

70-Day Journal Challenge

The four basic skills of a language are reading, writing, listening and speaking. A very good way to improve your English writing is to write a journal. Writing each day in your journal allows English to become part of your daily life and not just once a week when you have English class. In addition, you can use the journal as a way to informally develop ideas about a certain topic.

You can write about anything at all, and as much as or as little as you want. Journal writing is not graded, so you don't have to worry about spelling, vocabulary or grammar. In fact, writing in a journal is a really good opportunity for you to take risks with your English language and try to extend yourself. Prompt yourself with a routine question, such as 'What are you feeling right now?' or 'What's on your mind?'

Writing regularly in a journal is an easy and enjoyable way to improve your English skills quickly. Have fun!!

Practice what you preach!

Perhaps you are familiar with this saying. It has motivated me to join you on the 70-day journal challenge. That means I will work on my German skills by writing 70 days in my journal.

Due date: 27 June 2025, one week before the exam

Each week I will check your journals and note how many days you wrote in it. Once you have reached 70 days you can stop.

70 days = 5 points

It's an all or nothing system. 70 days = 5 points, 69 days or less = 0 points