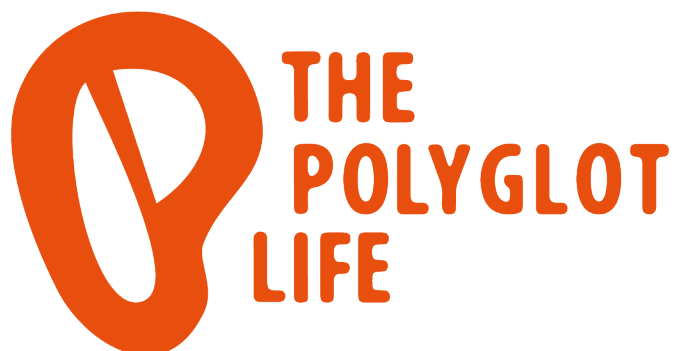


12 in 12 Challenge

Preparation Workbook





Introduction

Welcome to the 12 in 12 Challenge!

This workbook is your companion for the Preparation Phase of the 12 in 12 Challenge

In this first phase we're going to lay the foundation for your own 12-Week Language Learning Plan.

First of all, we're going to discover **where you're at in your language learning journey** right now.

- Are you a complete beginner?
- Or have you learned the language for a while (with or without great success)?
- Are you at intermediate level already and do you need the push to get to the next level?
- Which resources have you used?
- Do you have experience learning other languages? What did you enjoy? What didn't you enjoy?
- And so on.

The answers to these questions will give you a lot of clarity on what you need in terms of resources, strategies, time investment etc.

Once we've done that, we're going to determine your **vision** on language learning.

You're going to answer some questions about what you're really trying to achieve here. We'll go both broad (to find your underlying motives) and very specific (to see in which situations you'll need the language).

Once you have these two combined, you now know exactly what you're looking for in your language learning journey!

Then we'll create a **language learning plan** for the coming 12 weeks. You'll decide how many **Focused Study Sessions** you're going to do, which resources you're going to use to **Expose yourself** to your target language, and I'll help you make your target language part of your day, so you practice your target language on auto-pilot, without having to make time for it!

Once you go through all the info on the website and you've filled out his whole workbook, send it to me at lukas@thepolyglotlife.com (or upload it to the website) so I can review it and propose some personalized lessons.

We'll discuss this whole workbook on a coaching call; I'll send you more info on how to schedule the call soon.

Good luck! I'm excited to help you make amazing progress in the coming months!

~ Lukas



Data Gathering

Name :

I'm learning:

1. For how long have you been learning your target language?

2. What have you done before to learn this language? Which resources have you used? Have you worked with tutors? Have you been to a country where they speak your target language? Which activities did you do?...

3. Which of these activities did you enjoy the most? Which ones were the most helpful, you think?

4. At which level do you think you are in this language?

5. Do you think that's the level you should be at, considering how much time and effort you've put into learning and practicing up to now? Why/why not?

6. Have you learned other languages in the past? If yes, which ones?

7. If yes, what was your experience there? What have you done before to learn this language? Which resources have you used? Have you used tutors? Have you been to the country? Which activities did you do?...

8. What were the things you struggled with most in language learning up to now?

9. What do you think you miss in your language learning?

Finally:

Take this [quiz \(link\)](#) to determine if you have a dominant learning style. Fill out the results here.

Answered all the questions? Congratulations! By now you should have quite a good idea of what you've done up to now to learn languages, what worked and what didn't, what you enjoyed and what you didn't.

Time to put that knowledge to work and create your language learning vision!



Your Vision

1. Why are you learning your target language? For fun? Travel? Work? Family? Intellectual challenge?

2. What would it look like if you achieved all your language learning goals? What's the dream scenario? (Go all-in here. It doesn't have to be super realistic (although nothing is impossible with language learning!!!))

3. Now go very specific. Think of all the situations in which you see yourself using your target language (realistically). As many as possible. Visualize it. Go through some scenarios. E.g. Are you learning your target language because you want to move to another country? You might have to apply for a visa. Go to the airport and go through customs. Be in a taxi. Be on the bus. Do groceries. Check in in a hotel. Ask directions on the street. Order in a restaurant. Make small-talk about the weather with the bartender. Write a text message to your landlord. Read the newspaper. Watch the news. And so on. Make a full list of as many situations you can think of as possible.

Then prioritise them according to urgency or how likely they are to happen. **Put 1, 2, or 3 next to the situations. 1 = most likely, 2 = likely, 3 = least likely.**

4. Now make a list of your hobbies and things that interest you. Topics you like to read about in your mother tongue. Music you like to listen to. Series and films you enjoy. Books (or book genres) you love.

Ready?

Good!

Now you know why you're learning your target language (good for your motivation) and you have some VERY specific situations in which you want to be able to use the language. This 'serial fluency list' shows you exactly what you should focus on over the next weeks/months!



Focused Study Time Worksheet

1. Focused Study Sessions

Focused Study Sessions are the foundation of all your language learning. They can be anywhere from 10 to 60 minutes long. The key is **consistency**: studying 15 minutes a day is more effective than studying 2 hours once a week!

My recommendation: do a Focused Study Session at least 3 days a week. Every other day is even better, every day ideal. Especially if you use flashcards (this counts as a Focused Study Session), it's very important that you review them every day!

Commitment: I will do Short Focused Study Sessions of minutes,
 days a week.

E.g. I will do Short Focused Study Sessions of 20 minutes, 5 days a week.



Exposure Worksheet

1. Outline: a Typical Day in Your Life

Think about a typical day for you. What are things you do every day?

For example, my day might look like this:

A typical day in the life of Lukas

- ☐ 8am: I wake up with my alarm song: 'Let's go surfing' from The Drums
- ☐ 8.30am: I walk to work and listen to music, the news or a podcast
- ☐ 9am: I go on Facebook to catch up with friends, read some news articles
- ☐ 12pm: I go out for lunch and coffee
- ☐ 5pm: I walk home or take the bus
- ☐ 8pm: I watch a movie or some series, or go for a drink with some friends
- ☐ 10pm: I read a bit
- ☐ 11pm: I go to bed

A typical day in the life of

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2. Replace Habits with Activities in Your Target Language

You got that? Now identify every activity that involves language use in some way, and try to find replacements for them in your target language.

At first, replace **everything** you find with an activity in your target language! If that seems daunting, don't worry: we'll see later that you don't have to follow this schedule to the letter.

For me, that looks like this:

A typical day in the life of Lukas, **while learning Italian**

- ☒ 8am: I wake up with my **Italian** alarm song: '**Vorrei**' from Lunapop
- ☒ 8.30am: I walk to work and listen to **Italian** music or an **Italian** podcast, **Al Dente**.
- ☒ 9am: I go on Facebook (**which I'm using with Italian language settings**) to catch up with friends, read some news articles
- ☒ 12pm: I go out for lunch and coffee **with some Italian friends: conversation time!**
- ☒ 5pm: I walk home or take the bus
- ☒ 8pm: I watch an episode of an **Italian series: Un medico in famiglia**, or go for a drink with some friends
- ☒ 10pm: I read a bit: **Olly Richards' Italian short stories**
- ☒ 11pm: I go to bed **after another day full of Italian fun!**

A typical day in the life of ,
while learning

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3. Make it into a realistic schedule

Looks good, right? So many practice moments!

Now obviously this is an ideal situation; it will be difficult to incorporate all the activities at once. If you can, then by all means, go for it! If you prefer to take it easy, just choose 1-3 activities you could replace a day.

Make sure you practice each skill (speaking, listening, writing and reading) at least once every week, though!

In my example, I could watch an Italian series (listening practice) on Monday and Thursday. I could read in Italian on Tuesday and Friday. I could go to a meet-up with Italian friend, do a Skype language exchange or an Italki lesson on Saturday. And I could text with friends (or via Hellotalk) almost every day.

A typical day in the life of :

Realistic Schedule

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How to Find Exposure Resources

1. Questions to Ask Yourself

When choosing exposure resources to practise your target language, you should ask yourself three questions:

1. Is it aligned with my **goals** (both vision goal and the specific situations you've listed)?
2. Is it adapted at my **level**?
3. Does it **interest** me?

For more information, rewatch the main lecture of module 4.

I want to stress once more that you should choose resources that interest you. If you never read fiction in your mother tongue, you probably won't be motivated to do so in your target language. If you never watch films, that might not be the best way to practise your listening skills. You get the point.

Do what you enjoy. Do what motivates you.

2. Exposure Resources

Time to choose your resources! Remember the 'Big 4' Skills? Speaking, Listening, Reading and Writing. These are the activities you want to focus on during your Exposure time.

Find 1-3 resources per skill that suit you (see the questions above) and write them down below.

Warning: choose maximum **3 resources per skill** per sprint session! Remember my motto: **Keep It Simple Stupid!** Using more different resources will lead to confusion and will make it more difficult to track progress.

I've added some extra pdf's with links to good learning resources on the lesson page.

Alternatively, the website <http://languagelearninglibrary.com> is a directory with lots of resources and reviews.

Don't hesitate to share your favourite resources for the language you're learning with me and the other participants!



Your Personal Language Learning Plan

1. Goals

1.1 Vision goal

Quick recap: why am I learning this language? How do I want to use it? What's my **vision**?

1.2 List of situations in which to become fluent

Write down a list of 10-15 situations/topics in which you want to become fluent.

Prioritise! 1 is the most important one, 15 the least important one.

1.
2.
3.
4.
5.
6.
7.
8.
9.

10.
11.
12.
13.
14.
15.

1.3 Study Goals

1.3.1 Focused Study Sessions

I will do Focused Study Sessions of minutes, days a week.

1.3.2 Exposure

I am going to practice my **speaking skills** times a week.

I am going to practice my **listening skills** times a week.

I am going to practice my **writing skills** times a week.

I am going to practice my **reading skills** times a week.

2. Resources

2.1 Focused Study Sessions

For your focused study time, I'll give you a new lesson every week!

2.2 Exposure

I'm going to expose myself to my target language with the following resources
(max 3 per skill):

Speaking:

1.
2.
3.

Listening:

1.
2.
3.

Reading:

1.
2.
3.

Writing:

1.
2.
3.

3. Track Your Progress

Now you know what your goals are and which resources you're going to use, it's time for you to start learning!

To hold you accountable, I made you a useful weekly tracking sheet, which you can find as a separate PDF-document. You can print it several times for several weeks, and fill it out at the end of every day (or just fill it in in the Excel sheet). It will only take you 1 minute!

At the end of the week, you'll have a perfect overview of your progress, what you've worked on and which areas deserve some more attention.

I'd suggest you keep all your weekly tracking sheets together and periodically review them. That way you can track your progress over a longer time period as well!