

# September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goals For the Week & Observations
23	24	25	26	27	28	29	
	<i>"You don't have to be great to start, but you have to start to be great." -Zig Ziglar</i>						
30	1	2	3	4	5	6	My 3-5 key words for this week are:

- In order to monitor your progress, you should write down your starting point before beginning the course: make a note of which routines you find hardest, where you lack the most vocabulary, which words you think are difficult to pronounce...

- Set yourself SMART goals: Specific, Measurable, Attainable, Relevant, Time-based. For example: This week, I will introduce 5 new words and 3 new sentences into my repertoire and use them daily. (Then define which words/sentences, and keep track everyday of your achievements).

- Celebrate the small wins! If you reach your daily goal, congratulate yourself. If you smash it, reward yourself with a treat and set yourself more challenging objectives! But if you don't achieve your goals, don't beat yourself up. Check where / why you're going wrong and adjust your goals or approach. Maybe you need to change the words to introduce, or review and modify the sentences, or drop your goal to 3 words and 2 sentences...

- A good way to monitor pronunciation is to record yourself saying a word/sentence at the beginning of the week, and then again at the end of the week. Look for any improvements, hesitation, etc. You can also check your pronunciation against my video/audio.

# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goals For the Week & Observations
30	1	2	3	4	5	6	My 3-5 key words for this week are:
		<i>"Once we start to act, hope is everywhere. So instead of looking for hope, look for action. Then, and only then, hope will come."</i> - Greta Thunberg					
7	8	9	10	11	12	13	My 3-5 key words for this week are:
<i>"It's never too late - never too late to start over, never too late to be happy."</i> - George Lucas							
14	15	16	17	18	19	20	My 3-5 key words for this week are:
				<i>"It does not matter how slowly you go as long as you do not stop."</i> - Confucius			
21	22	23	24	25	26	27	My 3-5 key words for this week are:
		<i>"Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better."</i> - Samuel Beckett					
28	29	28	30	28	31	1	My 3-5 key words for this week are:
	<i>"If you can dream it, you can do it."</i> - Walt Disney				Happy Halloween!!		

- Remember to go back and review where you were before starting this course and where you are now - how are you finding those difficult routines? Are you still lacking vocabulary? How's your pronunciation of those challenging words coming along?

- If you haven't been writing your goals down, start now! It's a good reminder and a great motivator to get you working towards where you want to be!

- As well as keeping a note of the days you meet your goals and the days you don't, try to track your emotions, reactions, ideas and habits too. For example: "Today I said all 5 words and 3 sentences. But I felt frustrated because my kid didn't understand sentence 4..." This will give you insight into the specific obstacles you're facing and ideas on how to overcome them to reach your goals more effectively. In this case for example, you'd probably need to adjust sentence 4, or explain it to your kid a few times in a different way.

- If you need help holding yourself accountable - we're here for you! We'll cheer you on in the Telegram group! Remember to share both your successes and your barriers so we can give you feedback, advice and support.