

The **3 KEY** habits for ENGLISH LEARNERS



ENGLISH UNLOCKED



A FREE EBOOK FOR ENGLISH LEARNERS

By Aaron Wingate from ESLCrew.com

DISCLAIMER:

English Unlocked - The 3 Key Habits for English Learners is Copyright of ESLCrew.com © 2021. All Rights Reserved

Any redistribution or reproduction of part or all of the contents in any form is prohibited without the prior written consent of the author, other than the following:

You may print or download extracts to a local hard disk for your personal and non-commercial use only

The purpose of this Ebook is to assist you in developing your English and to help you in achieving your goals. Having said that, each student is different, and what works for some people may not work for others (*for a variety of reasons*).

This publication and the content on it reflect the personal experiences of Aaron Wingate, an experienced ESL teacher, private tutor, and the owner of ESLCrew.com. His experience and advice may or may not transfer effectively to your English learning situation.

CONTENTS

Read this FIRST	3
Chapter 1: Some Truths about Learning English	6
Coursebooks and Language Schools	8
The Reality of Becoming Fluent	10
How long does it take to learn English?	11
A Positive Mind	14
Chapter 2: How to TAKE ACTION and STAY MOTIVATED	15
Taking Action	16
Motivation	17
Willpower	18
Staying Motivated	20
Chapter 3: The KEY to learning English	22
Chapter 4: 3 habits you can start doing now	29
Chapter 5: Habit #1	32
Daily Goal Card (Example)	40
Chapter 6: Habit #2	41
See it. Believe it. Become it.	42
Daily Morning Visualization Activity	43
Chapter 7: Habit #3	46
Check Your Goal Card	47
End of Day Review*	48
Chapter 8: Final Words	49
Level up!	51
Stay in touch	52
Bonus Material	53

CHEERS! (Read this FIRST)

Firstly, I want to say THANK YOU for downloading English Unlocked - The 3 Key Habits for English Learners.

Also, CONGRATULATIONS on taking your first step to starting your English learning journey and achieving your goals with English!

Here's a little bit of information about me...

My name is Aaron and I'm an ESL (*English as a Second Language*) teacher from Auckland, New Zealand.

I have taught English at language schools and privately in New Zealand and in Canada (*where I am now a citizen*) for over 11 years.

I have helped students from beginner to advanced levels improve and become effective communicators in the REAL WORLD.

I became a teacher because I love to travel and meet people from around the world. I enjoy hearing their stories and about their culture; I also like helping people by sharing my knowledge of English.

That's why I created a started a community on facebook and then created website for English learners called eslcrew.com

The Facebook group is a place you can go to for useful tips, advice, motivation and inspiration for learning English. You can also share your learning experiences and make connections with other learners in English.

The website is where you can get access to online lessons. These lessons can help you improve your experiences communicating with English in daily life and at work.

I created this free ebook to help motivate you, improve your confidence, and give you something PRACTICAL to do each day.

This will help you to TAKE CONTROL of your learning and INCREASE your progress.

The advice and techniques in this book have been useful for my students and now it is my free gift to you for subscribing and joining our ESL Crew!

It's also your reward for taking the next step in achieving your goals and becoming an awesome English speaker!

I know that you will find this helpful and I am sure that if you try the advice I give here, you will see a difference!

And if it works for you, please feel free to refer your friends to ESLCrew.com so they can download this Ebook and benefit from it too!

You are reading this for a reason.

You are ready to change. You are ready to Improve. You are ready to become fluent!



Some TRUTHS about LEARNING ENGLISH

(THE STUFF LANGUAGE SCHOOLS WONT TELL YOU)

During my teaching career I have noticed that students have this problem:

English outside school is not the same as in class or the coursebooks!

They try to talk with native speakers and can't understand a word!

It's SUPER frustrating, and makes them feel hopeless, lose motivation, and lose focus.

It sucks that this happens. But it's not unusual.

“Why does this happen?”

Coursebooks and Language Schools

The coursebook you buy and use in class is designed to cover grammar and skills that are necessary to survive in an English speaking country.

The topics and language used in the book have been selected and adjusted to match your level of English.

These books are written for learners, so you will notice that people outside school talk quite differently to the book and your teacher.

Most schools require teachers to follow a coursebook.

Coursebooks have a variety of useful content which can give you a solid foundation of English skills.

However, some content can be dated and unrealistic.

Teachers are (*usually*) expected to modify lessons and introduce their own accurate, up-to-date, real-world examples.

But sometimes this doesn't happen enough in class, especially when some teachers...

- rely on the coursebook too much
- don't have much experience or training
- aren't up-to-date with current and new English
- forget REAL English
- use teaching material and examples that are not real/authentic
- work at a bad school (*no resources, no material, no training or development*)
- work in a school with strict rules/policies that limit the content of their lessons.

Now, don't get me wrong... **A LOT** of teachers ARE dedicated, passionate, and they do their best to help students improve.

And there are **many** great language schools (*do research first*) that are awesome places to study.

But it's good to be aware of what happens.

And, it's important to understand **why** you will hear and experience English differently outside in the real-world.

The Reality of Becoming Fluent

Whether you learn English inside a school, online, or on your own, you **MUST** find a way to check if that language is **REAL-WORLD ENGLISH**.

Studying grammar in your room and memorizing vocabulary is not enough.

You need to EXPERIENCE English in REAL-LIFE to see and hear exactly how NATIVE SPEAKERS use it.

Make it your goal to become better at **RECOGNISING** how native speakers use English in different situations.

COPY their words, phrases, and pronunciation until you think you sound the same (*imitate them!*).

Then, when a similar situation happens in your life - **USE** this new language the same way!

Recognise. Copy. Use.

Find REAL-WORLD opportunities to practice.

Make mistakes, learn from them, and improve.

This will make you FLUENT.

How long does it take to learn English?

Becoming fluent is a difficult task. It can take a long time too.

You might have seen advertisements, websites, teachers, gurus, or even schools that promise:

“Learn English in a Month!”

or

“Beginner to Advanced in 90 days!”

Etc...

What do you think when you see these kinds of claims?

Here's an expression that I have found useful in life:

*“If it sounds too good to be true...
... it probably is!”*

To be honest, English will take you a long time to learn.

To become fluent you will need to invest a lot of time, effort, and energy.

Every student is different. Every situation is different.

I once read that on average, a beginner student (*studying full-time with regular practice*) can expect to reach an advanced level and be fluent in around 4 years.

Like I said though, each case is different.

In my opinion, you shouldn't think of English as something you need to rush.

You need to be patient and take time to DEVELOP your skills, BUILD GOOD habits, and DISCOVER the language. Rushing is the fastest way to a bad result.

For example, it takes time to build the muscle memory in your mouth for proper English pronunciation.

Rushing this incorrectly can cause you to build bad habits that could take MONTHS to correct. It may be something that you never get around to correcting.

*Take your time. Build **GOOD** habits!*

A Positive Mind

THE **BEST** THING you can do is think of learning English as a life experience.

Think of it as something FUN and INTERESTING that will improve your life!

Have fun with it!



Get excited about all the new opportunities it will present to you, and all the new people and friends you make!

Thinking this way and staying positive will help to keep you motivated!



How to TAKE ACTION
AND STAY MOTIVATED

Taking Action

The hardest part of achieving any goal is starting it - making that decision to begin and TAKING ACTION!

By joining our ESL Crew Community and downloading this free ebook you have taken that first step. The hardest step.

As we say in English...

“You’ve got the ball rolling”

Think of a snowball rolling down a mountain. As it rolls it grows. It gets bigger and bigger, and faster and faster.

Momentum causes this. If the ball loses momentum it slows down. It stops growing. Eventually it will melt, or deteriorate by wind, sun, or other factors.

Momentum is important when starting your goals and when learning English.

You want to build momentum, and keep momentum.

Don't let the momentum stop or, like the snowball, you will stop progressing and improving, and you will risk losing your English.

How to start: Do something. Anything. Make a move. Big or small. Read something. Write a sentence. Ask a question (*to someone in person or online*). Learn new words. Join a group. Watch a tv show. Listen to some music.

It doesn't matter what you do. Once you start you will have momentum and the snowball will grow!

All you need to do is make that first move - take that first action each day.

Motivation

Motivation is what makes you take action. It makes you get up and do stuff!

Maybe money motivates you. Maybe your job motivates you. Maybe your dream to live in another country motivates you. Maybe your family motivates you.

You need to find out what motivates you to take action with learning English.

You need to remind yourself regularly about this to help you stay focused so that you can achieve your goal!

What motivates you to learn English?

Willpower

Sometimes we get lazy. It is much easier to feel comfortable than to feel UNcomfortable.

Feeling comfortable and being lazy is nice sometimes (*c'mon, we all love it!*) but you need to be careful – too much of it can stop your progress and prevent you from meeting your goals.

It can be hard to resist doing nothing all weekend rather than practising your English.

It can be hard to resist speaking in your own language – especially when you are around other people from your country!

It is much easier to speak and hang out with people from your own country instead of meeting others and using English.

When you have the CHOICE to practice English or let someone else speak for you, which do you choose?

You need WILLPOWER for these moments.

Your WILLPOWER is your ability to resist comfort and temptation in order to achieve your goals.

A person with STRONG willpower:

- ★Chooses to go out and practice English *instead of* staying at home and doing nothing.
- ★Chooses to speak mainly in English (*even sometimes with friends from the same country*).
- ★Finds opportunities to speak with native speakers and others in English *even if* it is difficult and embarrassing at times.
- ★Is the first one to speak when someone asks the group a question in English.

How strong is your willpower?

Motivation and strong willpower are **NECESSARY** for success in learning English.

If you have low motivation and very little willpower, you **MUST** do something **NOW** to build these.

No worries though!

You **CAN** make changes **RIGHT NOW** to become a highly motivated English learner with very **STRONG** willpower!

Keep reading to find out how!

Staying Motivated

Motivation helps you take action to work on your goals. Staying motivated is super important when learning English.

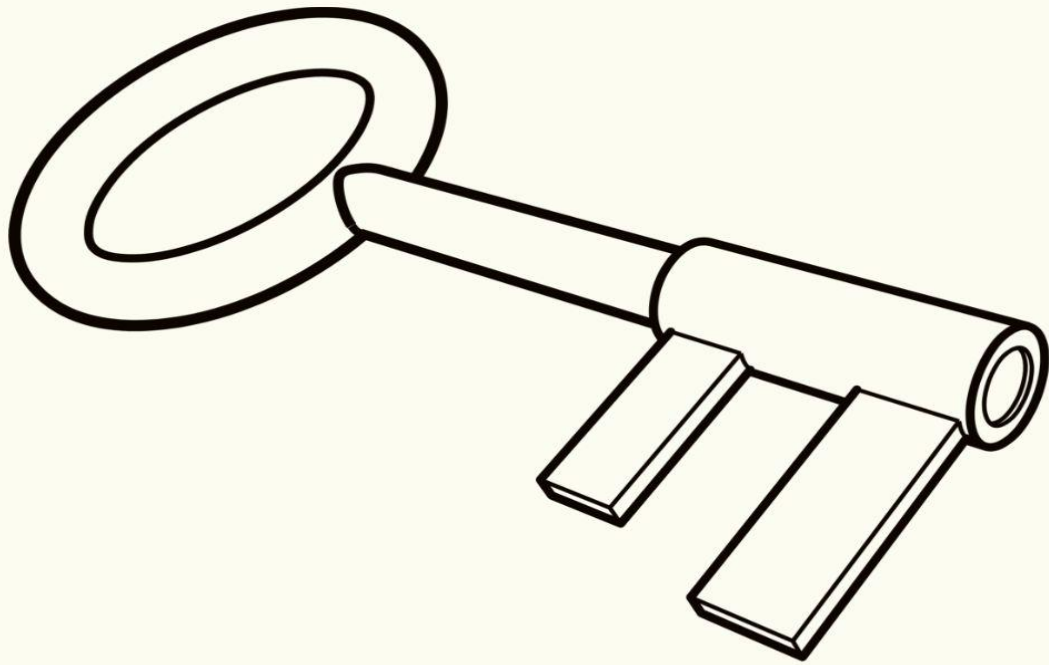
Motivation affects your willpower, therefore it is one of the main things you need above everything else when learning English.

When a learner loses motivation, they usually stop practising and using English. They risk losing everything they learned.

Can you imagine all that time and effort you spent practicing grammar, vocabulary, pronunciation, speaking, listening, reading, and writing... GONE?



That's why you **NEED** to know **the key to learning English...**



THE KEY

... TO LEARNING ENGLISH (AND IMPROVING)

The KEY to learning English (and improving) = STAYING MOTIVATED

It really is that simple. Motivation will determine your success.

The great news is that you can learn techniques and build good habits that will make you motivated, keep you motivated, and help you achieve English fluency!

A simple and effective technique for staying motivated and building strong willpower is to **build routines** and **good habits**.

A morning routine can help to start your day off positively and keep you focused. An evening routine can help to end your day with a feeling of accomplishment and progress.

These habits and routines will help you reach your GOALS faster.

Goal Setting

The fact that you are here now reading this ebook means that you have already made learning English a goal of yours. And like I said earlier – it is a BIG goal.

You must be a very ambitious person to set such a large and challenging goal!

You clearly have motivation, a dream, and a vision!

Be proud of yourself and feel good about that!

Some of my past students who are now fluent have told me there is no end to learning English. There is always more to learn!

Think about this:

- There are almost 1 million words in the English language.
- The average native-speaking adult knows 20,000 – 35,000 of those words.
- English is always changing and evolving. New words, phrases, and ways of speaking are being introduced regularly.

That puts learning English into perspective. You don't need to worry about learning it all, or reaching a finish line.

The interesting part about learning English is that there is no finish line!

Instead, you should set a goal to achieve a level of fluency (e.g. to be able to have casual conversation, or pass a certain test).

After achieving that goal, continue to build, improve, and develop your English as needed.

A certain level of fluency is probably your first major goal.

With large goals it can be difficult to know where to start and what to do.

One way to try and achieve a large goal is to divide it up into smaller, more achievable goals.

Then all you need to do is take action!

What do you want to achieve in one year, six months, one month, one week, and by the end of today?

Write them down.

Are your goals realistic? If they are too big you may get overwhelmed and lose motivation if you do not complete them.

Long-term goals (*2 years, 1 year, 6 months*) can be general and less specific.

Short term goals (*3 months, 1 month, 1 week, 1 day*) need to be more detailed and specific.

For example:

- **1 year:** Able to have basic conversation and day-to-day interactions. Can understand the general message when people speak to me. Less hesitation when speaking.
- **6 months:** Attending conversation groups regularly. More confident meeting native-speakers and having small-talk.

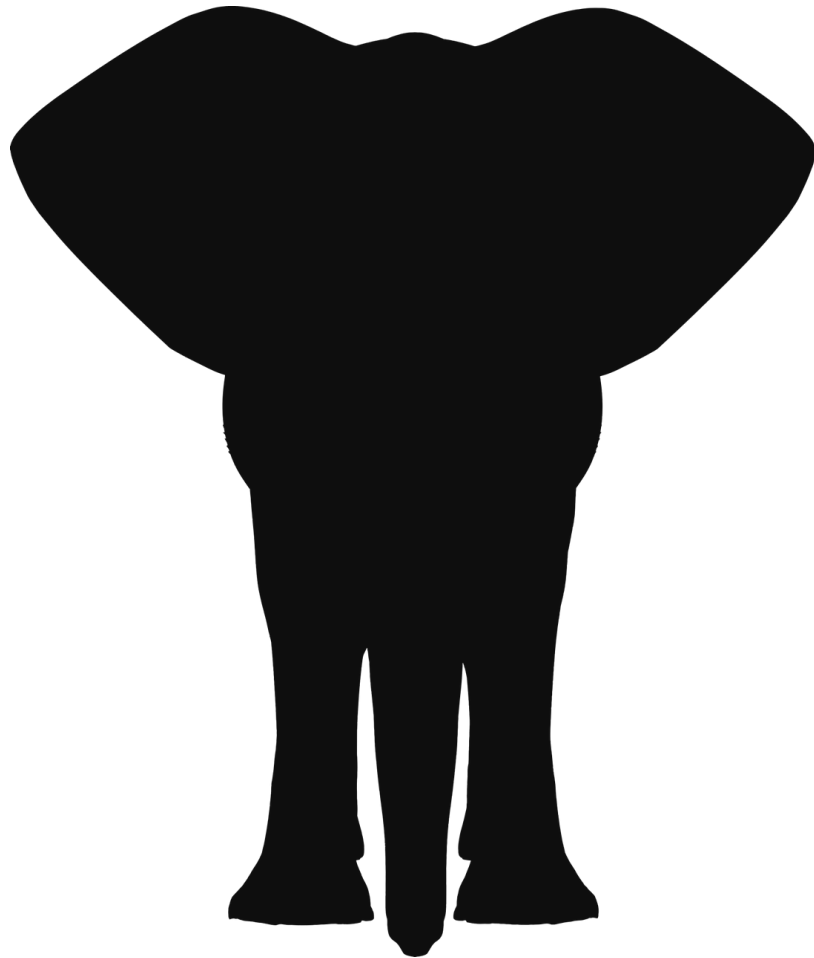
- **1 month:** Enrol in a language class/course. Make international friends to practice English with. Finish reading a novel.
- **1 week:** Focus on countable/uncountable nouns and remember plurals. Try to self-correct some mistakes when I speak. Practice /r/ and /l/.
- **1 day:** Ask more questions today in conversation. Use 3 new words/phrases I learned last week. Change the language on my phone, laptop, and social media to English.

Whatever your goals are... **WRITE THEM DOWN.**
Read them. Do them. **TAKE ACTION!**

Here's a riddle I heard once that I think can be applied to learning English:

Riddle me this...

How do you eat an elephant?



One bite at a time!

(The 'elephant' in this example is a metaphor for 'English')



3 HABITS

... YOU CAN START DOING NOW!

Here are 3 quick and easy tasks you can do each day to stay motivated, improve, and succeed in learning English:

1. Make daily goals

2. Visualize your success

3. Review and self reflect

The benefits of doing these tasks are increased focus, confidence, and a sense of achievement

Take control of your learning.

Make these your daily English habits!

Are you wondering how to start? Go to the next page...

To start building these 3 habits you need to:

- Identify some English problems (weaknesses) you are having at the moment.
- Choose one **SPECIFIC** problem you have and make it your goal to focus, practice, and improve it **today**.
- Choose 3-5 new words to practice.
- Write these goals down on a piece of paper and put it in your pocket.
(Think of this as your daily language 'to-do list').
- Visualize using the language successfully.
- Check your list several times during the day.
- Self-reflect on your goals and progress at the end of the day.

The next chapter has more details...



HABIT # 1

MAKE DAILY GOALS



Identify Your Weaknesses

Identifying your weak areas in English can help you to determine your daily, weekly, and monthly language goals.

Think about your English at the moment. What are your weaknesses? What are your most common mistakes?

Try to think about when you interact with people in English (*e.g. talking to the server, meeting people at parties, talking on the phone*).

What are your biggest or most common problems?

If people can't understand you, it could be your:

- pronunciation
- vocabulary
- grammar
- fluency
- Interaction skills

Pronunciation

What **SPECIFIC pronunciation** problems do you have?

Ask yourself:

- What **specific sounds** are you having difficulty with?
(E.g. *th, s, p, b, v, f*)
- Are you **incorrectly adding vowel sounds** before a word, or after a word?
(E.g. *instead of 'special' – you say “especial”*)
- Are you forgetting to say the **final consonant** sound?
(E.g. *instead of 'five dollars' – you say “fi__ dollar_”*)

Vocabulary

What specific **vocabulary** problems do you have?

Ask yourself:

- Can you **remember new words** when speaking?
- Do you have a **variety** of words to describe what you are talking about?
- Are you using the correct **word form** (*adjective VS verb VS noun*)

Grammar

What specific **grammar** problems do you have?

What mistakes do you make frequently?

For example:

- **Word order**
- **Forgetting subject/object pronouns**
- **Forgetting auxiliaries**
- **Subject + verb not matching** (*verb conjugation*)
- Verb forms : **Present continuous, Present perfect, Past simple, Past perfect, Future forms,**
- Questions: **-Wh questions**

(who, what, when, where, etc.)

-Yes/no questions

Forgetting to **invert/swap the subject and verb**

Fluency *(Your ability to speak smoothly and naturally)*

What specific **fluency** problems do you have?

Ask yourself:

- Are you **thinking too much** about grammar and vocabulary?
- Do you have **long pauses** in the conversation because of this?
- When you forget or don't know a word, do you **use synonyms, examples, body language** to get your message across?
- Are you using correct **word stress**? *(stressing the correct syllable)*
- Are you using correct **sentence stress**? *(stressing the correct words in a sentence)*

Interaction

What **interaction** problems do you have?

Ask yourself:

- Do you **participate** in group conversations or are you silent?
- Do you **ask questions** when you don't understand what people are saying?
- Do you ask **follow-up questions** (*ask for more information*) to help keep the conversation going?
- Are you **taking your turn** or talking too much?
- Are you **sharing** your **opinions, stories** and **experiences**?
- Are you **agreeing**, and **disagreeing** (*when it is appropriate*)?
- Do you **invite others** into the conversation?

Choose Something to Improve

Select one of your weaknesses that you need to improve and write it down on a piece of paper or 'goal card'.

(See example below)

This is something you can COMMIT TO and FOCUS ON today - your GOAL for the day.

When you are speaking and using English today just **be aware** of your goal.

Don't worry if you make mistakes with this while you are speaking or using English.

Instead, try to **self-correct** your mistakes when you notice you have made them.

Try to improve and make less of those mistakes throughout the day.

You can tell your friend/study partner/teacher about your goal too. They can help correct you when they hear you making a mistake.

Write Down New Vocabulary *(5 maximum)*

On that same piece of paper/goal card write down 3-5 new words, phrases, expressions, slang, or idioms you have learned this week.

Your goal: Try and use each of them today as much as you can when speaking or writing.

Find a way to put this vocabulary into your conversations.

It doesn't really matter how you use these words.

Speaking them, using them in text messages, emails, social media posts, or even teaching them to friends and family are all great ways to practice and build your vocabulary.

Also, try to notice these words being used in the real world.

For example, notice WHEN and HOW people say these words in conversation, or when you hear people saying them on TV/movies, or when you see them written in books, articles, social media posts, advertisements, etc...

Daily Goal Card (Example)

Let's look at a goal card from a South American student - Ricardo - as an example:

Improve: Remember 'be' verb with continuous tenses
Vocabulary: - response (n) - get through (phrasal verb) - to make ends meet (idiom)

Ricardo often forgets to use the auxiliary verb 'be' with continuous tenses. Today, he is going to focus on improving this – especially when speaking – and try to remember to use it.

Ricardo also has some new vocabulary he hasn't used much. He wrote down a noun, a phrasal verb, and an idiom that he will try to use today.



HABIT # 2

VISUALISE YOUR SUCCESS



See it. Believe it. Become it.

Studies have shown that people who visualize (*imagine themselves doing an activity*) increased performance and overall success with achieving goals.

Olympians are known to use visualization by imagining themselves performing an action over and over. This trains their mind to perform certain skills effectively – especially when under pressure.

Have you ever felt under pressure when you speak English?

Visualization can also help to build experience and confidence in a variety of possible situations. It can be useful to visualize using English.

By visualizing yourself using English, it can prepare you for the times in your day when you need to communicate.

It can also help to 'kick start' (*activate*) your English, and put you in a positive and confident mood for the day.

You should aim for at least 5-10 minutes each morning to do this task.

Daily Morning Visualization Activity

(Print this and stick it on the wall where you will do this activity)

Preparation:

- Write your goal card first (*see above*)
- Find a quiet/peaceful place to do this activity

Method:

1. For 1 minute, focus on your goal card and the vocabulary you choose for the day. This part of your English will be better by the end of the day. Imagine how good that feels.
2. Now imagine your day from start to finish. Where are you going? What are you doing? Who are you meeting?
3. Imagine all the **usual** conversations you have and all the **possible** interactions you might have.
4. Who do you normally speak to? What do you usually talk about? Who might you speak to today?

5. Imagine using English perfectly. Imagine yourself being fluent.
6. Imagine saying your new words with perfect pronunciation and without error.
7. Imagine the people you're speaking to being interested and impressed.
8. Imagine being confident. Your voice, your body language, and your energy are all confident.
9. Imagine practising your goal and making a big improvement.
10. Imagine looking at your goal card at the end of the day. You used all your words a few times and correctly. You improved.

Variation:

Write a list of your main goals for English in the present tense (*like you have already achieved them*).

E.g. *I can understand all the words people say to me when I listen.*

I always remember and use the correct verb tense.

My pronunciation with /r/ and // is perfect

Also, write down a list of positive affirmations (*positive statements about yourself*).

Imagine how you would like to be/feel and write in the present tense (*like they are true now*).

E.g. *I'm positive and confident.*

I love learning English.

It is fun to meet new people and try my new language with them.

Each mistake I make shows me what to improve.

I'm improving each day.

Put this list on your wall and read and focus on it a few times each day before you leave the house.

Pretend that the sentences are all true now.

“Fake it, till you make it!”



HABIT # 3

REVIEW AND SELF REFLECT



Check Your Goal Card

During the day, remember to check your goal card regularly. This will also help you stay focused and motivated!

Ask yourself:

- Have I been self-correcting my mistakes?
- Am I noticing when I make mistakes with my 'goal of the day'?
- Am I improving and making changes after each mistake?
- Have I used all the new vocabulary on my goal card?
- Have I noticed these words being used in real life?

End of Day Review*

*This is a very important part of your day. Don't forget to do this!

Before bed, review your goal card.

Ask yourself:

- What went well? What am I proud of?
- What needs more practice?
- How could I improve next time?
- Did I use all of the vocabulary that I wrote down?
- What are some possible goals for tomorrow?

Congratulate yourself for staying motivated and improving your English today!

You are one step closer to your goal!



FINAL WORDS

WHAT TO DO NEXT...

Help Other Learners!

Thank you for downloading and reading this free ebook!

I hope you found it useful, motivational, and helpful.

If you did, it would be AWESOME if you shared it!

Your support means A LOT to me and it would also help other people just like you that are trying to learn English.

Click this link to share now! (It takes less than a minute)

<https://eslcrew.com/ebook>

Send good vibes to all your friends!*

**(positive energy)*

Level up!

Visit <https://eslcrew.com> if you would like to take your learning to the next level.

Here you can BOOK and get personalized 1 on 1 private lessons with me, Teacher Aaron, as your personal English language coach!

Here are some great reasons to take lessons:

- Become more marketable and take your career to the next level as a fluent, bilingual speaker of English!
 - Improve your chances with immigration and visas!
 - Pass university entrance exams!
 - Travel in western countries with ease!
 - Make friends and form relationships globally when traveling!
 - Participate in conversation, events, sports etc...
- + Many many more!

Not sure? Take a trial lesson to discuss options and meet me!

Stay in touch

Don't forget to follow us on social media!

Be sure to participate and ask questions, make posts, comment, like, and share no matter where you are in the world!

Links:

FB Page: <https://www.facebook.com/theeslcrew>

FB Group: <https://www.facebook.com/groups/eslcrew>

Instagram: <https://www.instagram.com/theeslcrew/>

*You made a life-changing decision to learn
English.*

COMMIT to it. SET goals. NEVER QUIT.

Cheers,
Teacher Aaron



BONUS MATERIAL:

- ☆ **PRINTABLE GOAL CARDS**
- ☆ **MOTIVATION REMINDER POSTER**
- ☆ **'MY ATTITUDE' POSTER**

GOAL CARDS

Here are some goal cards you can use to write down your daily goals.

Instructions:

Print then cut these out to write down your goals in the morning.

(If you don't have a printer, then just draw a similar one on a piece of paper)

Choose one main language goal you need to improve for 'today's goal'

Choose 3-5 words that you want to try and use today.

Place a goal card in your pocket. Check regularly.

Review your card and your progress at the end of your day

(Before you go to bed is best).

<u>Today's Goal:</u>
<hr/>
<u>Vocabulary to use:</u>

<u>Today's Goal:</u>
<hr/>
<u>Vocabulary to use:</u>

<u>Today's Goal:</u>
<hr/>
<u>Vocabulary to use:</u>

<u>Today's Goal:</u>
<hr/>
<u>Vocabulary to use:</u>

<u>Today's Goal:</u>
<hr/>
<u>Vocabulary to use:</u>

<u>Today's Goal:</u>
<hr/>
<u>Vocabulary to use:</u>

Today's Goal:

Vocabulary to use:

Today's Goal:

Vocabulary to use:

Today's Goal:

Vocabulary to use:

Today's Goal:

Vocabulary to use:

Today's Goal:

Vocabulary to use:

Today's Goal:

Vocabulary to use:

Today's Goal:

Vocabulary to use:

Today's Goal:

Vocabulary to use:

Motivation Reminder

Instructions:

Print (or copy) and complete the sentences below.

Attach to your bedroom wall and read every day for motivation.

Reasons I NEED English:

Reasons I WANT to know English:

I started studying English because...

When I'm fluent I'll be able to...

My Attitude

Instructions:

Print and attach to your bedroom wall.

Imagine that these sentences are TRUE right now.

Read before you leave your room. (*Read a few times if necessary*).

What I think is what I feel. The way I feel affects my day and my learning.

Therefore...

VISUALIZE and INTEND these to be TRUE NOW...

I am positive

I am confident

I respect other people, and other people respect me

I am excited about improving my English

I am in complete control of my life

I am improving each day

I am happy and grateful to be here today

I can do anything I set my mind to

I am proud of myself and my progress

My friends and family are proud of me

I love to be challenged because nothing that's worth doing is easy

I take every possible opportunity to speak English

I look for opportunities to use English

I achieve my goals and learn from my mistakes

I like mistakes! Mistakes are useful because they show me what I need to improve!

Every time I improve a mistake it brings me closer to my goal

"I control my thoughts, emotions, and feelings.

I am responsible for my own success.

Today is another great day!"

My Attitude (*Customizable*)

Instructions:

Use this template by filling the gaps and writing your own statements in the **present tense**

Print and attach to your bedroom wall.

Imagine that these sentences are TRUE right now.

Read before you leave your room. (*Read a few times if necessary*).

What I think is what I feel. The way I feel affects my day and my learning.

Therefore...

VISUALIZE and INTEND these to be TRUE NOW...

▼

▼

▼

▼

▼

▼

▼

▼

***“I control my thoughts, emotions, and feelings.
I am responsible for my own success.
Today is another great day!”***