — they're absorbing sounds, patterns, intonation, and basic rhythm of the language, but not speaking yet.

Just like babies, adult learners need to **hear the language consistently** before trying to speak. Listening helps build a feel for the rhythm, pronunciation, intonation, and patterns.

Stage 2: Vocabulary Acquisition (Internal Vocabulary Bank)

Before they speak, babies begin to **mentally associate** words with meanings. They start to **understand** vocabulary — names of objects, actions, familiar voices — *receptive vocabulary* develops first. This means they **know what words mean** even if they can't say them yet.

For example:

- A 10-month-old might look at a dog when you say “dog,”
- Or smile when you say “mama,”
- But not say either word aloud yet.

Before you speak, you need to **understand key words**. Building your *receptive vocabulary* gives you confidence and context when you hear or see those words again.

Stage 3: Speaking (Output)

Eventually, they start producing words — often around 12–18 months — after building up enough understanding. This is where **productive vocabulary** begins to emerge (saying mama, dada, up, no, etc.), and then phrases come later.

After input and vocabulary, speaking becomes easier and more natural. You’ve “heard it enough” to know what sounds right. Shadowing and mimicking help develop fluency.

Stage 4: Reading, Writing, Grammar (Literacy)

This happens much later, once spoken language is well established.

Just like babies learn to read and write last, adults can wait to go deep into grammar and writing *after* they’ve internalized the basics through listening, vocab, and speaking.

Why This Works for Adults

- Mimics the brain’s natural learning order
- Builds confidence and avoids overwhelm

- Reduces the “translation trap” (thinking in your native language first)
- Makes speaking feel organic instead of robotic

Chapter 18 - The 4 Stages of Language Apps

Matching Tools To How We Learn

Not all apps are created equal. Some are great for listening, others for vocabulary, and some for speaking or reading. One of the biggest mistakes learners make is using the wrong tool at the wrong time.

To help you stay on track, I've grouped the best apps into 4 natural learning stages that match how babies learn (and how adults *should* learn). Use them in this order for maximum fluency:

Stage 1: LISTENING (Immersion + Comprehension Input)

Start here. This is your "silent period"— just like babies absorbing the world before they speak. The focus is on hearing natural language every day. Don't worry about speaking yet.

Apps:

- Podcasts
- Glisten
- YouTube
- Pimsleur (Beginner–Intermediate, SRS)
- Lingopie
- FluentU
- Lirica
- LingoLooper
- Glossika (Intermediate–Advanced, SRS)

Stage 2: VOCABULARY (Focused Input & Word Acquistion)

Once you've listened enough to understand basic conversations, start focusing on building your vocabulary to deepen your comprehension. Use tools that teach words in context and make it fun to remember them.

Apps – Contextual Vocabulary:

- Lingvist (SRS)
- Clozemaster (SRS)
- Speakly (SRS)
- ListLang (SRS)
- Memrise (SRS)
- Karteto (SRS)

Apps – Gamified Vocabulary:

- Dinolingo
- Lingo Legend
- Drops (SRS)
- Fun Easy Learn
- HelloWords (SRS)
- Babadum

Stage 3: SPEAKING (Shadowing + Mimicking + Output)

Now start speaking—just a little. Think of this as the "babbling" stage. Use tools that let you imitate real speech, shadow phrases, and have low-pressure conversations.

Apps:

- **Shadowing:** Chats by Falou, Jumpspeak, SpeakTrip
- **Listening & Speaking:** Pimsleur, Glossika, LingoLooper, Teacher AI, ChatGPT Voice
- **Real interaction:** Italki, Preply, Lingbe, HelloTalk, Tandem

Stage 4: Reading, Writing & Grammar (LITERACY)

Once your listening and speaking are solid, build literacy. Think of this like going to school after learning to speak as a child. Reading helps reinforce vocabulary and sentence structure naturally.

Apps:

- Beelinguapp (dual-language stories)
- LingQ (read with audio)
- Toucan by Babbel (learn as you browse)
- Lingodeer (structured grammar + reading & writing)
- Busuu (grammar, writing, reading, and speaking)

What Does (SRS) Mean?

SRS stands for **Spaced Repetition System**. It's a learning method that shows you information *right before you're about to forget it.* This timing helps move words from short-term to long-term memory. Many language apps use SRS to help you remember vocabulary more efficiently and with less effort over time.

Dual-Language Practice & Code-Switching: Tools for Flexible Fluency

Dual-language exercises involve intentionally using both your native language and your target language in the same sentence or conversation. **Code-switching** is the natural back-and-forth switching between two languages based on context, comfort, or vocabulary availability. While often spontaneous for bilinguals, it can be used deliberately as a powerful learning tool.

Here's how they help:

Boosts Mental Flexibility

Switching between languages on the fly trains your brain to rapidly access and organize vocabulary, grammar, and phrasing. It strengthens the *mental pathways* involved in fluency.

Fills Gaps in Real Time

Can't remember a word in your target language? Insert it in your native language, and keep going. This lowers anxiety and builds confidence while still reinforcing your learning.

Promotes Active Recall

You're more likely to *search for the right word* next time if you've code-switched before. It pushes your brain to fill in the blanks faster over time.

Prepares You for Real Conversations

Most conversations don't follow textbook rules. Practicing switching between languages mimics how real-life multilinguals speak when chatting with family or friends.

Example Dual-Language Practice:

"I'm going to la tienda right now porque necesito comprar pan." ("I'm going to the store right now because I need to buy bread.")

Apps that Support This Naturally:

- HelloTalk / Tandem – Chat with native speakers using both languages; many partners are happy to switch back and forth.

- Jumpspeak / Teacher AI / ChatGPT Voice – Practice responses in either language or toggle between them during speaking drills.
- Lingbe / Italki tutors – Ask partners or tutors to allow code-switching during practice.

By embracing dual-language exercises and code-switching, you're not just learning words—you're learning how to *use* the language flexibly, just like a real bilingual speaker.

Practice at Home with Dual-Language Conversations

One simple but powerful method for building speaking fluency is to **use your target language at home** with someone you live with — whether it's a spouse, partner, roommate, friend, or family member.

Let them know that from now on, whenever you speak to them (at home, in the car, while cooking, etc.), you're going to say it **first in your target language**, and then **repeat it in your native language** right after.

For example:

"Je vais faire du café — I'm going to make coffee."
"Tu veux du pain aussi ? — Do you want some bread too?"

Even if the person doesn't speak your target language, this method forces your brain to **think in the language** before switching to your native tongue for clarification.

Over time, this develops the habit of **formulating thoughts directly in your target language**, rather than translating in your head. It also reinforces vocabulary and syntax in real-life, everyday contexts — which is exactly how babies learn: by using

language constantly, out loud, and in full context.

This technique works beautifully as a form of **active immersion**, especially when combined with code-switching and dual-language exposure.

Chapter 19 - The Real Costs of Language Learning (and How to Save Money)

The FLM Method

Let's talk about the expected expenses you'll run into when using the programs and websites I recommend throughout this book.

In general, learning a language costs me no more than **$200–$350 total**, including apps and italki sessions.

That figure is *very* low compared to what many people spend. But that's the result of years of testing, experimenting, and searching for tools that are both effective and affordable. I've learned how to get great results **without wasting money**.

Here's the problem: when people try to learn a language on their own for the first time, they often overspend. They trust what's advertised to them instead of what actually works.

For example:

- They'll spend $500 on Rosetta Stone... and quit after a month.
- They'll subscribe to random programs that don't deliver results — or that they don't know how to use effectively.

I made the same mistakes. When I first started learning French, I spent hundreds of dollars on tools that didn't help. I even paid for a 3-month German class that turned out to be pretty ineffective. Looking back, I know I could've learned more in that same time by using the methods I now teach — and for far less money.

That's why I want to help you avoid the same trap.

Here's a rough breakdown of what you can expect to spend:

- Vocabulary & gamified apps: $0–$50/year (many are free or freemium)
- Listening/audio tools: $0–$30/month (some with generous free tiers)
- Italki speaking sessions: ~$8–$15/hour, depending on tutor/location
- Optional grammar/writing tools: $10–$50 (one-time or subscription)
- Total for most learners: **$200–$350** for several months of serious progress

To make things even easier, I reached out to many of the companies behind the tools I recommend. I've arranged **exclusive discounts and free trials** just for readers of this ebook — you'll find them in the upcoming section.

Language learning doesn't have to be expensive. In fact, **you can get fluency-level results on a tight budget** — as long as you focus on what actually works.

Chapter 20 - The FLM Method

Full App Breakdown

Everything you need to know about which apps to use, when to use them, and how they support your fluency journey.

One of the most common questions I get is: "*Which language apps actually work—and when should I use them?*" This chapter breaks that down completely.

Welcome to the **FLM Method**, a step-by-step fluency roadmap built around four key stages: **Listening & Immersion**, **Vocabulary Acquisition**, **Speaking Output**, and **Reading & Grammar**. Each stage has its own purpose, and each one is supported by a set of carefully selected tools to help you make consistent, measurable progress.

Let's walk through the four stages and see exactly how to combine the right apps with the right mindset to reach fluency faster.

STAGE 1: INPUT (LISTENING & IMMERSION)

What This Stage Does: You absorb the sounds, rhythms, and patterns of the language through consistent listening—without the pressure to speak. This stage focuses on *ear training* and building an intuitive sense of how the language works.

Purpose: To train your brain to recognize the natural flow and structure of the language through repeated, low-stress exposure. By listening first, you form a mental model of the language — laying the groundwork for comprehension *before* you ever speak a word.

Why It Matters: Before you can speak fluently, your brain needs to *hear* the language enough to internalize its patterns. Just like babies spend months listening before talking, this stage helps you develop a subconscious understanding that makes later speaking feel easier and more natural.

Best For: True beginners, returning learners, or anyone who wants to rebuild their instinct for how the language sounds — without the overwhelm of grammar or speaking too soon.

Recommended Apps & Tools:

Podcasts are an excellent source of passive immersion. By listening to real conversations, storytelling, or topic-specific shows in your target language, you expose your ear to natural pronunciation, rhythm, and intonation. It's a flexible option you can enjoy while driving, walking, or doing chores, making it perfect for effortless, consistent input.

Glisten is a language podcast app that curates bite-sized audio content for learners. Its library includes a variety of formats such as stories, dialogues, and mini-lessons, making it ideal for developing comprehension skills. Each episode is short and manageable, helping you build a daily habit. With optional transcripts and replay features, Glisten makes passive listening more effective.

YouTube offers a massive selection of native content — from travel vlogs and news reports to language learning channels and tutorials. Beginners can watch with subtitles and slowly progress to turning them off. By subscribing to native creators, you're essentially building your own personalized immersion channel.

Lirica teaches languages through music. It uses popular songs with lyrics, vocabulary explanations, and grammar breakdowns to help you absorb the language naturally. Because songs stick in your memory, this method reinforces structures and vocabulary in a fun, memorable way.

Pimsleur is an audio-based language program that uses spaced repetition and graduated interval recall to build conversational skills. You listen, repeat, and respond to prompts aloud, mimicking real-life dialogue. It's perfect for on-the-go learning and develops both listening comprehension and verbal recall. This app is especially good for beginners who want structured but immersive audio practice.

Lingopie turns binge-watching into a learning experience. You can stream foreign-language TV shows with clickable subtitles, and each word or phrase can be saved to flashcards. This visual and auditory immersion helps you internalize vocabulary and grammar in a natural context. It's fun, engaging, and effective for those who enjoy learning through entertainment.

FluentU uses authentic videos — ads, movie clips, interviews, and more — to teach you a language with interactive subtitles. Every word is clickable, showing definitions, example sentences, and more. You can turn these into vocabulary quizzes and review them through spaced repetition. It's a dynamic way to connect language to real-world usage.

LingoLooper presents you with native sentences and lets you choose a response from multiple options. This interaction helps you process what you hear and to respond, reinforcing both comprehension and basic

communication. It bridges the gap between passive listening and active speaking.

Glossika is a sentence-based spaced repetition system. It immerses you in real, complete sentences rather than isolated words, which helps with understanding grammar and word order naturally. You can listen passively or actively practice speaking aloud, depending on your level. It's ideal for developing intuitive comprehension and fluency.

Media (TV/Film/YouTube/Music/Podcasts)

One of the reasons why The FLM Method is so effective is because of how fun it is. Enjoyment is a crucial factor in maintaining a person's motivation to continue learning a new language. If it’s not fun oftentimes people will give up. That is why the method utilizes fun content in order to help ensure your happiness is never compromised by studying your new language. That’s what makes this method unique. A large part of the method’s focus is on consuming media that you genuinely enjoy and have a great time watching/listening to.

TV shows, movies, YouTube videos, and music all have tremendous power to inspire and motivate us. Media is powerful and plays a very large part in the method.

Media, if utilized correctly, can also be very beneficial development-wise. Not only are you listening to your target language being spoken at a relatively normal speed, but you’re also getting accustomed to the natural pronunciation of the language and observing body language at the same time.

Body language is highly underrated when it comes to language learning, however it’s one of the most powerful ways humans learn. For example, imagine you see the translation for “look out” in a textbook. Tell me what’s more likely. Remembering that word after reading it in a book a few times or after seeing your favorite character who you become emotionally invested in screaming “look out!” while tears roll down his face as he tries to protect his young daughter. We both know the answer. Emotions are powerful. They are what make us human.

That is the way children learn. When a mother has a stern, disapproving, mean look on her face and points at her child and yells “Don’t do that!” the child will remember that phrase much better as it’s tied to emotion and other forms of expression

(pointing, a disapproving look). This is the crux of why TV, film and YouTube videos can be so effective. It's one of the only powers they have over dedicated language learning programs. They have body language.

That is the way children learn. When a mother has a stern, disapproving, mean look on her face and points at her child and yells "Don't do that!" the child will remember that phrase much better as it's tied to emotion and other forms of expression (pointing, a disapproving look). This is the crux of why TV, film and YouTube videos can be so effective. Their advantage over dedicated language learning programs is their ability to communicate through body language.

That's why I recommend consuming media from the very beginning.

Get yourself used to how native pronunciation sounds, build up your listening skills, observe body language, and of course get attached to some characters in the shows you watch. Connecting with what you are watching not only improves your memory, but also creates a deeper appreciation for the people who speak the language you are learning. Through this experience, you gain an understanding of their culture and witness their distinctive approach to creating and telling stories. Above all, you realize that despite any differences, people are fundamentally similar.

Whether you're watching a Spanish series, a Russian drama or Japanese anime, media in this form humanizes and helps you bridge the gap to another culture and people.

How to make the best use of your time watching TV, movies, and YouTube videos:

1. **Find the best shows, movies, and YouTubers.** Search Google for shows and movies in your target language that are highly

rated/well-liked by native speakers. Typically dramas are the best for language learning purposes as there is a lot of dialogue and little action (scenes without talking). I'd also recommend staying away from shows that include a lot of specific vocabulary that isn't essential at the moment (scientific shows, business shows, etc.). Those are better suited for the Output stage. However, ultimately it's up to you to decide what content you want to watch. As for YouTubers, they are a bit more tricky to find, especially those that have English subtitles in their videos! However, they are out there! If you were studying Spanish, for example, I'd recommend Googling "Spanish YouTubers with English subtitles." If you can't find any for the language you're studying then you should focus on TV and Film. You can always come back to YouTubers without subtitles at a later stage. Whatever you watch, just make sure you enjoy it!

2. **Be active while watching!** When you are watching a show don't just aimlessly watch. Enjoy the show, have a good time, but have a purpose. You should be utilizing the show to bolster your vocabulary. What I'd recommend is have a notepad close by and write down any words that stick out. Writing down a few words every time you watch something will greatly help you to expand your vocabulary and remember the words you are constantly hearing. If there is a word that the main character is always saying but you don't know what it means, use Google Translate and write it down! The cool thing with Google Translate is that even if you don't know how to write the word you're hearing you can always utilize the speech to text button in order to translate it.
3. **Memorize words.** Oftentimes people will have a hard time committing the words they're learning to memory. If you find yourself having a difficult time you can use a software called Anki. It's a digital flashcard program where you can input words and their translations. Anki has a spaced repetition system that is designed to keep the words on your flashcards fresh in your mind. It's a great program to use in order to

solidify the words you want to remember (it's also a good idea to type the sentence or context these words were used in).

4. **Venture away from subtitles.** Eventually, towards the end of the Input stage (3-9 months time depending on the language) you're going to want to test how much you know. My suggestion is to gradually reduce the use of subtitles. For example, when you're watching your favorite show, challenge yourself not to look at the subtitles for a few minutes. Begin to watch foreign YouTubers that don't have their videos subtitled. Building up a comfortability with having no subtitles is critical in order to be able to move on to the output stage. In addition, it's incredibly rewarding to see how many words you can understand without subtitles. I've surprised myself in multiple languages where I felt that my listening skills still needed a lot of work when the subtitles were on. However, when they were off since my mind was hyper-focused on understanding I could actually understand much more than I expected I'd be able to.

Now that we've touched upon binge-worthy content let's talk about the content you can only listen to. Music!

Music by itself (excluding music videos) doesn't include body language. However, what it does include is portability. You can listen to your favorite songs wherever you are. This is powerful.

How to make the best use of your time listening to music:

1. **Build a playlist in your target language.** Try to find songs you genuinely like in your target language and begin constructing a playlist. If you have a tough time finding songs of your liking then I'd recommend Googling "good/popular/favorite x songs" with x being the language you are trying to learn. Lastly, I'd recommend listening to music through Spotify as their platform is set up to gradually introduce you to new artists and songs in the language you're interested in (through

the Discover Weekly playlist).

2. **Analyze and memorize your favorite songs.** Once you've built up a solid list of songs in your target language I'd recommend choosing a few favorites and learning them by heart. Learn the meaning of each word used. This way, whenever your favorite songs come on, not only are you enjoying them musically, they are also helping you language-wise. Certain words are being taught to you in a way that will make them difficult to forget. In addition, if the average song has around 60 unique words and you learn three to four songs by heart, you are increasing your vocabulary substantially.

And let's not forget about listening to podcasts. Podcasts are often overlooked by language learners. I guess this is due to the fact that podcasts require more active listening than say watching a movie or listening to music. However, podcasts are an excellent way of hearing native speakers in action and understanding their rhythm and intonation which are essential for developing fluency. Furthermore, there's nothing like hearing a native speaker explaining a certain topic or giving their opinion on an issue. It's totally different than reading the same content online.

There are so many different podcasts you can find on iTunes, Spotify, etc., in all kinds of topics and languages. Do some research regarding the topics you find most interesting and make sure to check out their ratings. With podcasts, there are no official translations available so it's an excellent way for you to practice comprehending natural conversations in real-time which is a key skill that will help you understand native speakers better when communicating with them.

Using media from day one is extremely important. This is designed to be used in conjunction with your primary language program. My advice would be to choose a TV show and try to watch 30 minutes to an hour of it per day (time will vary

depending on your free time, however we'll cover this in the "**Adapting To Your Schedule**" chapter). When you have some downtime, certainly search for some music and build up your playlist.

A good starting point would be this:

A week into your new language:

- *You're a few episodes into a cool TV show in the language you are learning and you're enjoying the show. (Watching it with English subtitles)*
- *You've found several songs/artists/podcasts and are building up your playlist.*

Again, using media is an incredibly fun and effective way to learn a language. However, it should only be used as a supplementary tool rather than the sole method of learning. It's not the main activity that will get you where you want to go. Dedicated language programs are the primary method to learn any language.

STAGE 2: INPUT (VOCABULARY)

What This Stage Does: Rapidly builds your vocabulary using spaced repetition, context, and gamified tools. As your word bank grows, you'll start recognizing more words in speech and text — making everything easier to understand.

Purpose: To fill your brain with high-frequency vocabulary through visual repetition, games, and contextual learning. This ensures new words stick in long-term memory, laying a strong foundation for confident listening, reading, and eventually speaking.

Why It Matters: Vocabulary is the fuel for fluency. The more words you know, the more you can understand — and the easier it becomes to express yourself. Without a solid vocabulary base, progress in any other area will feel slow and frustrating.

Best For: All learners, from beginner to advanced — especially after you've spent some time getting used to how the language sounds in Stage 1.

Contextual Vocabulary Apps (Spaced Repetition):

Lingvist uses smart algorithms to tailor sentence-based flashcards to your knowledge level. It teaches vocabulary in context, not isolation, helping you understand how words function in real sentences. With its minimalist design and adaptive learning, Lingvist is ideal for focused, efficient vocabulary building.

Speakly is designed to help learners reach conversational fluency quickly by focusing on the most useful vocabulary first. Using data analysis and computational algorithms, the app teaches the most statistically relevant words and phrases used in everyday communication, helping learners build practical language skills faster. It also incorporates spaced repetition, listening and speaking exercises, and real-life conversation scenarios to reinforce memory and prepare learners for real-world interactions.

Clozemaster teaches vocabulary using cloze (fill-in-the-blank) sentences. By seeing words in real context, you develop a better grasp of grammar and usage. It’s especially good for intermediate to advanced learners who want to sharpen their understanding of word nuance.

ListLang teaches vocabulary through high-frequency word lists combined with real example sentences. By focusing on the most commonly used words and showing them in context, you build a practical vocabulary that transfers directly to real conversations. It's especially effective for learners who want to break through the beginner or intermediate plateau and quickly understand everyday language.

Karteto is a versatile vocabulary-building app that uses spaced repetition to help learners effectively retain and recall words. With a simple and clean interface, the app provides personalized flashcard decks that include image-supported cards, native pronunciation audio, and detailed progress tracking.

Memrise features short, real-life video clips of native speakers using the language in natural settings. These clips are paired with spaced repetition flashcards that reinforce vocabulary. The personal, visual aspect makes words more memorable and culturally relevant.

Migaku allows you to generate vocabulary flashcards from subtitles on Netflix or YouTube. This creates a highly personalized learning experience, tying vocabulary directly to the shows or content you already enjoy. With built-in SRS and customization tools, Migaku is a powerhouse for immersion learners.

LingoClip lets you learn languages through music videos and lyrics. You interact with the song by playing fill-in-the-blank games and matching lyrics to meanings. It's a fun, dynamic way to build vocabulary while staying engaged.

Gamified Vocabulary Apps & Tools (Fun + Repetitive Input):

Dinolingo is designed for children but works well for beginners of any age. It teaches vocabulary through stories, animated videos, songs, and games. The visuals and repetition make it ideal for early learners who thrive with interactive immersion. **Use Coupon Code: SOLO10**

Lingo Legend turns vocabulary learning into an RPG game. You battle monsters, earn rewards, and level up your character by reviewing words and phrases. The game mechanics keep motivation high, and the repetition reinforces memory.

Fun Easy Learn provides vocabulary practice using word puzzles, image associations, and short quizzes. It supports multiple learning modes (reading, listening, spelling) and offers thousands of words across dozens of categories. It's ideal for learners who want variety and gamified practice.

HelloWords is a gamified app that helps you quickly build practical vocabulary through fun word games and visual quizzes. It focuses on high-frequency words using spaced repetition and adaptive learning. With its bite-sized lessons and colorful design, it makes daily language practice easy and engaging.

Drops is a language learning app that emphasizes vocabulary acquisition through engaging, game-like sessions. With a focus on visual learning, it uses custom illustrations and mnemonic associations to help users remember words effectively. Each session is designed to be short, making it convenient for daily practice.

Babadum is a simple but addictive website with multiple vocabulary games. You match pictures to words across 20+ languages, making it easy and quick to review common vocabulary. The colorful visuals and game-based format are perfect for quick practice sessions.

SRS (Spaced Repetition Systems) repeat words just before you're likely to forget them — helping lock vocabulary into long-term memory.

The Power of Vocabulary: Building Your Word Bank Early

Why Vocabulary Matters

Vocabulary is the foundation of language learning. Without it, we lack the building blocks necessary to understand or be understood. Vocabulary empowers us to form sentences, convey ideas, and engage with others in meaningful conversations. It's like a tool kit—every word you learn adds a new tool that can be used to navigate the language and express yourself with more clarity and confidence.

The size of your vocabulary has a direct correlation with fluency. You might know all the grammar rules in the world, but without a sufficient number of words, those rules won't help you in real-life conversations. That's why vocabulary matters more than anything else when starting out.

Personally, I struggled with vocabulary when I first started learning a new language. I focused too much on grammar and neglected learning enough words. When I started having conversations with native speakers, I realized I lacked the necessary vocabulary to follow along. This set me back, and I had to play catch-up. Had I made vocabulary a priority from the start, I would have progressed much faster.

Why Early Vocabulary Acquisition Is Critical

Learning even a few hundred high-frequency words early on can unlock real conversations much faster than you'd think. These words will allow you to understand basic sentences, ask questions, and form responses in everyday situations. Once you hit that threshold, you'll find yourself understanding and participating in more conversations, which will boost your confidence and accelerate your progress.

Vocabulary is what fills in the gaps. Focusing solely on grammar or sentence structure without knowing enough words leads to frustration. When you build your vocabulary first, grammar becomes more intuitive, and sentence patterns begin to fall into place naturally. The earlier you focus on vocabulary, the quicker you'll be able to communicate in the language and the more enjoyable the learning process becomes.

The Power of High-Frequency Words

How Just 50 Words Can Unlock Half a Language

Imagine turning on a movie in a foreign language you don't know—and somehow understanding half of what's being said… after learning just **50 words**.

It might sound like a marketing gimmick, but it's backed by solid linguistic research. Not all words in a language are created equal. In fact, a small number of **high-frequency words** account for a massive percentage of everyday communication. Prioritizing these in your learning isn't just smart—it's transformative.

Why High-Frequency Words Matter

Languages are like cities: a few streets get all the traffic, while countless back alleys are rarely used. The same goes for vocabulary. A small number of core words—think "is," "have," "go," "get," "want," "not," "yes," "do," and "with"—appear constantly in both spoken and written language.

- The **top 50 words** in English account for over **50%** of the words in most dialogues.
- The **top 100 words** give you access to about **60%** of everyday conversation.

- By the time you learn **500 of the most frequent words**, you can understand around **75–85%** of subtitles, podcasts, news stories, and even TV shows.
- **1,500 words** puts you around the **B1 intermediate level**, allowing you to grasp the majority of everyday conversations and media.

These aren't made-up stats—they've been demonstrated by linguistic studies and, more recently, by tools like the apps I've listed earlier.

What Is a "Headword"?

It's worth clarifying a key concept: **headwords**. These are base forms of words that help you understand entire word families.

For example, if you know the word **perfect**, then you're likely to understand:

- **perfection**
- **imperfect**
- **perfectly**
- **perfected**
- **to perfect**

All of these words belong to the same headword group. By learning the headword, you unlock a bundle of related words that appear often and carry similar meanings.

The Fast Track to Vocabulary That Matters

You don't need to memorize thousands of random words. If you focus on frequency-based vocabulary lists, you'll start seeing huge returns quickly. For example:

- **10 words a day = 500 words in 7 weeks**
- **15 words a day = 1,500 words in about 3 months**

By following this method, even beginners can start to:

- Watch movies or TV shows with **minimal subtitles**
- Read short stories or news articles with **strong comprehension**
- Engage in basic conversations with **real confidence**

How to Learn High-Frequency Words Effectively

Here are a few methods to help you retain and recall these powerful words:

1. **Use spaced repetition systems (SRS):** Apps like Pimsleur, Glossika, Lingvist, Speakly, ListLang, Karteto, Memrise, HelloWords, Drops, and Clozemaster are built for this.
2. **Gamify your vocabulary:** Try apps like Fun Easy Learn, Dinolingo, or Lingo Legend that make memorization fun.
3. **Use the words in context:** Don't just learn lists—create sentences, use them in journaling, or talk to yourself.
4. **Practice daily:** A short, focused vocabulary session every day is more powerful than cramming once a week.

Make Vocabulary Work for You

Too many learners waste time trying to memorize obscure words they'll rarely use. If you want fast results, **focus on the 20% of words that appear 80% of the time**.

Once you build a solid foundation of high-frequency vocabulary, everything else—grammar, listening, conversation—gets dramatically easier. You'll start seeing the language *everywhere*, and understanding will feel almost automatic.

So before you download another phrasebook or dive into obscure vocabulary decks, ask yourself: *Are these the words that will actually move me forward?*

Start with the words that matter most—and fluency will follow faster than you think.

The Role of Flashcards: Traditional, Yet Effective

Flashcards have been a go-to tool for language learners for a reason—they work. They provide structure and an easy way to review words on a regular basis. Flashcards are excellent for isolating key vocabulary and testing yourself repeatedly until the words stick. Plus, they allow for both active recall (forcing you to remember a word without cues) and recognition (identifying a word when you see it), which are essential for retention.

Spaced repetition is one of the most powerful techniques for memorizing vocabulary, and flashcards are perfect for this. By reviewing words at increasing intervals, your brain is challenged just enough to strengthen its long-term memory.

There are many great options for digital flashcards, like Anki, Memrise, and Quizlet. Physical flashcards still have their place as well. The tactile act of writing and flipping cards can help reinforce learning. The key is consistency—whether you use digital or physical cards, regularly reviewing them is essential for success.

Maximizing Learning with Gamified Apps

Gamified apps make vocabulary learning fun and engaging. These apps incorporate game elements—points, rewards, levels, and competition—to keep you motivated. Learning becomes

something to look forward to rather than a chore.

Apps like Lingo Legend and Fun Easy Learn, for example, break vocabulary into bite-sized lessons that feel like playing a game rather than studying. The instant feedback and rewards system encourages you to keep going. Every completed lesson feels like a mini victory, pushing you closer to your language goals. The best part is that these apps are designed to be used in short bursts, allowing you to learn and practice vocabulary whenever you have a few spare minutes.

In addition to being fun, these apps provide psychological benefits. Achieving a high score or leveling up gives your brain a dopamine hit, motivating you to return to the app again and again. This is what makes gamified apps so effective—they turn language learning into a habit.

Combining Methods for Optimal Results

The real magic happens when you combine traditional flashcards with gamified apps. This hybrid approach covers all angles—structured repetition from flashcards and interactive practice from games. While flashcards allow for targeted review of individual words, apps provide context and application through sentence formation and conversations.

A great way to blend these methods is to set up a daily routine. Start with flashcards to review words you've already learned, then move to a gamified app to practice those words in context. This mix ensures that you're not only memorizing words but also seeing how they're used in real-life scenarios. Keep track of your progress, celebrate milestones, and reward yourself when you hit key vocabulary goals. This strategy ensures that vocabulary acquisition stays exciting and sustainable.

Common Challenges and How to Overcome Them

Learning vocabulary can sometimes feel overwhelming, but there are ways to keep it enjoyable and prevent burnout. One of the biggest challenges is trying to memorize too many words at once. Start with a manageable goal—perhaps 10 to 20 words a day. Over time, your capacity to learn will grow naturally.

Another common challenge is maintaining interest. To overcome this, change up your methods regularly. Use flashcards one day, gamified apps the next. Introduce rewards for yourself when you reach milestones—anything that keeps you motivated and engaged.

Vocabulary Is Your Key to Fluency

The earlier you make vocabulary a priority, the quicker you'll unlock the language. Words are the core tools you need to understand and communicate. Start now, build a strong word bank, and see how fluency becomes more attainable with each new word you learn.

The Power of Gamified Language Learning

Traditional language learning methods have often been associated with textbooks, flashcards, grammar drills, and structured lessons. While these techniques can work, they can also feel tedious and slow, often leading to frustration and demotivation. Enter gamified language learning—a revolutionary approach that makes language acquisition not just effective, but fun.

By incorporating elements of games—like rewards, challenges, and instant feedback—into the learning process, gamified apps and activities transform the experience. What was once a chore becomes a playful and engaging journey. This section will explore the science behind why fun matters in learning, how gamification speeds up the process, and how you can make the most of this powerful tool to accelerate your language fluency.

The Science Behind Fun and Learning

Why is learning through play so effective? The answer lies in how our brain processes information during fun activities. When we play, our brains release dopamine, a chemical associated with pleasure and motivation. This not only makes the experience enjoyable but also enhances our ability to remember what we've learned. The more enjoyable the process, the more likely we are to stick with it—and retention improves as a result.

Gamified activities also engage multiple cognitive functions simultaneously. As you solve puzzles, complete tasks, or level up in a language app, your brain is making connections between words, visuals, sounds, and meaning. This type of multi-sensory learning activates neuroplasticity, allowing the brain to form new pathways and absorb the language faster through repeated exposure in a fun context.

How Gamification Speeds Up Language Learning

At the core of gamified language learning is positive reinforcement. Whether it's unlocking new levels, earning badges, or seeing progress on a leaderboard, these rewards create a sense of achievement that keeps you motivated to continue. This is known as the "progress loop"—every time you achieve a small win, your brain releases dopamine, which reinforces the behavior and encourages you to keep going.

Challenges and problem-solving also play a key role. Language learning games frequently challenge you to complete tasks within a time limit or solve language-related puzzles. These activities force you to think critically, which strengthens your ability to recall information. Additionally, the instant feedback from apps enables you to correct mistakes immediately, reinforcing accurate language structures and vocabulary in your memory.

Absorbing a Language Naturally Through Play

One of the biggest advantages of gamified learning is how closely it mirrors the natural process of language acquisition. When we learned our native language, we did so through interaction, play, and experimentation. Gamified language learning recreates this immersive experience by connecting words to actions and visuals within the game environment.

This active learning process engages more areas of the brain than passive memorization ever could. For example, when you connect a new word to a visual image in a game or hear it used in context, your brain forms stronger connections, making the word easier to remember. Additionally, the playful nature of these games reduces learning anxiety, which often hinders progress, allowing you to relax and enjoy the process, leading to better retention.

Types of Fun Activities That Enhance Learning

There are countless types of games and activities that can accelerate language learning. Some examples include:

- **Puzzles and Matching Games:** These games reinforce vocabulary and sentence structure by requiring you to match words to their meanings or images.
- **Timed Challenges:** Racing against the clock forces quick recall, helping to cement the language in your memory.
- **Outdoor and Physical Activities:** Engaging in activities like gardening or washing the car while listening to language audio or speaking aloud incorporates physical movement into learning, which helps your brain stay active and focused.
- **Collaborative Multiplayer Games:** Games that encourage real-time interaction with other learners can simulate conversational practice, promoting language use in a social and dynamic way.

How to Incorporate Gamification into Your Daily Learning Routine

To get the most out of gamified learning, it's essential to integrate it into your daily routine. Start by setting aside a specific time each day to engage with language learning games. Treat this as part of your regular study schedule, but enjoy the fact that it feels more like play than work.

In addition, instead of spending time aimlessly scrolling through social media, why not use those moments to dive into a gamified language app? Whether you're waiting for an appointment or just taking a break, using this time to play language games can add up, turning idle moments into valuable learning opportunities.

Balancing traditional study methods with gamified activities can further enhance what you've learned. For example, use games for vocabulary and sentence practice, while using more formal methods for grammar rules. Track your progress, celebrate small victories, and stay motivated by reviewing your accomplishments regularly.

Why Fun is the Key to Fluency

At the end of the day, the secret to fluency lies in consistency. The more time you spend engaged with a language, the faster you'll progress. By making learning enjoyable, you're more likely to keep coming back, building a habit that leads to fluency.

When learning feels like play, it removes the mental barriers often associated with language acquisition. You stop worrying about mistakes, and instead, embrace the process. The more fun you have, the easier it becomes to absorb new information and commit it to memory.

Gamification is more than just a trend in language learning—it's a powerful tool that can transform the way you learn. By incorporating fun activities and games, you can accelerate your progress, retain information more effectively, and enjoy the journey toward fluency. So explore the world of gamified learning, experiment with different apps, and discover the joy of learning a new language through play.

Long-Term Memory: Use Spaced-Repetition to Store Words for Long-Term Memory

Learning a word once isn't enough — your brain is wired to forget unless it sees that word again *at the right time*. That's where **spaced repetition** comes in.

This science-backed technique schedules your vocabulary reviews at increasing intervals — *just before you're about to forget each word*. That timing is what makes the memory stick. Instead of cramming or endlessly flipping flashcards, spaced-repetition tools make the process smarter and more brain-friendly.

Why It Works

Every time you successfully recall a word, it strengthens the neural pathway connected to that word. And when it's tested again just as it's fading from memory, it becomes even more deeply embedded. Over time, the interval between reviews grows longer — until the word becomes part of your permanent knowledge.

This mirrors how memory works best: through **gradual, spaced reinforcement** — not repetition all at once.

To use this technique, you can rely on **Spaced Repetition Software (SRS)**. These tools (like flashcard apps) are designed to track your progress and automatically schedule reviews at the right time.

Apps That Use It Effectively

These apps use spaced repetition in different ways, from audio and sentences to flashcards and context:

- **Pimsleur –** Audio-based with spaced recall built in
- **Glossika –** Sentence-based repetition with automatic spacing
- **Lingvist –** Focuses on high-frequency vocabulary
- **Speakly –** Teaches the most useful high-frequency words first and reinforces them through listening, speaking, and spaced-repetition practice
- **Clozemaster –** Fill-in-the-blank learning in real sentences
- **ListLang –** Fill-in-the-blank learning in real sentences
- **Memrise –** Learn from native speakers and lock in words with spaced-repetition reviews
- **Karteto –** Visual vocabulary flashcards using sentence-based repetition with built-in SRS
- **HelloWords –** Gamified vocabulary training with spaced repetition built into mini-games
- **Drops –** Visual vocabulary learning through fast-paced mini-games with spaced repetition reinforcement

Pimsleur - Audio-Based with Spaced Recall Built In

Pimsleur uses an **interval recall system** based on *Graduated Interval Recall*, which is similar to spaced repetition. After you're introduced to a new word or phrase in the audio lesson, you're prompted to recall and say it again at carefully timed intervals throughout the session. These intervals grow longer as you demonstrate recall, which strengthens memory without relying on visuals or flashcards. It's built for audio-first learners.

Glossika - Sentence-Based Repetition with Automatic Spacing

Glossika introduces vocabulary *in full sentence form*, with exposure spaced automatically based on your performance. It tracks how well you recall each sentence and reschedules the ones you struggle with more frequently. Sentences are repeated over time at optimal intervals to build both vocabulary and natural sentence structure fluency. This sentence-based SRS makes it easier to

learn grammar and word usage in context.

Lingvist - Focuses on High-Frequency Vocabulary

Lingvist adapts its vocabulary drills using spaced repetition and smart algorithms that adjust to how well you remember each word. Words you struggle with reappear more often; those you know well are spaced out further. The app focuses on **high-frequency words**, which means you're memorizing vocabulary that you'll actually use in real life. You get fill-in-the-blank and context-based exercises that help reinforce recall at just the right moments.

Speakly - Focuses on High-Frequency Vocabulary

Speakly teaches the most useful words first, prioritizing vocabulary you're most likely to need in real-life situations. It combines spaced repetition with practical listening, writing, and speaking exercises so words stick naturally. Words you struggle with appear more often, while mastered words are reviewed less frequently. Context-based exercises and real-life phrases help reinforce recall exactly when you need it.

Clozemaster - Spaced Review in Real Sentences

Clozemaster teaches vocabulary in the form of **fill-in-the-blank cloze exercises** using real sentences from native sources. It uses SRS to determine when to show you each word again, depending on your past performance. Words you miss will reappear sooner; those you master will be scheduled less frequently. Because all learning happens in context, you're more likely to remember not just the word, but how it's actually used in speech and writing.

ListLang - Spaced Review in Real Sentences

ListLang teaches vocabulary through high-frequency word lists paired with real example sentences. Instead of learning random or low-utility words, the app focuses on the most commonly used vocabulary in a language, helping you build a foundation that directly translates to real-world understanding.

By seeing words used in context, you naturally develop a better sense of meaning, usage, and sentence structure—rather than relying on isolated memorization. The app also uses spaced repetition to reinforce what you've learned, making it easier to retain vocabulary long-term.

Memrise - Native Speaker Videos + Smart Review Scheduling

Memrise uses **spaced repetition algorithms** that schedule vocabulary reviews based on how well you remember each word. When you get a word right multiple times, the review intervals lengthen. If you forget a word, it appears sooner. You also watch short videos of native speakers saying the word or phrase, which helps boost retention by tying pronunciation and usage to real speech patterns.

Karteto - Visual Flashcards + Sentence-Based Spacing

Karteto offers **flashcards with sentences**, images, and audio that help reinforce vocabulary visually and contextually. It incorporates a built-in SRS engine that automatically adjusts the spacing of reviews based on your accuracy. Words that are harder for you come back more often; easier ones are spaced out. The sentence context and imagery make it ideal for visual learners who want both meaning and usage reinforced together.

HelloWords - Mini-Games with Built-In Spaced Repetition

HelloWords uses a playful, game-like approach to vocabulary learning, while quietly integrating spaced repetition in the background. As you progress through word games and quizzes, the app tracks your performance and automatically resurfaces challenging words at optimal intervals. This ensures you review vocabulary just before you're likely to forget it. The combination of fun interactions and proven memory science helps new words stick in long-term memory—without the feel of traditional flashcard study.

Drops - Visual Vocabulary Drills with Spaced Recall

Drops is a visually engaging language learning app that helps you build your vocabulary through fast, swipe-based games. Each 5-minute session delivers bite-sized learning that’s ideal for busy adults. The app uses a form of spaced repetition to reinforce memory—words you struggle with appear more often, while mastered words are reviewed at optimal intervals. This method mimics how babies naturally absorb language over time, helping new vocabulary stick through consistent exposure, recall, and visual association.

Just **5–10 minutes a day** with one of these tools can dramatically boost your vocabulary retention and reduce the need for constant relearning.

My Top Two Favorite Apps for Lightning Fast Fluency

Pimsleur

During stage 1, I will always start with a program called Pimsleur. It's a software developed by linguist Paul Pimsleur that focuses on introducing people to their new language.

Pimsleur is an audio based program. Every level of Pimsleur has 30 lessons. Each lesson is 30 minutes long and most languages have three to five levels (90 -150 lessons in total). Pimsleur is designed for beginners. It introduces new learners to their chosen language in an easy and fun way.

The lessons are structured as such:

It starts off by giving you a conversation between two speakers in the language you are learning. You are not meant to understand this conversation at the start of the lesson. Instead, the focus is on teaching you the words and phrases that make up the conversation so by the end of the lesson you understand it. Generally, the narrator on the recording will say a word or sentence in English, while the other person (the native speaker) will say the translation and repeat it. They'll go over every new word they introduce a few times throughout the lesson. By the end of the lesson the new words and phrases you've learned are solidified in your mind and you're able to understand the initial conversation. In each following lesson the format is similar, except they'll also throw in words and phrases from previous lessons, therefore, helping you to never forget what you've learned previously.

It's a very solid program. It even has a mobile app, for language learning on the go.

For beginners, Pimsleur is important because it helps you become

familiar with the natural sound of the language, teaches you essential words that beginners should know, and improves your pronunciation right from the start. I've used it for every language I speak and I can't say enough good things about it.

Therefore, I highly recommend you use Pimsleur as your first approach to learning any language (given that a Pimsleur program exists for the language you want to learn).

Overall, using Pimsleur can be a powerful combination in your language learning journey.

Glossika

Glossika is an online program with a focus on exposing you to as many sentences in your target language as possible. The purpose of doing this is to enhance your ability to recognize patterns and develop your listening and speaking skills. Glossika's main focus is to have you remember key ideas, not just words. For example, you might hear "he is wearing a watch/hat/shirt/hoodie" several times across the first 150 sentences. The objective is to teach you how to form a sentence that conveys the information about what another person is wearing. The focus isn't on you specifically learning the word for watch or hat.

Their sentence based approach is beneficial to four main areas.

- Pronunciation. When words are combined into sentences, their pronunciation may differ from when they are spoken individually. Oftentimes vowels are omitted, words blend into each other and in Asian languages like Chinese, the meaning and tones of words can change depending on the other words that surround them. By learning through sentences, you can become accustomed to the pronunciation of words when they are used together.

- Syntax. Also known as the order of words. Constantly exposing yourself to many sentences helps you become more accustomed to how native speakers phrase their sentences. Phrasing your own sentences then becomes much easier and eventually becomes effortless.
- Vocabulary. The meaning of words can constantly change depending on the words that surround them. An example, "...wash my face" vs. "...face the consequences." Words rarely have only one meaning. Their meaning comes from context. This is why memorizing dictionaries and vocabulary lists aren't as effective as learning through sentences/context.
- Grammar. Merely memorizing grammar rules is not sufficient to achieve fluency in a language (this is more suited for the refinement stage which is a step past conversational fluency). With Glossika you get to experience grammar like a native speaker would experience it naturally through a massive amount of exposure and input. Most native speakers have a hard time explaining grammar rules in their own language. This is because when they learn their native language growing up they learn naturally through practicing the language. For example, a five-year-old can more or less fluently converse with their parents before they ever start studying grammar in school.

Sentences on Glossika are called reps, which stand for repetitions. The main concept is that just like how you do repetitions in the gym to strengthen your muscles, you can do mental repetitions to strengthen your language skills. The more reps you do in your target language the more ingrained it becomes in your head, the easier it becomes to understand, pronounce and use.

I'd highly recommend using Glossika after Pimsleur. Glossika will not hold your hand. There are no grammar explanations, and no side notes giving more context to the phrases used like Lingodeer, for example. Glossika starts on a roughly upper beginner/intermediate level. If you have not completed Pimsleur

first, you won't get as much benefit out of Glossika as you would otherwise.

Glossika will act as the bridge that will take you to the Output stage. After covering 1,000 - 2,000 unique sentences (which should take 1-2 months) you'll be fully prepared to start speaking to native speakers.

A word on media in the Input stage:

When it comes to TV shows, movies and other videos you should be watching all of them with subtitles for the first few months. When you reach Glossika you can decide whether or not you still need them. You most likely still will. That's normal. The subtitles on the content you watch shouldn't come off entirely until the Output stage.

The Clicking Point

Perhaps the single most satisfying part of learning any language is when you reach what I call “The Clicking Point.” This is essentially when you begin to understand more sentences than you can’t understand. It's the point where you finally understand the language. **It happens roughly at the end of the Input stage/beginning of Output stage and it’s one of the best feelings ever**.

Until now, it's possible that you didn't understand a large portion of the language during your language studies. For example, two months into your study you might be able to understand 20% of sentences spoken by native speakers. After three months, 30%., etc.

Even if you can understand only three out of ten sentences spoken by a native speaker on average, it will still be difficult for you to connect and make sense of them based on the context. There’s too much of a gap due to you not understanding the meaning of the other seven sentences.

The clicking point occurs when you are able to understand at least six out of ten sentences spoken by a native speaker on average. This is because you are now able to understand the minimum amount of information necessary in order to utilize context clues.

For example, it has been 3 months since you began studying, and currently, you are able to understand 30% of the sentences spoken by a native speaker.

It's unlikely that you can accurately assume the complete meaning of what the person is trying to say. The context is hard to determine when there is a lot of missing information.

However, if you're able to understand 60% of the sentences, then it's a bit different.

When you understand 60% of the sentences, you can still grasp the basic idea of what the person is conveying, even if you don't understand every sentence. Which in itself has an added benefit...

When you can assume what a person is trying to say you learn much quicker through listening then normal.

Your brain essentially fills in the blanks. It will listen closely for words it knows and words it doesn't know and based on the context it will try to decipher what those unknown words mean.

The clicking point is where things get really fun. Now that you are able to understand the majority of what you hear, learning becomes much quicker.

As mentioned before, you now have the ability to utilize context clues. So even if you don't know the exact words a person is saying, you at least have a tool in your possession to be able to understand the general meaning through context.

You also become aware of what words you know and what words you don't know. When you first started learning the language, you probably felt like there were too many unfamiliar words to understand. Like one, huge, continuous, indecipherable sentence. Now that you've become aware of the words you don't know you can identify and translate them to expand your vocabulary.

Talking to a tutor on italki can speed up the learning process because you can instantly ask them for the meaning of any word you don't know.

If you consistently put in effort, you will reach the clicking point sooner than you think.

With the languages I now speak I still felt relatively unconfident in them in the days leading up to reaching the clicking point. The process is gradual and before you know it, it sneaks up on you.

Therefore, always remain hopeful. There will certainly be times where you get discouraged and feel like you barely understand anything. Persevere. Eventually you will reach the point where the language clicks and that day will definitely come sooner than you realize. Fortunately, once you grasp the language, you won't forget it.

STAGE 3: OUTPUT (SPEAKING, SHADOWING & MIMICKING)

What This Stage Does: Trains your brain and mouth to actively produce the language — not just recognize it. It begins with repeating what you hear (shadowing), and gradually shifts into real conversation. This is where fluency starts to take shape.

Purpose: To shift from passive input to active use. You begin by mimicking native speakers to build muscle memory and accurate pronunciation, then move into spontaneous speaking. This stage also helps you start *thinking* in the language, not just translating.

Why It Matters: Listening is important — but speaking is where fluency is formed. Talking out loud (even to an app) improves recall, pronunciation, and thinking speed. The more you speak, the faster you improve.

Best For: Learners who are ready to go beyond listening and start producing the language in real time. Ideal after you've built some vocabulary and confidence in the sounds of the language.

Shadowing & Mimicking Apps:

Chats by Falou is built around the idea of "speaking from day one." You mimic sentences and phrases aloud, practicing real-world conversations with voice recognition feedback. It’s designed for speed, efficiency, and real-time practice.

Jumpspeak uses AI-powered conversations to push you into real-time speaking scenarios. The app throws spontaneous questions or situations at you, requiring quick, spoken replies. It’s intense but highly effective for learners who want to develop conversational reflexes.

SpeakTrip helps you improve your pronunciation and fluency by allowing you to practice sentences that matter most to you. Simply enter a sentence in your native language, and the app translates it into your target language, guiding you word by word through proper pronunciation. It's ideal for shadowing and mimicking techniques, letting you rehearse meaningful phrases at your own pace. You can also save your favorite phrases in a custom phrasebook for repeated practice—perfect for building real-world speaking confidence.

Listening & Speaking (Interactive Output):

Pimsleur encourages speaking aloud throughout each lesson. You listen to a sentence, then are prompted to say it back or answer questions using what you've just learned. This oral repetition makes it an excellent tool for both passive and active learners.

Glossika uses listen-and-repeat drills in full sentences. It encourages active vocal repetition, helping to build muscle memory for grammar and structure. Advanced users can practice listening passively or speaking aloud to push toward fluency.

LingoLooper combines listening and conversation by having you listen to a sentence and then select a reply from several options. This format mimics real conversations and forces you to process input and choose context-appropriate output.

Teacher AI is an AI-powered tutor that gives pronunciation feedback and structured speaking exercises. It can simulate tutoring sessions and correct errors, making it a cost-effective way to get personalized speaking practice.

ChatGPT Voice allows you to have open-ended conversations with an AI assistant. You can ask questions, discuss topics, or practice dialogues in your target language. It's a flexible and pressure-free way to build confidence.

Italki connects you with real tutors for one-on-one video lessons. You can book informal chats or structured classes, depending on your needs. The human interaction builds authentic speaking fluency.

Preply offers access to thousands of language tutors for live one-on-one lessons tailored to your goals. Whether you want structured grammar help or casual conversation, you can filter tutors by price, accent, availability, and teaching style. The platform makes it easy to stay consistent with regular speaking practice and build real-world fluency through human interaction.

Lingbe lets you call a native speaker instantly for short conversations. It's spontaneous and built for quick, real-world practice. The instant format is especially helpful for reducing speaking anxiety.

HelloTalk is a text and audio chat app that connects you with native speakers. You can send voice messages, get corrections, and even translate messages, making it ideal for early conversational practice.

Tandem is another language exchange platform that offers audio and video chat with speakers around the world. It includes profiles, bios, and scheduling tools to help match you with compatible partners.

Bonus Speaking Habit: Try this powerful at-home practice: Tell your spouse, friend, or roommate, "From now on, when I talk to you at home, I'll speak in [your target language] first — and then repeat myself in English." This code-switching habit helps you think and speak on the go and reinforces both your expression and comprehension.

Speak Like a Baby: AI Tutors for Output Practice

By Stage 3, you're ready to **produce** the language—not just understand it. This means *speaking*, and maybe *writing*. But for now, we'll focus on **speaking**, because it's the most natural and effective next step if you're learning like a baby.

So, what's the best way to start speaking if you don't live in the country or have native speakers around you?

Enter: **AI language tutors.**

Why AI Tutors are Perfect for Speaking Practice

AI tutors are a game-changer for language learners in Stage 3. They allow you to start speaking *right away*—even if you make tons of mistakes. They're always available, non-judgmental, and built for repetition.

Here's why they work so well:

- **Instant speaking practice** without needing a human tutor
- **Available 24/7**, so you can practice anytime, anywhere
- **Unlimited conversation** with no time limit or scheduling
- **Private environment**—a safe space to try, mess up, and try again
- **Repetitive practice**, just like how babies learn through hearing and repeating
- **Natural interaction**—many apps simulate real-life conversations

And most importantly:

If you're shy, socially anxious, or nervous about speaking to a real person—AI tutors are your best friend.

They give you a pressure-free, judgment-free zone to start talking out loud, make mistakes, and build confidence.

You don't need to worry about feeling embarrassed, awkward pauses, or not knowing what to say. You can speak at your own pace, replay parts of the conversation, or even quit and restart—without worrying about wasting someone else's time.

Plus:

- No awkward tutor bookings
- No cancellations or reschedules
- No worrying about time zones

You just open the app and *start talking*. It's that simple.

Best AI Tutors for Baby-Style Learning (Speak + Listen Only)

These apps are excellent for learners who want to develop fluency the natural way—through *immersion and repetition*, without falling back on reading or writing.

They support the "baby method" beautifully:

- Univerbal
- Speakology AI
- Talkio AI
- Hallo
- Fluent AI
- LanguaTalk
- SpeakPal
- Teacher AI
- ChatGPT Voice
- Superfluent
- Pingo AI

With these, you talk and listen—not type. You can ask questions, describe what you see, role-play restaurant orders, or just have casual chats—all without leaving the "baby zone."

Traditional AI Tutors (Still Valuable!)

Not every learner wants to only speak. Some want to type things out, see corrections, or get grammar explanations.

That's where these apps come in:

- Talkpal AI and Langotalk – Great for structured practice and grammar explanations
- Tutor Lily and LangAI – Offers detailed corrections and grammar-focused lessons
- LangBuddy.ai – Chat with AI language partners for conversational practice and corrections

These aren't ideal for baby-style immersion, but they're **still incredibly helpful**. If you're the kind of learner who wants to understand *why* something is said a certain way, or if you're prepping for a writing test, these tools are excellent.

Tips for Using AI Tutors Effectively

Whether you're using baby-style apps or traditional ones, here's how to get the most out of your AI tutor sessions:

- **Always speak out loud**, even if you're alone or feel silly
- **Repeat conversations** with small tweaks ("I'm going to the store" → "He's going to the store")
- **Use the same words in different contexts** to reinforce fluency
- **Resist the urge to type**—stick to voice interaction for speaking practice

- **Replay your own recordings** (if the app allows) to track progress
- **Treat it like play, not school**—have fun with it!

How This Mimics the Baby Method

Babies don't learn by writing. They don't take notes or study grammar rules. They just listen and repeat—**again and again**—until patterns form in their brains.

When you use AI tutors in a speak-only way, you're doing the same thing:

- You're building **neural speaking pathways** through repetition
- You're **training your mouth and brain** to produce natural sounds
- You're developing **automatic recall**, which is key to fluency

In other words, you're learning to **speak first**—just like a child would. And once speaking becomes automatic, everything else becomes easier.

Final Thought

You don't need to wait until you're "ready" to speak.

You don't need to be perfect.

You don't need a live tutor.

The best way to get ready is to **start talking now**—even if it's just to an AI.

Every word you say is a step closer to fluency.

A word on media in the Output stage:

Every TV show, YouTube video, and film you watch in this stage should be without subtitles. It will be hard in the beginning, however, eventually your brain will become more and more accustomed to the new language. After a month or two you'll find that viewing media won't take too much effort to understand. By the end of the Output stage, you should feel fully comfortable in watching most forms of media in your target language without subtitles.

Tip: Watch a TV show you've already watched before, dubbed into your target language. For example, if you've already watched the show "Seinfeld" in English, watching it again in your target language will greatly help you as you already understand the context and the plot of the show.

If you are having extreme difficulty understanding what you're watching with the English subtitles turned off, there is another option. If you study a language with a relatively easy writing system that uses Latin letters (Spanish, Italian, Dutch, etc.), you can also watch shows with subtitles in your target language. This will help you grasp which words are being used, and help you understand where one word ends and another begins.

However, this may or may not be possible if you study a language with a different alphabet/writing system (Arabic, Japanese, Korean, Chinese, Russian, etc.) as you might not be able to read the subtitles fast enough to make sense out of them. Regardless, this option is only to be used as a crutch if you are having a very difficult time with zero subtitles. Ideally, you always want to watch with no subtitles in the Output stage as you will focus more intensely on what you are hearing, and of course, because there are no subtitles in real life when you talk to people.

Shadowing: The Fastest Way to Sound Fluent

Shadowing is one of the fastest and most effective techniques for developing natural fluency in a foreign language. It involves listening to a native speaker and **repeating what they say in real time**—without pausing, translating, or overthinking. You simply try to echo them as closely as possible, matching their **tone, rhythm, speed, and pronunciation.**

It might feel awkward or challenging at first—especially if you're a few words behind or stumbling over unfamiliar sounds—but don't worry. Over time, shadowing:

- Builds **muscle memory** in your mouth for accurate pronunciation
- Tunes your **ear to the music of the language**
- Reinforces **grammar and word order subconsciously**
- Trains your brain to **speak fluidly without translating**

This technique isn't about understanding every single word right away. Instead, it's about getting your brain and mouth **in sync** with native speech patterns—**feeling** the language before fully understanding it. That's what creates real fluency.

How to Practice Shadowing

1. **Choose short, clear audio clips** with native speakers (e.g., podcasts, YouTube videos, or lessons from language apps like Chats by Falou, SpeakTrip, Glossika or Pimsleur).
2. **Listen and repeat immediately**—don't pause. Try to mirror their exact pronunciation and pacing.
3. If available, **use transcripts** in the beginning, but phase them out as you become more confident.
4. **Focus on the flow**, not perfection. You're developing fluency, not testing vocabulary.

Try Shadowing with Chats by Falou

If you want a simple, structured way to get started, try the Chats by Falou **app**. Chats by Falou is built around real-world dialogues that get you speaking **from Day 1**, using short, practical conversations you'd actually use in real life (like ordering food or checking into a hotel).

Why Chats by Falou is perfect for shadowing:

- You **listen to a native speaker**, then **repeat their lines out loud**
- The app **records your voice** and gives **AI-powered feedback** on pronunciation
- You can **replay, re-record, and refine** each sentence until you sound almost native
- It's fast-paced and **keeps you moving**, just like real conversations

Chats by Falou removes the guesswork. Instead of wondering if you're saying something right, you get immediate correction—and the chance to **master the rhythm and flow** of natural speech through guided shadowing.

Mimicking: The Key to Natural Pronunciation

While **shadowing** focuses on speaking in sync with a native speaker at full speed, **mimicking** is slower and more deliberate. It's about sounding *exactly* like the speaker—down to their tone, pitch, rhythm, and subtle pauses. If shadowing builds **fluency through flow**, mimicking builds **native-like precision** through careful imitation.

Mimicking is about **precision and perfection**. You're not just repeating words—you're imitating every detail of how they're said. You slow things down and deeply study how a native speaker moves their mouth, where they place stress, when they pause, and how they express emotion through intonation.

This is one of the most powerful ways to avoid developing a strong accent and start sounding more like a natural speaker, rather than a textbook learner.

Why Mimicking Helps Kill Your Accent

Mimicking helps you avoid "foreign-sounding" habits by replacing them with **native muscle movements**. You're training your **tongue, lips, and vocal cords** to move the way a native speaker's do. This rewires your pronunciation patterns over time—helping you sound **natural**, not just understandable.

A Quick Analogy: You're an Actor Now

Think of how actors learn an accent. They don't just memorize lines—they **mimic** how those lines are delivered, sometimes repeating a single sentence dozens of times until it feels and sounds authentic. You're doing the same thing. You're not just learning the language—you're *performing* it, becoming a

character in your target language.

Try This Mimicking Routine:

1. Watch a short native video or audio clip (5–15 seconds).
2. Play it once. Focus only on the **rhythm**, **emotion**, and **tone**.
3. Play it again and repeat the line out loud, **matching it exactly**.
4. Record yourself and **compare** it to the original.
5. Repeat until your version is nearly identical.

YouTube or podcasts with playback speed control can make this process much easier and more effective.

Mimicking trains your brain and body to feel fluency from the *inside out*. It's how you stop just saying the words—and start sounding like you **own** them.

Why You Understand a Language But Still Can't Speak It (And How to Fix It)

There's a frustrating phase in language learning that almost no one talks about—but almost everyone experiences. You're watching videos, listening to podcasts, even reading short stories in your target language. You understand quite a bit. You nod along, thinking, "*Okay, I've got this!*" Then someone asks you a basic question like "*How was your day?*"—and your brain freezes.

You suddenly feel like you've got a mouthful of peanut butter. You can understand, but you can't speak. Why does this happen?

This "silent phase" can be discouraging, but it's actually a natural stage in your learning journey. Here's what's going on—and how to move past it so you can finally start speaking with confidence.

The Two Barriers Between Understanding and Speaking

1. The Psychological Block

You *can* speak—but something internal is stopping you. This might be fear of making mistakes, perfectionism, or simply feeling put on the spot. You *know* the words are in your brain somewhere, but you freeze when it's time to use them.

Many learners find that their first successful conversation happens when their inhibitions are lowered—sometimes after a glass of wine or a really relaxed setting. That's no coincidence. When the pressure is off, the words start to flow.

2. The Physical Circuit Problem

Understanding and speaking a language use slightly different

neural pathways in the brain. Think of comprehension as a smooth, multi-lane highway—but output is still a bumpy dirt road. The route is there, but it hasn't been traveled enough yet to be fast and reliable.

The good news? Both of these barriers can be overcome with targeted practice. Here's how.

The Step-by-Step System for Activating Speaking Skills

These are the exact strategies that will help you break through this output barrier and become conversationally fluent in a foreign language:

1. Adopt the Language Athlete Mindset

Fluency isn't just a hobby. It's a physical and mental discipline—just like training for the Olympics. Set a daily practice routine and show up whether you feel like it or not.

- Practice with language exchange partners or AI tutors.
- Talk to yourself in the language throughout the day.
- Record yourself speaking and listen back for feedback.
- Never break the chain. Even 5 minutes a day makes a difference.

2. Shadow Before You Speak

Shadowing means repeating what a native speaker says *immediately* after they say it, mimicking their rhythm, tone, and emotion. This technique is one of the fastest ways to train your mouth, ears, and brain to work together.

Use material that's just slightly above your current level. This keeps you engaged without being overwhelmed.

3. Build Your Output Toolbox

Native speakers often use filler words and transition phrases to keep a conversation flowing. Phrases like:

- "You know..."
- "Well, actually..."
- "The thing is..."

In your target language, learn and memorize these types of connectors. Add them to flashcards and practice until they become second nature. They give your brain a valuable second to "catch up" while still sounding fluent and natural.

4. Create a "No English" Zone

Pick a short period of time—just 5 minutes at first—and commit to using only your target language. No matter how awkward or broken it feels, don't switch back to English.

This can be with a language partner, an AI tutor, or just by yourself. Over time, you'll be surprised by the phrases that begin to come out effortlessly.

5. Use the 3-2-1 Technique

Here's a quick and powerful daily speaking drill:

1. **3 minutes –** Write down ideas in English about a topic you want to talk about.
2. **2 minutes –** Jot down bullet points for how you might express those ideas in your target language.
3. **1 minute –** Speak for one full minute, out loud, in your target language. Record yourself.

This method eases you into spontaneous speech while giving your brain just enough structure to avoid panic.

Progress Isn't About Perfection

Getting past the comprehension-only phase is not about flawless grammar or perfect pronunciation. It's about making daily progress and "sucking a little less each day." Output is a skill. It's messy at first, but with consistency, it becomes second nature.

Keep this in mind: if you understand a language, you're already most of the way there. Now, it's just a matter of training your brain and mouth to *express* what you already know.

How to Think in a Foreign Language (And Stop Translating in Your Head)

One of the biggest shifts that happens as you become fluent in a new language is learning to **think directly in that language—** without constantly translating back and forth from your native tongue. This is a major milestone, and it's often what separates intermediate learners from truly fluent speakers. But how do you actually make that leap?

Here's how to train your brain to stop translating and start thinking like a native speaker:

1. Don't Learn the Language—Acquire It

- **Learning** is conscious and slow (e.g., memorizing rules, translating in your head).
- **Acquisition** is subconscious—it happens through **massive exposure to meaningful input**.
- Think: how babies learn their first language—**not through grammar charts**, but through immersion.

Action Steps:

- Watch movies, YouTube, or Netflix in your target language.
- Read books and listen to podcasts that are *just above your level*.
- Use tools like:
  - **LingQ** (podcasts + transcripts)
  - **Lingopie** (TV with clickable subtitles)

Stop learning the language and start acquiring it—through movies, reading, and listening.

2. Embrace Your Inner Tarzan: Think in Key Words

- Don't wait to form full, grammatically perfect sentences.
- Start with **keywords** and build up. Fluency grows from **simple building blocks**.

Example:

Instead of: "I would like to go see the cathedral with you tomorrow."

Try: "Go. See. Cathedral. Tomorrow. You?"

COP: Communication Over Perfection. The goal is to **be understood**, not to sound like a native speaker immediately.

3. Use Writing to Build Mental Fluency

Writing helps you **slow down your thoughts** and **train your brain** to process the language from the inside out.

Action Steps:

- Keep a small notebook or use a language app to jot down:
  - Keywords
  - Short sentences
  - Simple diary entries in your target language

Progression:

"Maria – go – Rome" → "Maria goes to Rome" → "Maria didn't go to Rome."

4. Build Direct Associations (No More English!)

The goal is to connect **foreign words with images and meaning**, not English translations.

Tools:

- Use **picture-based apps** like **Dinolingo** or **Fun Easy Learn**
- Avoid flashcards with English on the back—use:
  - Images
  - Audio
  - Target-language example sentences

Bypass English entirely. Link new words to **concepts**, **actions**, and **feelings**.

5. Talk to Yourself Daily

You don't need a conversation partner to practice. Think out loud or narrate your actions.

Examples:

- "I open the door. I drink coffee. I am tired."
- Use your phone camera as a mock conversation partner.

This reinforces vocabulary and internal grammar patterns **naturally**.

6. Create an Immersive Environment

Immerse yourself intentionally—even if you're not in a foreign country.

Strategies:

- Label objects in your house with sticky notes in your target language.
- Designate specific times where you only think or speak in the language.
- Change your device, apps, or social media settings to your target language.

7. Use Target Language Subtitles (When Needed)

Start with subtitles in the **target language**, not your native one. It boosts:

- Reading fluency
- Listening comprehension
- Word recognition

Eventually, try **no subtitles at all** to build pure listening skills.

8. Learn Phrases, Not Just Words

Words alone won't teach you how to speak naturally. Phrases give context and usage.

Try:

- Chunking expressions (e.g., "I'm used to it," "It's up to you")
- Mimicking native speaker speech from TV or YouTube

9. Study Using Target-Language-Only Resources

Switch to **monolingual dictionaries** and beginner-friendly resources written *in* the target language.

This reduces the temptation to translate and forces you to **think**

within the language's framework.

10. Be Patient—But Practice Daily

Thinking in a new language doesn't happen overnight. But it *does* happen—with **consistency**.

Minimum daily habit: 5–10 minutes.

- Listen while walking, cooking, cleaning, or shaving.
- Think in the language as part of your **lifestyle**.

What to Avoid

- **Don't wait until you're "ready"** to speak or think in the language. Start messy.
- **Don't aim for perfection** early on—it leads to frustration and paralysis.
- **Don't rely too long on translation**—it's a temporary bridge, not a permanent solution.

Your Roadmap to Thinking in a Foreign Language:

1. **Massive input** → Watch, read, and listen daily.
2. **Key words first** → Simplicity beats complexity.
3. **Write short thoughts** → Build fluency through expression.
4. **Link words to images,** not English.
5. **Talk to yourself** → Train your inner monologue.
6. **Immerse on purpose** → Surround yourself with the language.
7. **Make it a habit** → Short, consistent daily practice beats occasional marathons.

To stop translating in your head, don't think harder—immerse smarter.

STAGE 4: INPUT + OUTPUT (READING, WRITING & GRAMMAR)

What This Stage Does: Takes you into full-spectrum fluency: reading books, grasping grammar, and writing your own thoughts with clarity and precision.

Purpose: To strengthen fluency through literacy and structure. This stage sharpens your skills in grammar, writing, and advanced reading, allowing you to communicate with greater nuance, complexity, and confidence. It's where everyday fluency evolves into true mastery.

Why It Matters: This is where your fluency sharpens. It's not just about speaking anymore — it's about expressing yourself clearly, understanding sophisticated content, and navigating formal or written situations. But don't skip ahead. This stage is most powerful *after* you've built strong listening and speaking foundations.

Best For: Upper beginners to advanced learners who want to level up with grammar, context-rich vocabulary, and long-form reading and writing. Ideal for those ready to refine and perfect their fluency — not for those just starting out.

Recommended Apps & Tools:

Beelinguapp presents stories in your target language alongside your native language, side by side. This format lets you immediately see translations and understand context. The stories range from fairy tales to news articles, making it a great tool for learners who enjoy reading.

LingQ lets you import articles, transcripts, and books and then turn them into vocabulary lessons. You can

highlight words, save them, and review through spaced repetition. It's highly customizable and ideal for building vocabulary through reading.

Toucan (by Babbel) replaces English words with foreign language words as you browse the web. This passive exposure helps reinforce vocabulary in a natural, non-intrusive way. It's especially useful for busy learners who want consistent input without changing their routine.

Lingodeer provides grammar-focused lessons with a strong visual design. It walks you through sentence construction, verb conjugation, and grammar rules in an easy-to-follow format. It's great for learners who want structure and clarity in their language learning journey.

Busuu provides structured lessons that focus on building practical communication skills. It guides learners through vocabulary, grammar, reading, writing, listening, and speaking exercises in a clear and organized format. One of its standout features is the ability to receive corrections from native speakers, allowing learners to practice real-world communication while getting helpful feedback. It's great for learners who want structured lessons combined with community interaction.

Learn Like a Baby: Why Reading and Writing Come Last

Many adult learners instinctively start with grammar books, writing drills, and vocabulary lists. But this flips the natural order of language acquisition on its head. If you want to learn like how a baby learns their native tongue—one of the most powerful ways to acquire a language—then reading and writing should come **after** you've built a solid foundation of listening, speaking, and understanding.

Think about it: babies spend **years** just listening before they speak. Then, once they start talking, it's still several more years before they ever learn to read or write. They master spoken communication first—through immersion, repetition, and real-world interaction. Only after spoken fluency develops do schools begin teaching them how to read and write.

As an adult, your brain is more developed, and you can certainly accelerate the process. But if you jump into reading and writing too early, you risk turning language learning into a purely academic activity—full of rules, memorization, and translation—rather than a **living, breathing experience.**

That's why reading, writing, and formal grammar study should come **after** you've spent time absorbing the sounds, patterns, and natural flow of the language. In this stage, you're reinforcing what you already know intuitively—and solidifying it through more structured input and output.

Writing is Optional

Not every learner needs to be able to write in their target language. If your main goal is speaking, listening, and conversation, then writing is a bonus—not a requirement. But if you do want to write (for journaling, emails, exams, or work),

now's the perfect time to start. By Stage 4, you've built enough familiarity with the language to write more naturally without overthinking.

Reading Builds Depth

At this stage, reading helps expand your vocabulary, improve sentence structure, and expose you to grammar in context. Use graded readers, subtitles, short stories, or even children's books. You're not just decoding words—you're reinforcing how the language works.

Grammar Now Makes Sense

Grammar makes a lot more sense after you've already heard and used certain structures over and over. Rather than learning rules in isolation, you'll start to recognize grammar patterns naturally—and the rules will just confirm what your brain has already picked up through experience.

Bottom line: Reading and writing have their place—but only once you've laid the groundwork with meaningful listening and speaking. Follow the path of natural language acquisition: **sound first, speech second, text last.**

Putting It All Together: Your 4-Stage App Blueprint in Action

- **Pick 1–2 apps per stage** and use them consistently. You don't need all of them—just the ones you enjoy most.
- **Rotate between stages** every week or month to stay balanced and prevent burnout.
- **Keep Input and Vocabulary constant.** These two stages are your fuel source—use them daily, even if it's just 5 minutes.
- **Gradually add Output (Speaking) and Literacy (Reading/Writing)** as your foundation grows.
- **Balance Active + Passive Learning.** For example: pair Pimsleur or Glisten (passive) with Falou or Jumpspeak (active).

This breakdown gives you both the structure and the tools you need — now it's time to plug in and power up your fluency journey.

Sample Beginner Flow (30 Minutes/Day)

Time of Day	Activity	Tool Suggestions
Morning	Passive Listening	Glisten, Podcasts, Pimsleur
Afternoon	Quick Vocabulary Review	Lingvist, Fun Easy Learn, Lingo Legend
Evening	Speaking Practice (10–15 mins)	Falou, Jumpspeak, ChatGPT Voice
Weekend Bonus	Reading or TV with Subtitles	Lingopie, Beelinguapp, FluentU

Final Thoughts

The most effective learners don't use 20 tools—they use 2 or 3 *very well*. The key is consistency, enjoyment, and following the natural flow of fluency: **Input → Vocabulary → Output → Literacy.**

Pick your tools. Build your habits. And keep going.

With the right apps and the right rhythm, fluency isn't just possible—it's inevitable.

The following list contains affiliate links which means that you get discounts on your purchases and I receive a small sized commission when you make a purchase (with no additional cost to you). So it's a win win.

Chapter 21 - How to Build a Daily Routine with These Apps

Master your time, stay consistent, and build fluency — no matter how busy your schedule is.

You now know which apps support each stage of fluency — but the real magic happens when you fit them into your daily life in a way that's doable and sustainable. The FLM Method isn't just about what tools you use — it's about how and when you use them. In this chapter, you'll learn how to turn your phone into a fluency machine with as little as 15–30 minutes a day.

The Goal: Small, Repeatable Wins

You don't need hours a day to make progress. What you need is *consistency*. Whether you're juggling work, school, family, or all of the above, the secret to fluency is building language habits that can fit into real life. That means:

- Using the right apps at the right time
- Knowing what to *focus* on during each learning session
- Letting your routine flex around your energy, time, and goals

Even short bursts of well-planned practice — 5, 10, or 15 minutes — add up fast when done consistently.

Step 1: Choose Your Stage(s)

Start by identifying where you are in the FLM Method:

- **Stage 1: Listening & Immersion –** You're soaking in the language without pressure to speak.

- **Stage 2: Vocabulary –** You're rapidly building a mental word bank.
- **Stage 3: Speaking & Output –** You're mimicking and producing the language.
- **Stage 4: Reading, Writing & Grammar –** You're sharpening your accuracy and comprehension.

You don't have to be in just one stage. Many learners overlap stages — for example, you might be building vocabulary (Stage 2) while starting to mimic phrases (Stage 3). That's normal. Pick 1–2 main focuses based on your current goals.

Step 2: Pick a Time Block

How much time do you actually have each day? Be honest — then commit to it. You can do this with:

15 Minutes a Day

- **5 min –** Vocabulary app (e.g., Lingvist, Karteto, Lingo Legend)
- **5 min –** Listening immersion (e.g., Glisten, Pimsleur)
- **5 min –** Speaking or mimicking (e.g., Falou, Jumpspeak)

30 Minutes a Day

- **10 min –** Vocabulary review
- **10 min –** Listening (passive or active)
- **10 min –** Speaking or literacy (reading, grammar, or writing)

Passive Time (bonus!)

Maximize passive time by filling it with listening apps. This could be while you **drive**, **clean**, **cook**, or **exercise**. Use Glisten, podcasts, Pimsleur, or Lingopie to absorb the language without needing a screen.

Step 3: Choose 1-2 Apps per Stage

Resist the urge to download *everything*. The key is not the quantity of tools, but the *consistency of use*. Choose:

- **1 immersion app** (Stage 1)
- **1 vocabulary builder** (Stage 2)
- **1 speaking tool** (Stage 3)
- **1 reading/writing app** (Stage 4 — optional at first)

Pick the ones you actually *enjoy*. The best app is the one you'll use daily without dread.

Step 4: Rotate Weekly or Monthly

Once you've got a core routine, you can *rotate* the apps or stages you focus on. Some sample ideas:

- **Week 1:** Input-heavy (listening + vocab)
- **Week 2:** Output-heavy (speaking + reading)
- **Week 3:** Vocabulary sprints
- **Week 4:** Freeform — mix it all up or review old material

This rotation keeps your brain engaged, avoids burnout, and balances fluency skills over time.

Sample Mini-Routines

Beginner Routine (15–20 minutes/day)

- 5 min: Lingvist (Vocabulary)
- 5 min: Pimsleur (Listening + Speaking)
- 5 min: Falou (Mimicking)
- Passive Time: Glisten or YouTube videos

Break this up throughout your day — vocab in the morning, listen while commuting or during chores, speak aloud after dinner.

Intermediate Routine (30 minutes/day)

- 10 min: Clozemaster or Memrise (Vocabulary)
- 10 min: Glossika or LingoLooper (Listening + Speaking)
- 10 min: LingQ or Beelinguapp (Reading)

Try alternating apps each day. For example, use *Lingvist* on Monday, *Karteto* on Tuesday, and *Clozemaster* on Wednesday.

This routine strengthens all four skills — input, output, vocab, and literacy — in a balanced way.

Busy Day Backup

- 5 min: Lingo Legend game while waiting
- 5 min: Pimsleur while walking
- 5 min: Say out loud everything you do at home in your target language (e.g., "I'm brushing my teeth now...")

Even on a packed day, 10 minutes of exposure keeps your brain engaged and reinforces retention.

When you're short on time or energy, just focus on fun input and review — and save speaking for tomorrow.

Stack It with Habits (Real-Life Pairings)

Instead of trying to "find extra time," attach your language learning to daily habits you already have. Here are some realistic app pairings to make language practice automatic:

- **Brushing your teeth / Getting dressed:** *Glisten* or *Pimsleur* audio — hands-free, screen-free listening practice.
- **Making coffee / Breakfast:** *Lingo Legend* or *Fun Easy Learn* — quick vocabulary games to start your day.
- **Doing the dishes or folding laundry:** *FluentU* or *YouTube* — watch short, engaging language videos on your phone or tablet nearby.
- **Shaving or putting on makeup:** *Glisten* or *Lirica* — passive listening with language podcasts or music you can absorb without needing to speak.
- **Commuting / Walking:** *Pimsleur* or *Glossika* — passive audio input that turns movement into progress.
- **Lunch Break at Work or School:** *Dinolingo* — fun, simple language videos and games you can watch while eating.
- **Dinner Time at Home:** *Lingopie* — stream a foreign-language show on your TV while you eat and absorb real-world dialogue.
- **Winding down at night:** *Beelinguapp* or *LingoClip* — relaxing reading or music-based language input before bed.

Note: A full **Pimsleur audio lesson takes 30 minutes** — so it's best for longer activities like commuting, exercising, or household chores where you can stay engaged and respond aloud.

Weekly Speaking Boost (Optional Add-ons)

On days when you have more time or energy, schedule a 15–30 minute conversation using:

- *HelloTalk*, *Tandem*, or *Lingbe* for spontaneous chatting
- *ChatGPT Voice* or *Teacher AI* for voice-based, guided speaking practice
- *Italki* for 1-on-1 lessons with real tutors

The FLM Flow Summary (How This All Fits)

- **LISTEN:** Start your day with 5–10 minutes of passive audio using *Glisten*, *Pimsleur*, or *Glossika*
- **UNDERSTAND:** Midday or evening, do 5–10 minutes of contextual vocabulary (e.g., *Lingvist*, *Karteto*, *Clozemaster*)
- **SPEAK:** Practice with Chats by *Falou* or *Jumpspeak* when you're alone or in a quiet place
- **LITERACY:** End the day with a story in *Beelinguapp* or an article in *LingQ* or *Toucan*

You're Not Too Busy – You Just Need a Plan

A daily routine doesn't have to be rigid. It should be flexible, fun, and realistic. Whether you have five minutes or fifty, the FLM Method works best when you use it *your way*. Pick the tools that motivate you, mix them up as needed, and keep the language alive in your day-to-day life.

The FLM Method

Why It Works

If you've ever felt like language learning was frustrating, slow, or just not "clicking," chances are it wasn't your fault — it was the method.

The **FLM Method** is designed to work *with* your brain, not against it. It's built on how humans naturally acquire languages — just like babies do. First you listen. Then you understand. Only then do you speak and read. That natural order is what FLM stands for:

FLM = First Listen. Then Learn. Then Move your mouth.

The Real Reason Most Learners Plateau

Traditional language learning often jumps straight to speaking or grammar drills — but without proper listening input or contextual understanding, this leads to confusion, frustration, and burnout.

You might know a few phrases, but you freeze in real conversations. You can "pass a quiz," but not order a meal or follow a Netflix show. Why? Because your brain hasn't absorbed enough input to process the language naturally.

That's where the FLM Method comes in.

FLM Focuses on Sequence – Not Just Tools

You've already learned about the four core stages:

1. **Listening –** Build comfort and familiarity with the language's sounds.
2. **Understanding –** Learn words and phrases in real-life context.
3. **Speaking –** Mimic, shadow, and finally produce language naturally.
4. **Reading/Writing –** Strengthen and refine what you already know.

Each of these stages has specific apps and tools aligned with it — which we covered in the previous chapters. But what makes this system so powerful isn't just the apps — it's **the order in which you use them**.

FLM is about feeding your brain input *before* demanding output. It's about *absorbing* the language before you try to *perform* it.

Why FLM Works (The Brain Science)

The FLM approach is grounded in research from linguists and cognitive scientists who've studied how language is acquired:

- **Comprehensible Input** (Stephen Krashen): You acquire language by understanding messages — not by memorizing rules.
- **Natural Order Hypothesis:** Language features are learned in a predictable order — and forcing advanced structures too early just leads to frustration.
- **Spaced Repetition** (Paul Nation, Leitner system): Reviewing material over time (instead of cramming) locks it into long-term memory.
- **The Silent Period:** Before speaking fluently, learners benefit from a period of listening and understanding — just like babies do.

The FLM Method integrates all of these ideas into a simple,

repeatable path to fluency — one that works whether you're learning Spanish, Japanese, or Swahili.

What Makes FLM Different?

repeatable path to fluency — one that works whether you're learning Spanish, Japanese, or Swahili.

- **Low pressure:** You listen first, without being forced to speak too soon.
- **Confidence building:** You only start speaking when you're ready — and it actually feels natural.
- **Efficiency:** You use tech tools that follow this sequence, so you're never wasting time.
- **Custom fit:** You can adapt the routine to your lifestyle, whether you have 15 minutes or an hour a day.

You Don't Have to Be "Good at Languages"

FLM isn't about talent. It's about **sequence**.

- You don't need perfect grammar before you speak.
- You don't need to speak before you listen.
- And you definitely don't need to do all four skills at once.

You just need a clear structure that removes the guesswork and reduces overwhelm — so you always know what to do next.

The Real Secret: FLM Removes Pressure

One of the biggest reasons people quit learning a language is because they feel **pressure** — pressure to speak before they're ready, pressure to be perfect, pressure to do it all at once.

FLM removes that pressure by giving you **permission to grow in stages**. You're allowed to listen and absorb for a while. You're encouraged to focus on what's *easy* and *fun* in the beginning. You only move on when it feels natural — not forced.

That's why learners who use this method stick with it. And more importantly, they succeed.

The Takeaway

You don't need talent, years of study, or formal classes to become fluent. You just need the right **sequence**.

Start with input. Let your brain absorb the language naturally. **Then build understanding** through context. **Speak when confidence kicks in.** That's how fluency happens faster — and it feels easier.

If you've tried and failed before, it wasn't you — it was the method.

The FLM Method works because it's **designed for your brain**.

First you Listen. Then you Learn. Then you Move your mouth.

Simple. Logical. Proven.

FLM isn't just a method — it's your shortcut to natural, lasting fluency.

Chapter 22 - Advanced Refinement Tools

Leveling Up After Fluency

Welcome to the Refinement stage. This stage is optional and is for those who are looking to master their new language. Coming into the Refinement stage you should already feel confident in expressing yourself and understanding native speakers in your target language. The Refinement stage takes you one step further towards reaching complete effortless communication.

As mentioned earlier, the Refinement stage does not have a clear endpoint. It continues for however long you want to actively study your target language. Mastering a language is like mastering an instrument, there's always something new to learn.

In the Refinement stage, there are various ways to take your language to a near-native level. It's up to you to decide which way suits you and your goals/lifestyle the best.

Traveling:

One effective way to improve mastery of a language is to visit a country where it is spoken and reside there for a brief to moderate duration. This is likely the most expensive option possible, however, it has the potential to be the most beneficial if done right. In order to save money, I'd recommend looking into homestay options in your target country. Homestay is where you stay with a local family that's looking to provide housing for travelers/foreigners. This is a great way to be immersed and surround yourself with native speakers, and often has the benefit of being free/significantly cheaper than hotels.

Link: Worldpackers

Ultimately, the goal of traveling to your target country would be to use your new language as much as possible. If you were fully immersed for several weeks or even months the language would become effortless.

In order to make the most out of traveling you could look to tie it into other opportunities. For example, if you are a student at a university you could look to study abroad for six months in a country that speaks your new language. If you are working at a large company with branches around the world you could look to be transferred. Of course, you could always take the normal route of vacationing in a country for two weeks and leaving, however language-wise you get the most benefit out of staying as long as possible.

School:

In terms of refining a language you already know well, school can come into play in three different ways.

1. Study in a language school in a different country. This ties back to traveling. Doing an intensive language program at a language school in a different country would certainly help a lot and also give you a reason to travel. The downside is that the costs of the program would most likely be expensive depending on the country.
2. Study the language in school. Studying your target language at an advanced level in college/university would certainly help refine the language. In addition, you'll be able to speak with the professor, ask them questions and receive direct feedback.
3. Study at a University in another country. This works extremely well. You can either participate in an exchange program or study for a degree that is taught in your target language. For example, if you've learned Spanish up until this stage you could look into doing an exchange program and study at a university in Spain temporarily. On the other hand,

if your Spanish is good enough you could do a full Bachelors or Masters course in a program where the language of instruction is in Spanish. Something to look into!

Grammar Books:

If you feel grammar is your weak point or at least an area that can be improved, I recommend looking into grammar textbooks in your target language. I can't recommend any one book specifically as it depends on the language you are studying. However, now you are at the level where you understand the language. This makes studying grammar rules much more fun and effective then they would have been at the beginning of your journey. You've already internalized the bulk of grammar rules naturally without knowing it (the same way native speakers of a language do). Thus, looking now at the rules all concretely laid out can clarify a lot of things and help prevent you from making mistakes when speaking.

Italki:

Using Italki in the Refinement stage is a great idea. Unless you already have a community tutor you prefer taking lessons from, I'd recommend booking a professional teacher. Let them know what your goals are and how you'd like to improve your target language. Whatever area of the language you feel you're lacking in, have them focus on it with you. The number of lessons you'd want to take depend on how much you can afford and your budget, how long you plan to continue to study your current language, and how you feel you're progressing.

Dialect Coach:

If you are looking to master a specific dialect of your target language then I recommend italki and look for speakers of the language that are from the region/cities where the dialect is spoken.

Meetup:

I highly recommend signing up on meetup.com and look for language exchange meetups in your target language within your city/town. You'd be surprised how many people in your local area are out there that are wanting to learn the same language as you, or have already mastered it and would like to help others. This is also a great way to build relationships with other language learners which can be extremely helpful when trying to stay motivated.

Gaming:

One under-utilized way of perfecting your new language is through gaming. If you are an online gamer and spend hours a day on multiplayer games, you can be improving your language at the same time. Try to find teammates to partner up with that are from the country where your target language is spoken. Invite them to a Skype/Discord call when you are playing a game together. This is an excellent way of getting countless free hours of practice with native speakers in a fun way! It's also very good for learning informal communication.

Board Games:

Another great way to practice your language and have fun at the same time is playing board games. It's a great way of learning new words and increasing your grammatical accuracy. Plus, it's much more enjoyable when you can play in the language that you are learning! Depending on what language you are studying there may be board games specifically designed for language learners.

Podcasts:

Listening to podcasts that are entertaining yet educational is a perfect way of improving your language. It's also a very

convenient way as you can multitask while listening to a podcast. Usually, at the advanced level in most languages, podcasts will be in 90%+ the target language. This is ideal. Even better is if there are times where they break down complicated/uncommon words and explain them. Podcasts like these can be invaluable. I'd recommend searching iTunes, Spotify, YouTube and of course Google for the best podcasts in your target language.

Reading:

When you first started learning the language, reading was difficult because you would have only understood around 70-95% of the words. However, as of now you likely will understand the meaning of 80-90% of the sentences you come across either mainly through words or through context. This means reading now has the power to be super beneficial in improving your vocabulary. Regardless of the other options you choose, make sure to include reading in your routine.

Two quick tips for reading...

1. Have Google Translate (or an online translator specifically built for your language) ready at all times when reading. When you come across words you are unfamiliar with, translate them and write them down in order to help you remember them.
2. Read primarily nonfiction books. Books in the realm of self-help, self-development, skill acquisition, etc. are perfect as they teach you things you want to learn and also use relevant, useful and simple words. Fiction can work as well if that's what you love, however with fiction, you, by nature, will understand less. Fiction works more on meticulously describing details and unfolding complex plots. If you are to read fiction I'd start with books that are suspenseful yet simplistic in word choice. The best book to read is a book that keeps you engaged and not wanting to put it down.

Olly Richards Short Stories for Beginners and Intermediate are books containing short fiction stories all in one book that come in a variety of languages that I highly recommend as they are designed with language learners in mind.

Additional ways to practice reading include:

1. Children's books
2. Comics
3. Blogs
4. News sites
5. Magazines
6. Newspapers
7. Change the language settings on your phone/desktop computer in your target language
8. Follow social media accounts in your target language

If you don't want to or aren't interested in reading in your target language, you can ignore this option. This applies especially if for example your target language is Korean or Russian and you don't want to devote the time and effort needed to learn thousands of characters.

Writing:

Writing is a great way of reinforcing the language that you are learning as well as providing an output for all the things you've been inputting (reading, listening, etc). Writing helps you to remember words, expand your vocabulary and also gives you confidence when speaking as it gives you something close to a "real life experience" in the language. Writing out dialogue and examples of sentences that you've heard is a great way to get started. It doesn't have to be something long or complicated, just jot down words, phrases and sentences that you hear throughout the day! Even if it's just a few words each day, writing will help

cement those words in your memory and you will see progress faster.

When writing, make sure to use resources such as a dictionary or online translator like Google in order to ensure that what you are writing is grammatically correct. It’s great to practice but if it’s incorrect then it won't help you improve! Furthermore, once you have written something down, read it out loud as this will help improve your pronunciation and speaking skills.

Platforms like HelloTalk and Tandem are excellent for someone who can help you polish your writing skills and have conversations in the language. It's a great way to get feedback from native speakers. If you’re looking for more integrated writing exercises, programs such as Rocket Languages and Busuu are also an option. They offer online courses with lots of reading, listening, and writing activities.

Once you have the basics down, writing out essays, poems and journaling in your target language can be a great way to really hone your skills. The key is practice and repetition so don’t be afraid to write out sentences over and over again until they become second nature and you can use them without having to think!

Additional ways to practice writing include:

1. Participate in online forums
2. Comment on Blogs
3. Comment on social media posts

And just like with focusing your efforts on learning how to read in the language, you don't have to include writing as an option in your language learning routine if you don't want to. Some people prefer other ways of learning, and that's absolutely fine too. If your primary focus is to only listen and speak in your target

language then ignore this option as well.

A word on media in the Refinement stage:

Any content you watch should be without subtitles at this point.

10 Secrets For Reaching High Levels in a New Language

Achieving fluency in a new language is exhilarating, but reaching advanced fluency is a different beast altogether. It's where the fun begins and the challenge escalates. If you want to go from conversational to mastering the language like a native, it's time to adopt a fearless approach and embrace new strategies. Here are nine secrets to unlocking advanced fluency.

1. Stop Doing the Same Thing

If you've been following the same study routine for months, it's time to shake things up. **Consistency** is critical, but so is evolution. Your brain thrives on variety. If you feel stuck, it's a sign that your current methods aren't challenging you enough. **Change things up** by incorporating new learning methods that push your boundaries.

For example, if you've been doing flashcards, switch to more immersive input like podcasts or videos in your target language. If you've been focusing on grammar drills, challenge yourself to write creative essays or participate in complex conversations. The key is to step out of your comfort zone and **push yourself**—true progress comes from discomfort.

2. Consistent, Dedicated Time

Advanced learners know that reaching the next level requires **consistent** effort. At this stage, it's not about how much time you spend but how **dedicated** and focused you are in that time.

Daily exposure to the language is crucial, whether through conversation, reading, or listening.

To make this happen, carve out uninterrupted time each day, even if it's just 30 minutes. Use that time to **expand your vocabulary, deepen your understanding of grammar**, and **learn native-like expressions.** Regular practice is essential for keeping the language alive in your mind.

3. Write Your Heart Out

Writing is an underrated but powerful tool in language learning. Not only does it help you solidify vocabulary, but it also reveals gaps in your knowledge. When you write, you're forced to recall words, grammar patterns, and nuances that you might otherwise miss. The process of writing helps you **find synonyms, get creative**, and **express yourself in new ways.**

Start journaling, writing short stories, or even composing essays on complex topics. The act of writing will force you to engage with the language in a deeper way, and over time, you'll notice that your ability to speak and understand also improves.

4. Read Novels for Natives

At this stage, it's time to stop reading simplified content. If you want to reach advanced fluency, you need to **read novels written for native speakers.** Conversation, while valuable, exposes you to a limited range of vocabulary. Reading, on the other hand, **gives you more exposure to a ton of advanced vocabulary** and introduces you to **more nuanced grammatical structures.**

Don't settle for children's books, short stories or young adult novels anymore—dive into works meant for adults. As you read,

you'll encounter **subtle differences in meanings** and **complex grammar patterns** that will challenge you to think critically about the language.

5. Devour Podcasts

Listening to native-level podcasts is a game-changer for advanced learners. This is where you can practice **extensive listening**—not just hearing words but deeply understanding the nuances of pronunciation, tone, and pacing. The more interesting the podcast topic, the more likely you are to remember the content, as **interest enhances memory retention.**

Make an **active effort** to understand every detail, and don't be afraid to **laugh at your mistakes** when you don't understand something. Over time, you'll develop the ability to pick up on even the smallest details.

6. Eliminate Your Weaknesses

Even at advanced levels, you'll have strengths and weaknesses in different language skills. Don't ignore your weaker areas—**identify them** and work on them systematically. For instance, if you excel in reading but struggle with listening, focus on extensive listening practice. If your grammar is strong but your speaking skills lag, take lessons with a tutor that specifically target your speaking.

One of the best ways to address weaknesses is by getting feedback. Work with an online tutor, **take notes, summarize key concepts,** and **ask for specific feedback** on your problem areas. Every improvement you make in a weak area will take your overall fluency to new heights.

7. Explore Unfamiliar Topics

Another secret to advanced fluency is to **explore subjects outside your comfort zone.** Speak to yourself about complex, unfamiliar topics or even areas you never discuss in your native language. This will force you to encounter new vocabulary and expressions that stretch your language skills.

If possible, work or volunteer in an environment where you can use the language. This will give you real-world exposure to how the language is actually spoken, including all the idiomatic phrases and cultural subtleties that you can't learn in a textbook.

8. Follow Someone You Admire

One powerful way to level up your fluency is to **model your language use** after someone you admire. This could be a native speaker, a public figure, or even a YouTuber in the language you're learning. Pay attention to their **intonation, accent, style, phrasing,** and even body language.

By emulating them, you can develop a more natural way of speaking and refine your fluency in a more personalized, human way.

9. Go Native—Without Traveling

You don't have to move to a foreign country to immerse yourself in the language. Thanks to technology, you can create a full immersion environment right where you are. Use tools like a **VPN** to access local content from the target country, o**r immerse your computer and devices in the target language** by changing your system language settings.

No more excuses! Everything from your social media to your Netflix can be tailored to give you continuous exposure to the language, helping you simulate a native-like environment.

10. Relax—Nobody is Perfect

Finally, don't forget to relax and enjoy the journey. **Nobody is perfect**, and even native speakers make mistakes. Reaching advanced fluency is a lifelong process, and there will always be more to learn. **Recognize your imbalances** and **practice all four language skills** (Listening, Reading, Writing, Speaking), but don't put unnecessary pressure on yourself.

Your brain already knows more words than it's letting on, and with time and patience, those words will come to the surface.

Reaching advanced fluency is no small feat, but with these ten secrets, you can push beyond the plateau and continue to grow as a language learner. Whether you're writing, reading, or immersing yourself in the language, the key is to remain curious, open-minded, and fearless. You've come this far—now it's time to go even further.

Chapter 23 - The 12 Most Common Mistakes Language Learners Make and How to Fix Them

Twelve Common Mistakes To Avoid

1. Memorizing word lists

Memorizing word lists is one of the most common mistakes language learners make. While it may seem like a great way to quickly build up a vocabulary, it's not an effective method for long-term retention.

Why is memorizing word lists ineffective? Firstly, memorizing word lists is boring and tedious. It's difficult to stay motivated and focused when you are simply memorizing a list of words without any context. Secondly, memorized words are easily forgotten. If you do not use a word in context, it will quickly fade from your memory. Thirdly, memorizing word lists does not help you develop language skills.

What should you do instead? Well, instead of memorizing word lists try to learn vocabulary in context through reading, listening, and speaking. Read books, watch movies or TV shows, and listen to podcasts and music in your target language. This will help you learn vocabulary in a natural, engaging way.

You can also use specific language apps that help you memorize vocabulary through context. Instead of simply memorizing the word alone on a flashcard, you can learn and memorize the word in a sentence or through context. This will help you remember the word quickly and easily. Focus on learning common phrases and expressions and this will help you communicate better in real-life situations.

2. Skipping grammar

Many language learners make the mistake of avoiding grammar. It's understandable why – grammar can be confusing, boring, and difficult to master. While it's important to focus on vocabulary and speaking first, you need to incorporate grammar into your language learning routine.

Grammar helps you understand how a language works and learn how to use it correctly. It's an essential part of learning any language. Without grammar, your conversations will be limited and your overall understanding of the language will suffer.

How can you learn grammar? Read books in your target language to help increase your exposure to different forms of grammar. Listen to podcasts and the Pimsleur app which focuses on grammar topics. Book an italki tutoring session where you can learn from a native speaker. Finally, use online resources such as Quizlet to practice conjugations and verb tenses.

3. Trying to do too much at once

Many language learners become overwhelmed and try to do too much at once. They think they need to learn vocabulary, grammar, speaking, reading, writing, and more all at the same time. This is a mistake.

What should you do instead? Choose one or two focuses for each day – such as vocabulary and grammar or listening and speaking. Split up your language learning into manageable chunks and focus on each area one at a time. This will help you stay motivated and make sure that you are working towards measurable goals.

4. No diversity in learning materials

It’s easy to get stuck in a rut and use the same methods or resources over and over again. Many language learners use the same materials, such as textbooks or podcasts to learn a language. This can be boring and ineffective. It's important to diversify your learning materials if you want to progress quickly.

Mix up your resources – read books, watch movies and TV shows, listen to podcasts, play board games in your target language, use apps and flashcards, etc. This will assist you in staying motivated and ensuring that you learn the language through various methods. It will also prevent you from becoming stagnant and help you progress faster.

Take the time to explore all the different resources available for language learners – there is something for everyone!

5. Not using the language in real life & waiting too long before speaking

Most language learners spend a lot of time studying, but they don’t actually use the language in real life. Some language learners wait too long before speaking. They spend months studying grammar or trying to memorize vocabulary, but they never actually start having conversations. This can be a problem because it’s hard to learn a language without using it.

Speaking is an essential part of language learning, yet many language learners avoid it. This is a mistake – you need to practice speaking and interacting with native speakers if you want to become fluent. It can be intimidating talking to native speakers, but it is necessary for improving your conversational skills.

The best way to overcome this problem is to set aside time each

day for speaking practice. Start small by talking with yourself in the mirror or recording yourself speaking and listening to it.

Once you feel comfortable, find a tutor online **(italki)**, find a language exchange partner or join a language club in your area like **meetup** and start having conversations. Have conversations with native speakers, practice writing emails and texts, and participate in online forums.

Make sure to use the language as much as possible – it may feel uncomfortable at first, but it will help you learn faster. By using the language in real life situations, you will become more comfortable with it and learn faster. It's also a great way to make friends and have fun while learning a new language!

6. Not paying attention to intonation

Intonation is an important part of language learning, yet many language learners ignore it. Intonation is the rise and fall of your voice when you speak, and it can make a big difference in how people perceive you.

Pay attention to how native speakers use intonation when they talk – their emphasis on certain words or their pauses can give you an idea of how to use the language. Learn to mimic it and practice using intonation in your conversations.

By paying attention to intonation, you will sound more natural when speaking the language and be able to communicate effectively with native speakers!

7. Not paying attention to pronunciation

Many language learners tend to overlook the crucial aspect of

pronunciation even though it plays a vital role in learning a language. Pronunciation is how you enunciate words and say them correctly. Without good pronunciation, your spoken language will be difficult to understand.

There are a few things you can do to improve your pronunciation. Listen to native speakers and try to imitate the way they pronounce words. Practice saying each syllable clearly and enunciate every word correctly. And practice tongue twisters to improve your articulation and pronunciation.

Both the Pimsleur and Bluebird Languages app has a pronunciation feature where you can practice, improve and compare your pronunciation to the native speakers.

8. Trying to deconstruct everything

When learning a language, some learners try to break down every aspect of the language. They read grammar books and memorize rules without ever actually using them in conversations. This can be a problem because it's hard to learn a language without using these rules.

The best way to overcome this problem is to focus on communicative competence rather than deconstruction. Rather than trying to perfect every aspect of the language, focus on being able to communicate effectively with native speakers. Even if you can only hear certain words being spoken and you don't understand them all, you can still communicate with people!

9. Trying to be perfect

It is easy to become discouraged when you make mistakes while speaking a language. Some learners feel like they should be

perfect right away and this can lead to frustration. The truth is, no one speaks perfectly and mistakes are a part of the learning process.

How you can overcome this issue is to accept that mistakes will happen and focus on learning from them. Remember, making mistakes is the best way to learn and grow as a language learner. So don't be afraid to make mistakes and keep practicing!

10. Using patterns from your native language

When you are learning a new language it’s easy to fall back on patterns from your native language. This can be a problem because different languages have different grammatical rules and structures.

To overcome this problem, it's highly recommended to practice with native speakers as frequently as possible. Listen carefully to how they construct sentences and try to imitate them. This will help you develop a “feel” for the language that is difficult to learn from textbooks.

11. Relying on translators

Many language learners rely too heavily on translation tools. This can be a problem because it’s difficult to learn a language without actually using it.

To solve this issue, I recommend you to practice using the language without depending on a translation tool. If you don’t understand something, try to explain it in another way or use a different word. This will help you develop an understanding of the language and become more confident in your speaking ability.

12. Not reviewing what you have learned

Review is an important part of language learning, yet many learners neglect it. Without reviewing what you've learned, you won't be able to retain the information or use it effectively in conversation.

Regularly reviewing your notes and materials is the most effective way to tackle this problem. Try to set aside time each day or week to review what you've learned and practice using it in conversations. This will help you remember the material and become more fluent in the language.

Chapter 24 - Embrace Being Corrected as a Means of Progress

One of the most important things to remember when learning a language is that you will make mistakes. Being corrected for those mistakes can be uncomfortable, but it is also a great way to learn and progress.

When you are corrected, take it as an opportunity to ask questions about why something is wrong and how you could improve next time. This will help you understand the language more deeply and become a better speaker.

If you are afraid of making mistakes, that fear can be paralyzing. Don't let it stop you from speaking! Even if you make mistakes, keep practicing and don't let yourself get discouraged. Making mistakes is an essential part of learning any language, and being corrected is a great way to learn from those mistakes and become better.

By embracing being corrected, you are giving yourself the opportunity to improve and make progress in your language learning journey. So go ahead – make mistakes, be corrected, ask questions and keep pushing yourself forward!

Chapter 25 - Review and Revision (Remembering What You've Learned)

Fight the Forgetting Curve

"The forgetting curve" is an idea that the longer you wait to review information, the more quickly you will forget it.

To combat this curve, make sure to review your material regularly and not wait too long before returning to it. This will help keep what you have learned fresh in your mind and ensure that you don't forget it.

By keeping up with your reviews, you can ensure that the information stays in your memory for longer and you don't have to re-learn things later.

Retaining What You've Learned

Like I mentioned earlier, to help you keep track of your progress, make sure to review what you've learned regularly.

One way to do this is through spaced repetition – reviewing information at increasing intervals of time the more familiar it becomes. Some of the apps I recommend in Chapter 20 use the spaced repetition method. Another idea is to create flashcards that you can review as needed or even make use of language learning apps such as Bluebird Languages.

It's also important to use the language that you have learned in real-life conversations and interactions (italki). This will help you retain what you've learned and increase your confidence when speaking with others.

Chapter 26 - Common Pitfalls (Preventative Things from Achieving your Target Language)

Why People Fail & How To Avoid the Same Fate!

1. Losing interest and motivation

At some point, most people will face this issue. There are always going to be moments of high and low motivation. You might experience a decrease in motivation once the novelty of learning a new language wears off somewhere after 2-4 months when you've already been learning the language for a while, however you're still not ready to begin properly speaking to a native yet. Experiencing this is a common occurrence and you should be aware that it's normal and something to expect. Motivation will pick up again when you start to feel like the language is clicking (i.e. you feel you're getting close to the Output stage).

However, you shouldn't rely on motivation. Motivation is fleeting. What is important to cultivate is discipline. Even when you lack motivation, discipline is necessary to ensure consistent progress in learning a new language. Make it a daily routine to study your language without fail, regardless of any circumstances. If your brain resists that thought, then tell yourself that you'll only study for 5 minutes. Oftentimes you are more likely to do something that your brain thinks won't take long. So make the effort to just start. After starting you'll study for much longer than 5 minutes most of the time. As you will discover, the most challenging aspect of practicing most skills is getting started. Once you've started it's easy to continue.

If you're feeling unmotivated, I suggest finding a way to get motivated again. Watch a TV show in your target language that

may inspire you, search for stories of how learning a language changed someone else's life, review the various benefits that come with learning a second language, etc. If you do not actively seek motivation, it's unlikely that it will come to you.

It's important to cultivate the habit of daily study. Nonetheless, a bit of extra motivation can be beneficial!

2. Being dissuaded by others

This happens way more often than one might think.

Sharing your language learning goals with others can be risky due to several reasons. The obvious one is that people might discourage you. They might say that it's pointless to learn the language you want to learn, that you won't be able to, or that it'll be too hard. They might tell you to learn another language instead or talk about how impossible languages were for them.

These are all things that can instill doubt in you. When the going gets tough with your new language, your brain may recall past discouragements and tempt you to avoid studying. Someone else's comments could become a large liability.

However, it's not just someone else's negative comments, but potentially their positive ones too. Studies have shown that when you receive praise and respect for something you haven't accomplished yet, you are less likely to go through with it. This happens because your brain has already felt rewarded by the praise and social acceptance that you received for completing the task, even though you didn't actually put in any effort yet.

This is why going up to everyone you meet and announcing how you are going to learn Korean might not be your best bet. Whether they give you a positive or negative reply back, both can

actually negatively impact your goals.

Instead, I'd recommend keeping your goals to yourself. Don't share them with anyone else outside a select few.

Another advantage of not sharing your goals with others is the excitement of being able to surprise them. It's an amazing feeling when you surprise your friends and family by speaking a language you have secretly been learning. It's enjoyable to see people's reactions! The desire to witness the surprise in others may seem insignificant, but it can be a strong driving force.

The only people I recommend sharing your language goals with are those who can help keep you accountable, and or motivated. If you have a friend who is equally dedicated to learning the same language as you, it can be helpful to keep each other motivated. If you have a friend whom you trust but who is not learning the language, you can still ask them to help you stay committed to your language learning goals. Consider establishing a weekly routine of reporting to them about your progress, such as what you've learned or how many hours you've studied. Interestingly, being accountable to someone else increases the likelihood of achieving your goals as you wouldn't want to disappoint that person.

I suggest that you keep your language learning goals to yourself, except when sharing with close friends, fellow learners, or tutors and penpals. However, if you do end up telling someone and they respond negatively...don't worry about it. As long as you use the information in this book, whatever others say will not matter. You will, without a doubt, become fluent in your new language.

3. Getting distracted by life

Life tends to get in the way of our goals. It's natural. It can be

difficult to find the time, energy, and motivation to learn a new language when unexpected things happen during the day.

I would suggest prioritizing your language learning by doing it either first thing in the morning or last thing at night. If studying the first thing in the morning is not an option for you, then I'd recommend studying at night. Ideally, right before you go to bed as doing so has proven to help people retain information. You may feel tired, which could affect your motivation, but you probably don't have any external distractions before going to bed. While you're studying in bed at night, it's unlikely that others in your life will call or try to get your attention.

4. Not having enough time to learn

Finding the time to learn a language can be one of the biggest challenges. A lot of people believe that in order to learn any language you need to dedicate at least a few hours every day. This is true and false. If you have no other responsibilities (such as school, work or kids) then it would be easy to dedicate multiple hours a day studying your target language. However, if you do have other obligations, then it can be difficult to find the time or energy to learn.

What I recommend is dedicating thirty minutes every day to learning your language. This may not seem like a lot, but if done consistently over the course of 6-12 months you will make tremendous progress. Fortunately, there are many resources available that make learning more efficient and easier. Using apps such as Pimsleur which are 30 minute lessons can help you save time and money by providing reliable lessons, audio recordings and quizzes in one convenient place. Thirty minutes per day also leaves plenty of room for other activities, and responsibilities. It also makes it easier to stay motivated if you don't have to devote hours a day to language learning.

By using these techniques, you can ensure that the time you've spent learning a language doesn't go to waste. So, make sure to review your material regularly and use what you have learned in conversation – it will save you time and effort in the long run!

If thirty minutes per day still isn't enough time for you, then I would suggest making use of spare moments throughout the day. Take advantage of any commute times and lunch breaks listening to podcasts or audio lessons or even reading a book during commercial breaks while watching TV to study your language. Don't wait for the perfect hour at night or in the morning, take advantage of whatever time you have available and use it as efficiently as possible. Any small amount of language practice can help immensely! This way you can slowly build up your skills without having to sacrifice hours of free time.

It's also important to remember that learning a language doesn't have to be an all-or-nothing endeavor. Even if you don't have time to dedicate long study sessions, you can still make incremental progress by studying a few minutes at a time. Consistency is key and every bit of effort helps.

5. Having unrealistic goals

Many people quit because of this specific reason. They set the wrong deadlines. They want to speak their new language as soon as possible. I'm sure by now you are well aware of how long it will take to learn your language, as it was extensively covered in the method. Still, it's important to be aware of any other unrealistic goals that may still be on your mind.

It's important to set realistic goals that are achievable within a reasonable timeframe. If you set yourself targets that are too ambitious, you may become discouraged and give up.

Some examples of unrealistic goals include the following:

Speaking with native pronunciation. It's important to understand that it's unlikely for most people to achieve native-like pronunciation within 6 to 12 months. Do not worry or feel inferior if your accent does not sound identical to that of your favorite character from a foreign TV show. In some situations, it may be beneficial to maintain your natural accent as long as you are enunciating accurately.

Don't worry about having a perfect accent. Everyone is unique. Your voice is unique and there is no one else in the world who sounds exactly like you. That’s a good thing!

Being able to easily understand other dialects. This one depends on the exact language you are learning, however it’s certainly important. Many languages have numerous dialects and variations. Before one can understand all of the other major dialects, it's important to first practice and engage in critical listening. This is a necessary step and should not be overlooked.

Overall, remember not to lose hope when you don't see immediate results as quickly as you might hope for. You should also never compare your language learning progress with that of another person. You can learn at your own pace and rest assured that you will eventually achieve your goals.

6. Doubting the method

This one is the killer. Not sticking to the method you decide to follow will end up in you switching methods frequently. Starting and stopping with this dictionary, or that program, or an

expensive language class or two, this ultimately results in you becoming demotivated, frustrated, potentially broke, and eventually giving up.

Therefore, it's understandable why people switch up the way they approach learning languages. It's because, in the beginning, you have to find out all of the ways that don't work before you find those that do. It's a lot of trial and error. You aren't sure if the method you'll take will get you to where you want to go the fastest...so you skip around until you find something you are confident in.

As a reminder, I mentioned at the beginning of this book:

"If you adhere to The FLM Method you WILL be able to speak the language you've always wanted to learn. Trust in the method, and trust in yourself. It's possible and you're going to do it."

The FLM Method is a condensed version of everything I've learned. That is why I need you to trust and stick with the method. Believe me. It works. All it takes is time.

There might be several instances during your journey when progress may seem slower than expected. If you're self-teaching your first language, it's normal to feel uncertain at times. You may be questioning whether you can successfully learn the language and contemplating whether it's worth your time to continue, or if you should redirect your efforts towards something else. It's natural to worry.

However, know this. When going through The FLM Method, it's important to clear any doubts you might have. Don't worry about how fast you're learning, or where the future will lead. Take it one day at a time and focus on each step as you go. The only thing you should focus on is getting to the end of the Output stage. When you get there you'll realize just how far you've come and of

course, you'll have reached fluency before you even knew it.

7. You feel discouraged

It's inevitable to feel discouraged at times, especially when learning a language. This is a common feeling among language learners. Knowing that it takes time to learn a language, and seeing the progress you're making can be discouraging. Especially when you compare yourself to other people who may be progressing faster than you.

It can also feel disheartening if you don't see the results of your efforts in the short term. Learning a language is a long-term commitment and it can take months or even years to reach fluency. It's important to remember that the time and effort you put into your language learning will pay off in the end if you persevere.

To stay motivated, set yourself small goals that are achievable. Celebrate your successes and reward yourself for reaching those goals. You may not feel like you're making much progress, but even small improvements can make a huge difference in the long run.

It's also important to remember that learning a language should be fun! Don't let the process become tedious or boring. Switch up your learning methods, find resources that you enjoy and take regular breaks. You'll be surprised at how quickly you can make progress when you're relaxed and having fun!

8. Giving up and quitting

Once you've been learning a language for a while and still haven't achieved the results that you wanted, it can be easy to give up. But

don't throw in the towel just yet! Learning a language takes time and patience, and quitting before you reach your goal will only leave you with regrets.

Remember, you have the power to succeed! With a bit of extra effort and dedication, you can get there. There are lots of ways to keep your motivation up when times get tough. Like I mentioned earlier, one way is to set yourself small achievable goals and reward yourself for each goal achieved. You'll be surprised at how much progress you make with this approach.

The bottom line is this: Don't give up. Keep pushing forward, stay motivated and don't forget to have fun along the way!

9. Not having a plan

Having a plan is essential when it comes to learning a language quickly and efficiently. It's important to set achievable goals and create an action plan for reaching those goals. Without a plan, it can be easy to get distracted or lose motivation.

The FLM Method provides learners with the ultimate guide to learning any language in 6-12 months. It outlines the natural order of learning a language, the three main stages of input, output and refinement and which resources are best for learning. This method takes the guesswork out of language learning and helps keep learners on track.

Creating a plan doesn't have to be complicated or take a lot of time either. It can be as simple as writing down your goals and making a weekly schedule for yourself that includes language learning activities such as listening to podcasts, reading articles or having conversations with native speakers.

By committing to a plan, you'll save time and money by using the

right programs without sacrificing results. Plus, you'll be more motivated and disciplined to reach your language learning goals.

In conclusion, it's important to remember that learning a language can be daunting but with the right approach and plan, it is possible to achieve fluency in 6-12 months! So take the first step today and start planning for success!

10. Not being consistent

Consistency is key when it comes to language learning. Without consistent effort, you won't make much progress. It's important to keep at it and stay focused on your goals even if there are days where you don't feel like studying. Every bit of effort counts, so try your best not to give up even when it gets difficult.

Find ways to make language learning fun and enjoyable. Playing online or board games in the target language, listening to music or watching movies are all fun ways to stay motivated and consistent.

It also helps to track your progress with a journal or chart. Seeing your achievements can be a great motivator and help you stay focused on reaching your goals.

11. Not practicing

Practice is an important part of language learning and it can't be overlooked. No matter how much you read or listen to a language, without practicing what you have learned, you won't make much progress.

The best way to practice a new language is by speaking with native speakers. Try finding online language exchange partners or

try attending local meetups and conversation groups. You can also practice speaking by recording yourself – this is a great way to recognize mistakes and improve your pronunciation. **If you live with friends, family or a loved one, any time you speak just speak in your target language then in your native language. This will help you practice tremendously and get more comfortable speaking the language regardless if whoever you're speaking to around the house doesn't understand, who cares!**

In addition, it helps to find creative ways to practice outside of conversations. Read out loud, watch movies in the language you're learning, write stories or keep a journal. No matter how you choose to practice, the important thing is that you're actually doing it and putting your skills into action. So don't forget to practice!

12. You are not putting in enough effort

Learning a language isn't always easy and it requires dedication, discipline, and hard work. Without putting in enough effort, you won't make much progress.

The key to success is persistence and staying motivated. Find ways to stay organized and take regular breaks so that you don't burn out. Switch up your learning methods and find resources that you enjoy.

Remember, learning a language won't happen overnight but with the right attitude and effort it is possible to learn any language. Just stay focused and keep putting in the work!

13. Laziness

Laziness is a major obstacle to language learning. It's easy to put

off studying when you don't feel motivated, lose the desire or are too tired from work or school.

As I have mentioned this on many occasions, to prevent this it helps to set realistic goals and find ways to make learning fun and enjoyable. Try changing how you learn and play around with different methods that you find enjoyable. Take regular breaks and reward yourself for your achievements – this will help cure your laziness.

Always circle back to your 'why' and remember why you wanted to learn this language in the first place. That should be your driving force and help you stay focused on reaching your goals.

It helps to have an accountability partner that can help you stay on track. Find someone who is learning the same language as you and check in with each other every now and then. Having someone to help motivate you can make a big difference in your progress.

So don't be discouraged or feel bad if you feel lazy every now and then. We've all experienced laziness at some point.

14. Not seeking help when needed

Learning a language can be challenging and everyone needs help and support from time to time. It's important to ask for help when you need it.

Find friends or family members who are learning the same language as you, so that you can practice together and offer each other support. If possible, try to find native speakers or professional tutors who can help you with pronunciation or grammar. There are plenty of great language tutors available online to help learners get a better understanding of the language.

You can also find online communities and forums that offer support and advice.

So don’t be afraid to seek help when you need it. There's no need to feel embarrassed or ashamed. Asking for help is a sign of strength and maturity, not weakness. Everyone needs help sometimes!

How Do I Stay Disciplined?

1. Know what your goal is

We all think that we have goals, but to actually actualize those, you have to **consider them as goals.**

Figure out what your goal is (when you have a really specific goal, it forces you to figure out how you're going to do it. And it's actually figuring out how you're going to do it that seems to lead to better performance).

Give it quantitate precision (who, what, where, when; write all those different parts down, and see it quantitatively, that will help you).

(Example: I'm going to learn French for the next 3 months; I will be studying 3 times a week (Td, Th) at 7.45 AM and Sa at 9.30 AM at my home, 45 minutes each day; I will be sharing my progress with my colleague, Alex, who speaks good French.)

The quantitative specificity with which you define your goal **gives you a plan of how to enact it.**

2. Know what your obstacles are

Think about your goal, what it's going to give you, and **what are the problems** that might lead you **not to do it.**

To get the positive benefit of thinking about your future success, you also need to spend the same amount of time to think about **some of the obstacles** that might get in your way. By contrast, if

you only think about the obstacles, you dwell on how hard it is, and then you're never going to get around to doing anything.

In the beginning, just thinking about or indulging is good enough (to reach the goal), but over time, if you really want to keep overcoming your obstacles, it seems like having both of those things in place helps. And it seems to help even way down the line, 24 weeks out, and 24 months out.

(Example: I want to get a promotion at work to take care of International (French) partners. I have started learning French and have some good basis, but I need to dive in deeper to get myself to a confident level. A 2-week trip to France will give me a final confidence boost. I want to go to Paris in 3 months. To reach my goal, I will need to stay disciplined to study 3 mornings a week, 45 minutes each time, twice before my work commute, and once on Saturday. I would need to wake up and go to bed 1 hour earlier on weekdays, I would need to deprioritize any requests that would get in the way of me doing it, including late-night gatherings on Fridays for the next 3 months. Sadly, this also means me missing out on some parties unless I manage to complete my learning on Friday evening.)

3. Plan your goal

Visualizing success and obstacles isn't enough unless you start **planning your goal.**

Sometimes, when you plop yourself into the situation, it starts influencing you implicitly (you've committed to learning French, but at a Wednesday casual gathering your friend is inviting you to attend a birthday party on Friday). You need to be prepared to get through situations like this automatically without having to recruit much willpower.

Develop a series of **if-then** rules, and practise them outside of the

situation by visualizing it *(if my friend Mary asks me to join her birthday party on Friday, I would have to say no unless I will have done my scheduled Saturday French practise on Friday afternoon).* It has to be in the **if-then** specific format for your automatic system to pick it up.

Tip: You can also use it to help you remember stuff. For example, if you want to remember your keys, think of some specific action you're going to do, like, grab the doorknob - think keys. When you grab the doorknob to leave, you think keys and automatically as you will be grabbing the doorknob, you will think of keys.

Tip: Having an if-then rule when working on reaching hard goals increases your chances to succeed drastically. In the quoted above study it was threefold.

4. Use the WOOP shortcut

There is an easy mnemonic that you can use for putting all these strategies together for any set of goals that you have from the specificity to the visualizing to the obstacles to the planning:

WOOP: Wish, Outcome, Obstacles, and Plan. Briefly, this is how it works:

1. Think up an idea you are going to do the visualization for, take a few minutes a day to visualize it (think about your wish, think about what your goal is as specific as possible, e.g. I want to learn a language three times this week at 8:00 a.m. on Monday, Wednesday, Friday, for 20 minutes, etc.) Spend two minutes thinking about that.
2. Think, what's the best possible outcome of that, what would be great about it, what you'd want to tell other people about when you achieve it.

3. Ask yourself: “But what are the potential obstacles?” And then, visualize them (e.g. it is a really busy week to stick to my learning plans, there is a music festival happening, etc.).
4. Ask yourself: “What’s my if-then plan?” And develop one.

The Downdays

It's normal to have days when you don't feel like studying your language. It happens.

To achieve success in language learning, it's important to be consistent and disciplined, similar to any other skill. Giving up and quitting is not an option. Consistently putting in effort every day will help you reach your desired destination.

However, happiness and genuine enjoyment are even more important than consistency and discipline. From my personal experience, I have found that having unrealistic expectations can significantly lower your happiness. Simply telling yourself that you will study for 30 minutes every day for the next year, no matter what, may not guarantee that you can achieve this goal successfully. If the outcome meets your expectations, that's great. But if not, don't feel bad about it. Instead of being down or upset that you skipped a day of studying, know that in the long run it doesn’t matter much as long as you get back into it.

Skipping a few days occasionally is different from skipping continuously for several weeks. There will be days where you are too busy, or too overworked. That’s not a problem. If you frequently skip a week or more at a time, it could cause problems. If you find yourself taking off way too much time ask yourself why you think that is?

If it’s because you are losing motivation after months of studying, that’s common. In that case, try to figure out what can help bring that motivation back. Could you start watching a really inspiring TV show? Or try to get a penpal in the language? Maybe consider traveling to the country, find friends that speak or are interested in the language, etc.

There are many reasons why you may lose motivation. Therefore, it's important to examine your own thoughts and feelings to determine the reason behind your lack of studying. When you find the reason, do your best to fix it at its core.

In summary, my point is to not feel stressed. It's perfectly fine to take small breaks occasionally, as it won't affect your ability to achieve your goals. However, be cautious if the frequency or duration of those short breaks starts to increase significantly.

Common Language Learning Challenges

What To Do When Things Go Wrong

1. You are undermining your efforts

Sometimes you can be your own worst enemy when it comes to learning a language. If this is the case, try to be conscious of any self-defeating thoughts or behaviors and work on replacing them with positive ones.

Set achievable goals for yourself and reward yourself for meeting them. Find an accountability partner or join a language learning group to help keep you motivated and on track.

With the right attitude and a little bit of determination, you can overcome any obstacle that stands in your way!

2. You feel your learning process is far too slow

If your language learning process feels far too slow, try to focus on small achievable goals and celebrate the progress you make. Try breaking the material into smaller chunks and focusing on one lesson at a time.

Don't be afraid to look for help or resources when you need it. Learning a language can take time, but with the right resources and approach, including my method, you can make progress quickly.

3. You are having trouble progressing

If you are feeling stuck in your language learning, try changing up your routine or using different resources to help keep things fresh and exciting. Consider seeking help from a tutor or joining a language learning group to get additional support.

By getting creative with your approach and reaching out for help when needed, you can get back on track and make progress quickly.

4. Okay, but this is hard!

Learning a language can definitely be hard and intimidating. But, it doesn't have to be. With my method and the resources I've provided you in this book, you can make huge strides in your language learning journey within 6-12 months.

Start by understanding the natural order of language acquisition and breaking up your goal into small achievable chunks. Then, use the reliable resources that I've provided you and use them in combination with practice sessions talking to native speakers or other language learners. And finally, don't forget to stay motivated and consistent with your efforts; this is key to your success!

5. You are having trouble memorizing

It can be difficult to learn a language if you have trouble memorizing words and phrases. To help tackle this issue, try breaking the material into smaller chunks and focusing on one at a time. Create flashcards with the word or phrase and its definition so that you can review them frequently.

By taking the material in small bites and using flashcards to review, you can help make memorizing easier and more efficient.

If you use an app like Pimsleur, Glossika and/or Bluebird Languages, these platforms use the spaced repetition method which helps you memorize words and grammar rapidly and easily.

6. Struggling with grammar

Grammar can be one of the hardest things to learn when it comes to language learning. It’s important to understand that grammar is just another way of saying how words are put together in a sentence.

To improve your grammar, break it down into smaller parts and practice each section until you have mastered them all. As I've mentioned before, Pimsleur is a great app that can help teach grammar in a way that is easy to understand and speak.

7. You are having issues with pronunciation

When it comes to pronunciation, there are a few things you can do to get help. First and foremost, try repeating words and phrases out loud as often as possible. This will help you get used to the sounds of the language and become more confident in your speaking abilities.

Use audio recordings or video tutorials when available in order to get a better idea of how the language should sound. Try joining a language learning group or finding an accountability partner for speaking practice. This will help you gain confidence in your pronunciation and allow you to make progress quickly!

Pimsleur and Bluebird Languages both offer a feature to help with your pronunciation skills so that you can figure out whether or not you're pronouncing certain words correctly.

8. You feel uncomfortable using the language in new settings

When learning a language, it can be daunting to use it in new settings. To help ease your nerves, try practicing the language with friends or family members before attempting to use it in unfamiliar scenarios. Make sure you are familiar with the material and know what to expect when speaking in new situations.

Don’t be afraid to make mistakes; everyone does at first! In fact, if you're not making mistakes then you are not learning. With enough practice and encouragement, you can quickly become more comfortable using the language in any setting.

9. Being afraid to speak with a native speaker

Speaking with a native speaker can be intimidating, but it's an important part of the language learning process. To help ease your nerves, try role-playing conversations in front of a mirror or with friends and family before attempting to talk to a native speaker.

Once you feel more comfortable speaking, try joining online forums or language exchange websites. This is a great way to practice your conversation skills and get feedback from native speakers in a more relaxed setting.

10. The inability to make out any words when listening to a native speaker

When you first start learning a language, it can be hard to understand native speakers. Listening comprehension can be a challenge, but it's an important part of the language learning process. To help you understand native speakers better, try watching movies or TV shows in the language you are learning. This will give you exposure to the sounds and intonations used in

everyday conversation.

Try repeating back what was said by the native speaker and **focus on the key words or phrases**. With enough practice, you will begin to understand native speakers more quickly and easily.

11. You still can't understand native speakers

If you are still having trouble understanding native speakers, try listening to audio recordings or video tutorials of the language being spoken at a natural pace. Practice your listening skills by reading along with an audio recording and trying to pick out individual words. This can help you get used to the rhythm and flow of the language.

There are some languages apps that allow you to slow down the speed of the audio recording. So rather than having the speed set at 1.00 X which is the regular pace, decrease the speed to 0.50 - 0.75 X and that way you'll understand the language more easily at a much slower speed.

Also, don't be shy to ask native speakers for help when needed. With their assistance and the right approach, you can quickly start understanding the language like a native!

Dealing with Performance Anxiety

Even if you've put in the time and effort to learn a language, the thought of using it can be daunting. Performance anxiety can feel overwhelming, but it's important to remember that we all make mistakes and no one is perfect!

Try to focus on the positive aspects of speaking a language and look for opportunities to practice. Start by conversing with friends or family members who speak the same language as you, then gradually move onto strangers. You may be nervous at first, but with practice you will become more comfortable and confident in your abilities.

To prevent your hard-earned language skills from becoming useless, it's important to learn about memory and how to deal with performance anxiety.

Two Kinds of Memory

Memory plays a huge role in language learning, and there are two kinds of memory that you need to be aware of: short-term and long-term. When it comes to speaking a language, short-term memory is like a muscle that needs to be worked out – the more you do it, the stronger it will get. Long-term memory, on the other hand, is like a filing cabinet – the more you fill it with new information and vocabulary, the easier it will be to recall when needed.

The Only Way to Get Far Quickly is to Get Out of Your Comfort Zone

The best way to learn a language quickly is to get out of your comfort zone and make mistakes. If you're scared of making a mistake, you won't be able to improve. Learning any language

requires dedication, discipline and consistency in order to succeed.

So don't be afraid of making mistakes or sounding silly; it's all part of the learning process. Find native speakers and practice as much as you can with them. Ask questions, be curious, and don't be afraid to take risks!

Three Tricks to Interacting Confidently

Learning a language involves more than just memorizing vocabulary and grammar rules. To truly master a language, you need to be able to comfortably converse with others in it. Here are three tricks to help you interact confidently:

1. Ask questions

Asking questions is an easy way to practice your language skills and get comfortable conversing with others. Asking questions also helps you build relationships and connections with native speakers, which can be invaluable when learning a new language.

2. Talk about your interests

One of the best ways to practice your language skills is by talking about something you are passionate about. Whether it's sports, music, travel, etc. Talking about things you enjoy can help make the conversation more natural and enjoyable.

3. Find a study partner

Finding a study partner who speaks the same language as you can be an invaluable resource when learning a new language. Not only will they provide support and motivation, but it also gives you someone to practice with!

Chapter 27 - How To Stop Procrastinating

If you're like most people, procrastination is a part of our everyday life. But it doesn't have to be that way! With the right strategies in place, you can learn how to stop procrastinating and get results.

Taking the Right Steps

The first step is to identify why you're procrastinating in the first place. Is it because you're feeling overwhelmed? Are you trying to avoid a difficult task? Some of the most common reasons include fear, boredom, and perfectionism. Understanding the root cause of your procrastination is key to helping you move forward. Once you can identify what triggers your procrastination, you can start to address those issues and create an action plan for dealing with them.

Large tasks can be intimidating, so it's important to break them down into smaller, manageable chunks and set specific and realistic deadlines for each step. Creating a daily or weekly schedule is a great way to stay on track and to make sure that you're getting things done. This will make it easier to stay focused and complete the task in a timely manner and help you stay motivated as you work towards your goal.

Make sure you reward yourself for completing tasks. Whether it's taking a break or treating yourself to something special, learning how to stop procrastinating can be a difficult process – so make sure you take the time to celebrate your successes! Establishing habits is an important part of success, so don't be afraid to take breaks or give yourself positive reinforcement when needed!

Finally, if you find yourself struggling to stay motivated, it can be

helpful to enlist the support of a friend or family member. Having someone there to encourage and remind you of your goals can make all the difference in helping you reach them.

By following these strategies, you can learn how to stop procrastinating and start seeing results. Remember that progress takes time and dedication, so don't be discouraged if you don't see immediate results. With hard work and perseverance, you can make your language dreams a reality!

Tackle Your Procrastinations

1. Eat the Frog Method

Knowing that you have to eat a frog is unpleasant to think about but if it's something that you have to do every single day - you know the day starts where the sun rises and you're presented with a frog that you have to eat every single morning and why put it off? Because if you put it off, the whole day you're going to be thinking about this dreadful thing you have to do, you'll be haunted by this idea. You'll try to have a normal conversation with other people, you may try to relax and unwind in the bathtub or shower and all you're going to be thinking about is the fact that you have to shove a slimy toad down your throat. And in this fully hypothetical scenario, if you were to put off eating that frog until tomorrow you would have two frogs to eat. And if you were to follow this pattern day after day, postponing eating the frog ,then at the end of the month you'll have 30 frogs to eat. That's extremely unpleasant and why would you do that to yourself?

But if it's inevitable and you have to do it, why not do it first thing in the morning so that you can live the rest of your day in peace. So do yourself a favor and eat that frog first thing in the morning.

2. The 3-2-1 Rule Method

The way it works is, say you've got to study your target language, you hold this thing that you have to do in your head and you reflect on it and you say "I've got to go and study" and then you count from three to one, and then you just go and do the thing that you're avoiding. Now that might sound stupid and overly simple because it is, but it also works! By using this strategy we are utilizing psychological momentum. Listening to an audio lesson sounds boring and we put it off, but counting is easy and anyone can count. So we're way less likely to procrastinate counting but once we start counting we develop momentum towards doing the thing that we're avoiding. It's like a psychological bridge. So the next time you're having a very difficult time just diving in and starting a task you need to do, just say 3-2-1 and just go do it.

3. The Do-Something Principle Method

Most people think that in order to take action we need to be motivated to do it. And motivation comes from emotional inspiration. But action isn't just the effect of motivation, it's also the cause of it. Inspiration, motivation, and action is not a linear sequence, it's an endless loop and you can start wherever you want to start. And since inspiration and motivation seem to be hard to come by and completely unpredictable, it's way more efficient to start with action and let that action serve as the inspirational and motivational fuel to power further action. We do certain things every day that are habitual such as brushing our teeth and taking a shower. These seemingly insignificant actions are the very actions we should harness the reaction of to generate the inspiration and motivation towards doing the further action. It's like a snowball effect. So next time you're avoiding studying your target language, tell yourself just do something, anything and harness the reaction from that action to generate the

motivation to take further action, and that in essence is the do-something principle.

4. Purge Your Physical Surroundings Method

So a lot of the reason why so many of us procrastinate so often is because the physical environment in which we live practically begs us to and as we've discussed there's an intimate length between our psychology and our physiology. If we exist in a chaotic disastrous physical environment our brain often follows suit. A chaotic distracted mental state very often creates a chaotic and disastrous physical state which further perpetuates the distracted mental state. It's a paradox but it's often so much easier to correct and improve upon your physical environment than it is to suddenly feel good and be clear headed all of a sudden. So if you're more distracted than ever and you're finding it increasingly difficult to get any work done, pay attention to your physical surroundings. Improve upon your physical surroundings, make sure that the space that you take up is conducive to productivity. It's not just a nothing tip, it's a powerful psychological phenomenon that we need to take advantage of if we want to stay focused.

5. Purge Your Digital Surroundings

Probably even more important in today's day in age is making sure that you are digital surroundings and your digital environment that you're a part of aren't begging you to procrastinate every 5 seconds. And this can often be more subtle and insidious than it might look or seem on the surface. When you get a random email or when you get a little facebook messenger blip on your phone, these things might seem like nothing but the problem with that is that quite often the most important work that we have to do in our lives requires deep un-breaking focus for several hours. And it is almost impossible to

reach that deep work state when we're constantly being pulled out of it. Our attention is constantly being grabbed by notifications from phone calls, text message sounds, and if you have kind of an ADHD brain like myself that's a big deal. You may engage with that for a few seconds, and even worse, you'll go down a rabbit trail and spend 15-30 minutes on social media even though you had absolutely no plan on doing that. So one of the most important things you can do to cure your procrastination is to eliminate gateways to procrastination. And it even boils down to any desktop clutter you have or what's on your toolbar, because every time your phone buzzes in your pocket that is a subtle distraction. So turn off any notifications on your mobile device.

6. Stare at 1 Thing for 60 Seconds Method

One way to dramatically increase focus in 60 seconds, especially if you're already in a distracted chaotic mental state is to focus all of your attention onto one specific target. This could be one letter in one word or staring at your language app at that distance that you would be doing that work in for 60 seconds. Do not break that eye contact, breathe deeply as you do it, and at the end of that 60 seconds your focus collects itself. This is another really good example of how intimately linked our psychology is to our physiology and how our actual eye movement not being chaotic collects our mental focus as well. When we focus with our eyes we also focus with our brain. And what we do with our eyes also matters. So give that a try! Focus on one specific target for 60 seconds while taking deep and relaxing breaths and you'll notice that your brain focuses too and you can penetrate through the resistance in the way of doing the thing you need to do.

7. Confront Your Distractions Before Working Method

Now this is sort of a direct contradiction to method #1, which is why I saved this method for last. I would use this method as a last

resort, although it has been very effective for a lot of people, especially later in the day when you've already eaten the frog but you have more frogs to eat due to procrastination and things piling up, etc. The way this works is that you set a timer for 10 minutes or 15 minutes, however long you need to actually engage with the distraction and the escapes that you want to engage with. Because so often what happens is we don't want to do this super hard thing that we know we need to do, so we escape kind of impulsively. We open the language app that we're supposed to be on and then we click away and then we just browse social media and we're sort of in this constant battle of just dipping our toes into the distraction and then dipping our toes into the work and it's just this seesaw that never ends, and you actually never have an intentional break or an intentional work session. So set a timer for 15-20 minutes and intentionally dive into each distraction that you want to do. Let's say you're checking your Facebook notifications, text messages, etc., and you're allowing yourself to mentally check that box and clear it. Then you move onto the next distraction, go through it and check it off. This might seem weird but I think the intentionality is the difference here, when you intentionally check the mental box that you've done everything that you need to do on each of these platforms, then you can gain some mental clarity to say "I have no excuse not to study my target language, and I would feel very good about studying." So try giving your primal brain what it wants. Let it feast itself on a dedicated amount of time so that your higher judgment can also get what it wants. It's like a negotiation with yourself.

Chapter 28 - Is it Possible To Learn Two or More Languages at the Same Time?

Hyperpolyglot: When One Is Just Not Enough

Ever wanted to learn multiple languages? Maybe you already know a few and want to add more. Or maybe you're starting from scratch and don't have time to commit months of learning just one language. Learning multiple languages at once is an ambitious task, but it can be done if the right system and approach are used.

This chapter focuses on those who wish to take on the difficult task of learning multiple languages. We'll discuss what it takes to become a "hyperpolyglot" (someone who speaks six or more languages fluently) and how The FLM Method can be tailored for such an endeavor. We will cover which languages make the best candidates for learning side by side, and how to stay motivated and disciplined while learning multiple languages at once.

At the end of this chapter, readers will understand what it takes to become a hyperpolyglot and how The FLM Method can be used as an effective tool in their language journey.

Can I Study Two Languages at the Same Time?

Yes, it is possible to learn two languages at the same time. However, it isn't recommended if your goal is to become fluent in both – especially within a 6-12 month period. Ideally, I'd have you never focus on two at the same time. Many polyglots will all say that to focus on studying one at a time is best. The reason being is that with learning two at the same time you often will confuse the two languages. Learning one language is also time-

intensive enough, learning two is either likely to burn you out or will have you cut much-needed study time from the first language. It can be done but most likely you will end up with more of an intermediate level in each language than fluent in one.

Learning two languages at the same time requires a lot more discipline, effort, and motivation than learning one language. Your brain has to switch between two different sets of rules, grammar, vocabulary, etc. Some people may find this process easier than others, but it is certainly not recommended for beginners or those with limited time.

If you do want to try learning two languages at the same time, then I'd recommend using different language families (i.e. Romance - Spanish vs. Slavic - Russian) and different grammatical structures for each one. This will make it easier for your brain to switch between them without getting too confused. It also helps if both languages have resources that can be used for the Input and Output stages.

I'd only recommend learning two at the same time if both of them are at least past the Input stage (ideally past the Output stage as well). In terms of the Refinement stage, you can focus on as many as you'd like. Refining a language is vastly different than trying to learn one from scratch. I'd compare Refinement to already having a castle and wanting to make a few additions. I.e. you might want to make the main tower stronger, or the gate thicker, etc. However, learning a language from scratch is like building a whole new castle. Trying to build two castles at the same time is surely going to result in either failure or inefficient use of time.

Lastly, it's important to be realistic about your goals – it may take you longer than 6-12 months to reach a competent level in both languages.

I Started With One Language But Want to Switch to Another, Should I?

This is a common occurrence. It's common for the mind to become bored with the familiar, so you may find yourself drawn to learning a new language. I suggest giving any language you're learning a trial period of one month. My suggestion is that you focus on learning one language for a period of 30 days. If during this time you become interested in another language and want to switch, go ahead and switch. However, if you have been studying a language for more than a month, I would suggest not switching to another language. I say this because I notice that many people jump from one language to another without truly mastering any language. If you learn Chinese for three months and then really want to switch to Japanese, what's to say that after a few months of Japanese you won't want to switch to another language?

As previously mentioned, if you're not practicing a language during the Input stage for an extended period of time, you may forget it as it has not become properly established in your memory. One of the main reasons people fail to learn languages is because they constantly switch too often and are unable to stay committed and dedicated. To avoid repeating mistakes, it is recommended to commit to studying a language for at least one month. If you can continue studying for a month, then stick with it.

Master Multiple Languages with the Same Fluency as Your Mother Tongue

The goal of the hyperpolyglot is to achieve a level of fluency comparable to that of their mother tongue. To do this, learners have to understand the language at all levels and be able to communicate effectively with native speakers. The natural order

of learning a language still applies when it comes to multiple languages – starting from basic vocabulary and building up to more complex sentence structures and conversational language.

The three main stages of input, output and refinement still apply as well. However, when learning multiple languages at once, learners should focus on mastering one stage in one language before moving on to the next stage in another language. This prevents confusion and ensures that every language is learned effectively.

Ultimately, when it comes to learning multiple languages simultaneously, motivation and discipline are key. Just like any language learning journey, there will be moments of frustration and fatigue. The trick is to stay focused on the end goal – mastering multiple languages with the same fluency as your mother tongue. This can be achieved by breaking down the process into manageable steps and using The FLM Method to help you along the way.

Four Questions to Consider When Learning Two or More Languages at the Same Time

1. Does the language have resources available for both the Input and Output stages of The FLM Method?
2. Is there a large enough target audience to make communication in this language worthwhile?
3. Are you comfortable with switching between two different grammatical structures and vocabularies?
4. Are you being realistic about the time it will take to become competent in both languages?

Learning two or more languages at the same time can be done, but it requires a lot of discipline and organization to manage. Be

sure to consider all of these questions before committing yourself to a language learning project of this magnitude.

The More Foreign Languages You Speak, the Easier it is To Learn New Ones

It is commonly known that the more foreign languages you speak, the easier it is to learn new ones. This is because your brain starts to recognize patterns and similarities in different language structures. By studying multiple languages at once, you can quickly identify these patterns and apply them as you progress with each language. You also save time by not having to completely re-learn the same rules and principles you already know from other languages.

The FLM Method is an ideal system for learning multiple foreign languages simultaneously because it breaks down language acquisition into manageable steps that can be applied to all languages. This makes it easier to focus on mastering each step in a language before moving on to the next one. Plus, it encourages learners to practice regularly and track their progress over time.

Tips for Learning Two or More Languages Simultaneously

When learning two or more languages at the same time, it's important to be organized and have a plan. Here are some tips for doing so:

1. **Choose languages that have different structures or vocabularies.** This will help you to learn more quickly by recognizing patterns and avoiding confusion.
2. **Choose an easy and a hard language to learn.** Learning an easier language requires less time to devote to and gives you more time to learn a harder language while learning two

languages at the same time. Not only that, learning an easier language first will boost your confidence and help you to pick up more difficult languages with more ease.

3. **Set concrete goals and timelines for each language.** This will keep you motivated and on track for when you want to complete all of them.
4. **Break down each language into manageable chunks.** Start with basic grammar, then move on to more complex topics such as sentence structure and idioms.
5. **Schedule specific times to focus on each language.** Dedicate a certain number of hours per week to each language and use them effectively.

Ask yourself the following questions:

1. Is it realistic for me to learn more than one language in a set amount of time?
2. Am I ready to commit to the necessary hours and effort it will take?
3. Do I have access to the resources necessary for learning multiple languages?
4. Set realistic goals for each language and track your progress with an online tracking system or app.

By following these tips, you can set yourself up for success when learning multiple languages at once. With the right plan and commitment, you'll be a hyperpolyglot in no time!

Chapter 29 - Taking Tests and Getting Certificates

Should I Get a Certification That Proves I Speak the Language?

It depends on what your goals are for the language. If you are moving to a foreign country and/or if you are seeking employment, it will certainly help, particularly if you're working in high-level positions or positions that require you to be bilingual, however it isn't always necessary. If you are looking to study in your target language at a foreign university then it probably is required.

If however, you simply want to be able to communicate with native speakers, then no I wouldn't recommend it. Learning a language to speak with someone in a casual setting is much different than learning a language to pass a formal exam.

Learning to pass an exam is both less fun and less effective. You are focused on memorizing vocabulary lists, grammar rules, and often are placed in a setting where you can't make use of the latest technology that you could use in real life (i.e. online translation tools). Which is the same ineffective method employed by most schools around the world.

My recommendation is to only get a certification in the language when it's absolutely necessary. However, the good thing about The FLM Method is that once you are past the Output stage you should be able to pass intermediate level formal certification exams in your language without having to study much (due to you already being familiar with the language).

Why Take Exams?

Testing is an important part of language learning as it helps you gauge your progress and determine where to focus your efforts. While tests can be nerve-wracking and intimidating, they're also a great way to stay motivated and track your success. Not only do they provide evidence of your proficiency, but they also help increase motivation, maintain focus, and create deadlines for reaching your goals.

With the right attitude and preparation, you'll be ready to get your certificate and celebrate your achievement!

What Does It Mean To Be Proficient in a Language?

What is language proficiency? If you are proficient in a language, you have some working or communication capacity, usually at an advanced level. The term "proficient" tends to be overused and lower language capacities are often brought into the use of this term.

Language Proficiency Levels

How to Figure Out Your Language Skill Level and What to Put on Your Resume

Interested in adding your new language to your résumé and wondering what the requirements are for including it? Or maybe you're just curious about where your language level is currently at and just how well you know the language. If you're wondering which language proficiency scales or exams you can take to determine your level in a language, you'll find the answers below.

There are several scales you can use to determine your language

proficiency level. If your interest is just to know your level in the language, you can use these frameworks to roughly estimate your level. If you plan to list your language level on your CV or résumé, it's best to back it up with an official language exam--in fact, many companies require an official certification to verify your ability in the language.

Language Proficiency Scales

There are several scales you can use to determine the answer to the question: "What are the different levels of language proficiency?" There are three primary scaling systems for language levels: **CEFR**, **IRL**, and **ACFTL**.

Common European Framework of Reference (CEFR)

The CEFR is an international standard for language learning. It's used to measure and compare the language proficiency levels of different individuals across Europe. There are six CEFR levels: A1 (beginner), A2 (elementary), B1 (intermediate), B2 (upper-intermediate), C1 (advanced) and C2 (proficient).

The CEFR is a great tool to use in language learning, as it provides learners with an easy way to track their progress. It also helps employers, institutions and other organizations quickly understand the level of proficiency of a language learner.

If you're taking a language test, make sure you find out if it follows the CEFR guidelines. This way, you'll know exactly what language level you're being tested on and be able to accurately gauge your progress.

By using the CEFR in your language learning journey, you can set concrete goals for yourself and measure your achievements

accordingly. With the right attitude and dedication, you'll be able to reach your target CEFR level in no time!

Basic User - A1

Can understand sentences and frequently used expressions related to areas of most immediate relevance (e.g. very basic personal and family information, shopping, local geography, employment). Can communicate in simple and routine tasks requiring a simple and direct exchange of information on familiar and routine matters. Can describe in simple terms aspects of his/her background, immediate environment, and matters in areas of immediate need.

A2

Can understand and use familiar everyday expressions and very basic phrases aimed at the satisfaction of needs of a concrete type. Can introduce him/herself and others and can ask and answer questions about personal details such as where he/she lives, people he/she knows and things he/she has. Can interact in a simple way provided the other person talks slowly and clearly and is prepared to help.

Independent User - B1

Can understand the main ideas of complex text on both concrete and abstract topics, including technical discussions in his/her field of specialization. Can interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible without strain for either party. Can produce clear, detailed text on a wide range of subjects and explain a viewpoint on a topical issue giving the advantages and disadvantages of various options.

B2

Can understand the main points of clear standard input on familiar matters regularly encountered in work, school, leisure, etc. Can deal with most situations likely to arise whilst traveling in an area where the language is spoken. Can produce simple connected text on topics which are familiar or of personal interest. Can describe experiences and events, dreams, hopes & ambitions and briefly give reasons and explanations for opinions and plans.

Proficient User - C1

Can understand with ease virtually everything heard or read. Can summarize information from different spoken and written sources, reconstructing arguments, and accounts in a coherent presentation. Can express him/herself spontaneously, very fluently and precisely, differentiating finer shades of meaning even in more complex situations.

C2

Can understand a wide range of demanding, longer texts, and recognize implicit meaning. Can express him/herself fluently and spontaneously without much obvious searching for expressions. Can use language flexibly and effectively for social, academic, and professional purposes. Can produce clear, well-structured, detailed text on complex subjects, showing controlled use of organizational patterns, connectors, and cohesive devices.

6 STAGES OF LEARNING A FOREIGN LANGUAGE

Which level have you reached so far?

A1

Who are you kidding?! You can't speak a foreign language! The A1 level is the equivalent to obtaining 2 metre swimming certificate. At this stage you can just about manage to write your name in your native language and a foreign language. Well done, here is a badge just for you.

A2

You can «manage» simple responses and entertain people with engaging stories about your age and favourite colour. An A2 level person will quickly discover the impatience of the natives, but let's face it, who want's to talk with someone who struggles to communicate beyond «hello my name is Sandra, I'm 24 years old, I am British and my favourite colour is green».

B1

Ok, you've reached the B level, but remember B doesn't stand for 'bilingual'. It means 'becoming better' so don't go writing bilingual on your CV just yet! You're now able to understand the main points of a familiar subject and describe a desire or goal - which should be to reach B2 as quickly as possible.

B2

You can now communicate with a degree of spontaneity and fluency. Flirting in a foreign language requires a B2 level and you're there! Your language skills coupled with your sexy foreign accent gives you a huge advantage over the local competition. Enjoy B2 and goodluck!

C1

You can speak a wide range of long and complex sentences, including any subtextual or stylistic nuances. You're now annoyingly able to correct Facebook posts when a native or fellow learner makes a mistake. While you may find it difficult, please refrain from doing so, although you should be proud of reaching the C1 level, no one else really cares.

C2

You can now speak in a clear and organised way about complex subjects and can even argue and outsmart the locals in their own language. You are now your language teacher's case study for years to come, their 'raison d'être'', the reason they entered this profession. You're so damn good you may become a teacher yourself one day. Class dismissed.

Inter-agency Language Round-table (ILR)

The Inter-agency Language Round-table (ILR) is based on the U.S. Foreign Service Institute's scale. It, along with ACTFL, are the most common proficiency scales in the U.S. IRL has five different levels (with Level 3 usually being the minimum requirement from employers).

Here are the five foreign language proficiency levels based on the ILR scale:

0 - No Proficiency

At this level, you may know a few words in the language but aren't able to form sentences or hold conversations. It would be written as "No Spanish" or "No French".

1 - Elementary Proficiency

At elementary proficiency, you are likely able to form basic phrases in the language as well as ask and answer basic questions. You would be at this stage if you knew just enough of the language to travel to the country and "get by" or shortly after you start to learn the language. It would be written as "Elementary Spanish" or "Elementary French".

3 - Professional Working Proficiency

Are you able to carry out basic work tasks in your language? If you can contribute to conversations in meetings, carry out tasks, or have conversations with clients or co-workers, your language proficiency would be Professional Working.

At this level, you would likely have an extensive vocabulary and

speak at a normal speed, but you still might not understand nuanced or highly technical language. It would be written as “Professional Working Spanish” or “Professional Working French”.

4 - Full Professional Proficiency

If you have Full Professional Proficiency in a language, you can hold advanced discussions on a diverse range of topics. You would be comfortable speaking about your personal life, current events, or even technical subjects related to work, politics, or finance. This level is highly desired by employers. It would be written as “Full Professional Spanish” or “Full Professional French”.

5 - Native / Bilingual Proficiency

If you are a native speaker of a level or have bilingual proficiency, you most likely grew up speaking the language or have used the language for so long, you would be considered fluent in the language. It would be written as “Native Spanish” or “Bilingual French / English”.

American Council On the Teaching of Foreign Languages (ACTFL)

The American Council on the Teaching of Foreign Languages (ACTFL) is an organization that promotes language teaching in the US. It has a standardized testing system for measuring language proficiency levels, and its tests are recognized by universities and other institutions around the world.

ACTFL's tests measure speaking, reading, writing and listening skills in specific languages. If you're taking a language test and want to get a certificate, make sure it follows the ACTFL guidelines. This way, you can be assured that your test results are recognized by universities, employers and other organizations.

By familiarizing yourself with the ACTFL system and using it correctly, you'll be able to determine your language proficiency level and celebrate your achievements!

ORAL PROFICIENCY LEVELS IN THE WORKPLACE

ACTFL Level	ILR	Language Functions	Corresponding Professions/Positions*	Examples of Who Is Likely to Function at This Level
Distinguished	**5** **4**	*Ability to tailor language to specific audience, persuade, negotiate. Deal with nuance and subtlety.*	Foreign Service: Diplomat, Contract Negotiator, International Specialist, Intelligence Specialist	• Highly articulate, professionally specialized native speakers • Language learners with extended (17 years) and current professional and/or educational experience in the target culture
Superior	**3**	*Discuss topics extensively, support opinions, hypothesize. Deal with linguistically unfamiliar situations.*	University Language Professor, Financial Services Marketing Consultant, Foreign Area Officer, Lawyer, Judge, Court Interpreter	• Well-educated native speakers • Educated language learners with extended professional and/or educational experience in the target language environment
Advanced High	**2+**	*Narrate and describe in past, present, and future. Deal effectively with an unanticipated complication.*	Physician, Human Resources Communications Consultant, Financial Services Senior Consultant, Quality Assurance Specialist, Marketing Manager, Financial Advisor, Broker, Military Linguist, Translation Officer	• Language learners with graduate degrees in language or a related area and extended educational experience in target environment
Advanced Mid			Banking and Investment Services Customer Service Representative, Fraud Specialist, Account Executive, Medical Interpreter, Patient Advocate, Court Stenographer, Court Interpreter, Human Resources Benefits Specialist, Technical Service Agent, Collections Representative, Estimating Coordinator	• Heritage speakers, informal learners, non-academic learners who have significant contact with language • Undergraduate majors with year-long study in the target language culture
Advanced Low	**2**		K–12 Language Teacher, Nurse, Social Worker, Claims Processor, Police Officer, Maintenance Administrator, Billing Clerk, Legal Secretary, Legal Receptionist, 911 Dispatcher, Consumer Products Customer Services Representative, Retail Services Personnel	• Undergraduate language majors
Intermediate High	**1+**	*Create with language, initiate, maintain, and bring to a close simple conversations by asking and responding to simple questions.*	Fire Fighter, Utilities Installer, Auto Inspector, Aviation Personnel, Missionary, Tour Guide	• Language learners following 6–8 year sequences of study (e.g., AP) or 4–6 semester college sequences
Intermediate Mid			Cashier, Sales Clerk (highly predictable contexts), Receptionist	
Intermediate Low	**1**			• Language learners following 4-year high school sequence or 2-semester college sequence • Language learners following an immersion language program in Grades K–6
Novice High	**0+**	*Communicate minimally with formulaic and rote utterances, lists, and phrases.*		• Language learners following content-based language program in Grades K–6
Novice Mid	**0**			• Language learners following 2 years of high school language study
Novice Low				

*The levels of proficiency associated with each of the positions above are minimal levels of oral proficiency based on task analyses. The minimal levels were determined by subject matter experts from companies and agencies who use ACTFL proficiency tests.

Know Your Level

Before signing up for a language exam, it's important to have an understanding of your current level. You can do this by taking online tests or quizzes, or asking someone who is knowledgeable in the language to give you their feedback. Knowing where you stand will help you determine which exam best suits your needs and goals.

The language apps I had mentioned in Chapter 20, depending on the level you've completed in the program will determine the level you have reached on the **CEFR** and the **ACTFL scale.**

What you'll learn at each level:

- Pimsleur Level 1 - Intermediate-Low (A2 Level)
- Pimsleur Level 2 - Intermediate-Mid level (A2 Level)
- Pimsleur Level 3 - Intermediate-High level (B1 Level)
- Pimsleur Level 4 - Has not been rated yet
- Pimsleur Level 5 - Has not been rated yet

- Glossika Level 1 - A1 Low
- Glossika Level 2- A1 High
- Glossika Level 3 - A2 Low
- Glossika Level 4 - A2 High
- Glossika Level 5 - B1 Low
- Glossika Level 6 - B1 High
- Glossika Level 7 - B2 Low
- Glossika Level 8 - B2 High
- Glossika Level 9 - C1 Low
- Glossika Level 10 - C1 High
- Glossika Level 11 - C2 Low
- Glossika Level 12 - C2 High

- Jumpspeak (A1 - C1)
- Lingodeer (A1 - B1)
- Fun Easy Learn (aligns its 10 proficiency levels with the CEFR)
- Memrise (A1 - B1)
- Lingvist (A1 - B2)
- Clozemaster (A1 - C1)
- Busuu (A1 - C1)

How do you list your language fluency levels on your résumé?

If you speak a language at a level that you would like to list on your résumé, you would include it in the section where you list your skills. You would list your level as such:

- Full Professional Japanese
- C1 French

You can also add a short description following your language skill levels. So, for example, you could write:

- Full Professional Japanese: Ability to discuss about business subjects including marketing, sales, and product management.

Together, multiple languages may be:

- Languages: native English, Full Professional Japanese

Find the Right Exam

Once you know your level, it's time to find the right test for you. Depending on which language you are learning, there are a variety of exams available to take. For example, the DELE (Diploma de Español como Lengua Extranjera) is an internationally recognized Spanish proficiency exam. The JLPT (Japanese Language Proficiency Test) is another popular exam offered in many countries.

Exams are usually divided into different levels based on difficulty and language ability. Some may require a fee or registration, so check the requirements before signing up. Double check if a passing score will get you a certificate.

Do your research and make sure that the exam is recognized and

accepted by employers or other educational institutions in the country where you plan to use it.

What Exams Can You Take To Demonstrate Your Language Fluency?

The ACTFL and CEFR each have respective exams that you can take to demonstrate your ability in a language. The ACTFL exam evaluates your reading, writing, listening, and speaking. It is available for Arabic, Chinese, French, German, Korean, Portuguese, Russian, Spanish, Hindi, Italian, Japanese, Thai, and English as a second language.

CEFR Exams Include:

- Alliance Française for French.
- DELF/DALF for French.
- DELE/SIELE for Spanish.
- TestDaF for Academic German.
- TCF/TEF for French immigration and citizenship.
- Goethe Institut for German.
- Teastas Eorpach na Gaeilge for Irish.
- Instituto de Cervantes for Spanish.
- CELI/CILS for Italian.
- European Consortium for the Certificate of Attainment in Modern Languages for Bulgarian, Croatian, Czech, English, French, German, Hebrew, Hungarian, Italian, Polish, Romanian, Russian, Serbian, Slovak, and Spanish.
- TELC for German, Turkish, Spanish, French, Italian, Portuguese, Russian, Polish, and Arabic.
- Πιστοποίηση Ελληνομάθειας for Modern Greek.
- Language Testing International for multiple languages.
- Lingoda for Spanish, French, and German.
- ALTE for many other languages.

Other Exams You Can Take Include:

- HSK Exam for Mandarin Chinese
- JLPT Exam for Japanese
- TOPIK Exam for Korean
- TELC Exam for German
- TCF Exam for French
- TORFL for Russian
- SOPI for Spanish
- OPI/OPIc for Oral proficiency (by ACTFL)

Exams You Can Take Online Are:

- Deutsche Welle for German.
- Cambridge Institute for Spanish, German, and French.
- Language Level for Spanish, French, and German.
- European Center for Modern Languages for self-assessment in a variety of languages.

Prepare for Your Test

Once you've chosen your exam, it's time to start preparing for it. If you plan on taking a language test, make sure you're well prepared. Do your research, familiarize yourself with the format of the exam and the type of questions it will contain, and practice your skills as often as you can. It's important to create a study plan so you know what topics need special attention.

When taking a language test, it's also important to understand the requirements for eligibility. Different tests have different requirements, so make sure you know what these are before starting the test.

Depending on which test you are taking, there may be practice

tests available online or from a book. You may want to consider taking classes or enrolling in a program specifically designed for preparing for language exams.

To give yourself the best chance at success, review the exam's content and practice as much as possible ahead of time. This will help build your confidence and increase your chances of passing the test. Take enough breaks and get a good night's sleep before the exam day.

By taking the time to understand the process, prepare thoroughly, and confirm your eligibility, you can set yourself up for success when taking language tests.

Final Thoughts: Certifications vs. Real-World Skills

Language certifications can be incredibly valuable. They offer proof of your abilities, open doors to job opportunities, academic programs, and immigration pathways, and give you a clear benchmark of your progress. But while exams measure certain skills, **they don't capture the full picture of fluency**.

In the real world, fluency is built through **consistent use of the language**—not just studying for tests. Having conversations, making mistakes, navigating everyday situations, and thinking in the language are what lead to genuine confidence and long-term retention.

A certificate can get you into the room—but **your competence and comfort in real conversations** are what keep you there. Use exams as stepping stones, but don't let them become the final goal. The real test of your fluency? **How well you can connect, understand, and express yourself in the language when it truly matters.**

Chapter 30 - Ten Common Questions

1. What are the easiest languages to learn?

The language that will be the easiest for you to learn is the one that you are genuinely interested in. If you have a strong enough interest in a particular language, even if it's traditionally considered difficult or impossible, you will undoubtedly learn it more easily.

Without taking interest into account, the objective answer for English speakers is:

Afrikaans, Danish, Dutch, French, Italian, Norwegian, Portuguese, Romanian, Spanish, and **Swedish.**

This is according to the [United States Foreign Service Institute]().

2. What are the hardest languages to learn?

The hardest languages to learn as an English speaker are generally considered to be **Arabic, Chinese, Japanese**, and **Korean.** This is because these languages have very different grammar rules and writing systems than English does. They also use unfamiliar sounds and tones that require a great deal of study time in order to master.

3. Is it better to live in the country of the language I want to speak?

Living in a country where your target language is spoken provides several advantages. However, in terms of learning the language, it may not be as important. The FLM Method

demonstrates that you can adequately learn any language from home. As mentioned before, I believe that the most significant benefit of being in a different country is during the Refinement stage. To achieve fluency almost equivalent to that of a native speaker, it is suggested to immerse oneself extensively in the language. Although it may seem appealing, moving to a country where the language is spoken may not be very helpful for someone who is just beginning to learn the language. If you move to a country where you don't speak the native language fluently, you may end up making friends and spending time with other English-speaking foreigners. I am aware of several individuals who have resided in foreign countries but do not speak the native language as they only interact with other foreigners. If you become conversational fluent in the language and then move to that country, you are more likely to get along and make friends with native speakers.

4. Does learning languages get easier the more I learn?

Yes! This is one of the best parts of language learning. Learning a new language not only improves your language-learning skills but also boosts your self-confidence. As you keep learning more languages, you gain confidence in your ability to learn new ones. Learning languages that share similarities in vocabulary, language family, and grammar can help you develop an intuition that makes it easier to connect these similarities and learn more effortlessly.

Learning new languages can be exciting and addictive because it allows you to access a whole new world that was previously unknown to you!

5. Will I eventually forget the languages I learn?

Yes and no. It depends on how far you've gotten with the language. If you abandon a language during the Input stage, you will lose it, even if you have reached halfway. One of the reasons I wrote this book is because I often see people quitting after just a few months of effort, which causes them to lose all the progress they've made. Thus, one of my missions in writing this book was to encourage people to keep going during the Input stage.

If you have gotten past the Input stage and the language has somewhat clicked for you, then no. You will never forget it. It will enter a dormant stage. Meaning you can revive it at any time. It will take many years to forget the passive long term vocabulary that you have memorized. However, one common thing that people tend to forget is their active vocabulary which is essentially used when you want to write or say something. If you don't practice speaking a language regularly, your speaking skills will likely decrease. However, this too is a dormant stage. If you refresh your language skills and practice speaking regularly, you should see improvement within one to two weeks.

To avoid a language from becoming inactive or forgotten, it's important to keep giving it some attention every so often. You can either do that through talking to a native speaker or watching a TV show or some YouTube videos in that language.

6. How can I revive the languages I used to speak?

If you haven't been speaking a language for a while and it has become dormant, the most effective solution is to dedicate a week or two to reviving it properly. To improve your language skills, it is recommended that you review the previous 10-20 lessons of Pimsleur and dedicate at least 10 hours per week to watching media in the target language. Furthermore, I suggest having several extended conversations with a native speaker. Doing all of that will get that old language back into tip-top shape.

7. When will I start dreaming in a new language, if ever?

Eventually, you will dream in your target language. It is likely that you will begin experiencing brief dreams after a period of two to three months. Mini dreams refer to brief dreams or brief segments of longer dreams in which someone speaks the language that you are trying to learn. Realizing that you had a dream in your new language, even if what was said in the dream wasn't accurate or properly spoken, is an incredible feeling when you wake up.

Eventually, as you get more and more fluent you will have longer-lasting and more complex dreams language wise. You will likely have longer dreams in your new language during and after the Output stage.

8. What resources should I use to study an uncommon language?

If you want to study a language with a small population of native speakers or a language with simply little self-teaching resources available, that makes things harder. My recommendation is to follow the three stages model.

Input. Output. Refinement.

For Input, I'd recommend using Bluebird Languages which offers a total of 164 languages, uTalk for anyone who wants to learn vocabulary and phrases, LinguaShop with more than 100 languages, and Cudoo which offers over 160 languages. For Output, if you are not able to find native speakers on italki I recommend InterPals. If you aren't able to find anyone on there, I'd recommend specifically searching Google for teachers/native speakers of that language (there may be specialized websites as well).

9. How soon should I begin to try and learn a language if I'm going on a vacation or moving to a new country?

It really depends on what your goals are and how much time you have. If you want to become completely fluent in the language then I'd recommend starting at least a minimum of 6 months before your trip. You don't need to be completely fluent right away, but it would help if you had at least a basic understanding of the language so that you can pick things up faster.

On the other hand, if you just want to be able to understand a few key phrases and words so that you can communicate during your trip then I recommend starting 2 weeks before - this gives you ample time to learn enough basics for basic communication. If you're moving to another country then I'd recommend starting 6 months in advance so that you can get familiar with the language and culture before your move.

10. I didn't enjoy learning a language at school, will I enjoy it now?

It's totally understandable if you didn't have a good experience learning a language in school. But luckily, there are tons of different resources available today that make the process of learning a language much more fun and enjoyable.

For example, there are online courses that use games and interactive activities to help you learn. There are a variety of apps available that allow you to practice your language skills while playing fun little mini-games. Plus, with the internet, it's easier than ever before to connect with native speakers who can give you real-time feedback on your language skills.

So even if you didn't enjoy the traditional methods of learning a

language, there are plenty of ways that you can make it a much more fun and enjoyable experience. Give one of these new methods a try and see how much you like it - I think you'll be pleasantly surprised.

Chapter 31 - Go Forth

The Long Game

Learning a language requires you to be in it for the long haul. Learning a language requires a commitment in the long term if you want to reach fluency. Dedication and discipline are essential in order to make progress, as well as a willingness to put in the hard work necessary for success. It can take months or even years of consistent effort to become comfortable with all parts of the language, including speaking, reading, writing and listening.

The process requires persistence, patience and resilience because it involves developing an understanding of grammar rules as well as learning new vocabulary words. You may also need to spend time mastering correct pronunciation.

The key is being resilient in spite of challenges that come up throughout the process – stick with it because learning a new language can open many doors both personally and professionally!

Your Time Is Now

You are now prepared. You now have all the necessary information to learn any language. You know what method to use, the estimated time it will take, and the necessary discipline to avoid common pitfalls. After just a few hours of reading this book, you have gained knowledge that took me several years to collect. You are ready.

Your time is now. Your new language is waiting for you, all you have to do is start. You are about to make your dreams of speaking another language a reality. Soon, you'll become so

proficient in the new language that you might even start dreaming in it!

I'm excited for you to experience what it's like to learn your new language and all the positive outcomes that come with it...Learning languages can boost your confidence, help you meet new people, and open up new opportunities. It's difficult to put into words all the incredible things that are in store for you.

I wish you the best of luck with your language studies.

Good luck. You've got this.

About The Author

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Mara Lerner is a language learning blogger from Canada. She has a college certificate in language interpreting and loves to explore different cultures through language. She is passionate about helping people learn new languages and believes that anyone can do so if they take the right approach. Mara also runs a YouTube channel where she shares her knowledge of language learning, languages, and so much more!

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