

MOTIVATION	Find a job in English and improve my income, with the possibility of migrating.
NOTE	Focus on listening and speaking as higher intensity skills for remote work

		LISTEING	SPEAKING	WRITING	READING
Day 1	Goal	Listening practice			
	Activities	- Listen to a podcast - Watch TED talks			
Day 2	Goal		Reading practice		
	Activities		Read an article in a technology magazine, for example "Wired" and make a summary of the most important ideas and create a vocabulary list of the words that I do not know		
Day 3	Goal	Listening practice			
	Activities	- Listen to a podcast - Watch TED talks			
Day 4	Goal			Writing practice	
	Activities			Write a text with the topics seen in the week.	
Day 5	Goal	Listening practice		Improve vocabulary	
	Activities	- Listen to a podcast - Watch TED talks		Write a list with new words learned	
Day 6	Goal		Speaking practice		Reading practice
	Activities		Practice English by talking to Adrian at night.		Read a book in english
Day 7	Goal	Planning of the week / Confrontation day / Learning tracking			
	Activities				