

# The MINDSTATE OF A SUCCESSFUL LANGUAGE LEARNER

Imagine that the *almost* perfect language tool exists. It takes you to fluency if you use for 1 hour, 5 days a week, for a span of 1 year. Now let's say you give it to someone who's convinced that learning a language is hard.

If their first reaction is... "*this is hard*" which is not too far from "*I can't do it*" and "*I won't do it*"... Guess what'll happen? Even with the perfect language tool that still requires 1 year of effort... they'll fail. Why?

What goes on inside your head can help or sabotage your language progress.

**So, what's the mindstate of a successful language learner?**

If you know the answer, skip it, but the obvious must be said.

If you're convinced that language learning is hard, **regardless** of how unfamiliar it is, you're making it **even harder**. Not only are you faced with the actual learning, but you're now weighed down by mental baggage. Now, if you honestly feel that the language is easy and completely doable, you don't need to force yourself. You instinctively push to learn more and improve.

Psychology calls this is the self-fulfilling prophecy. If you think it's true and act on it, it'll become true.

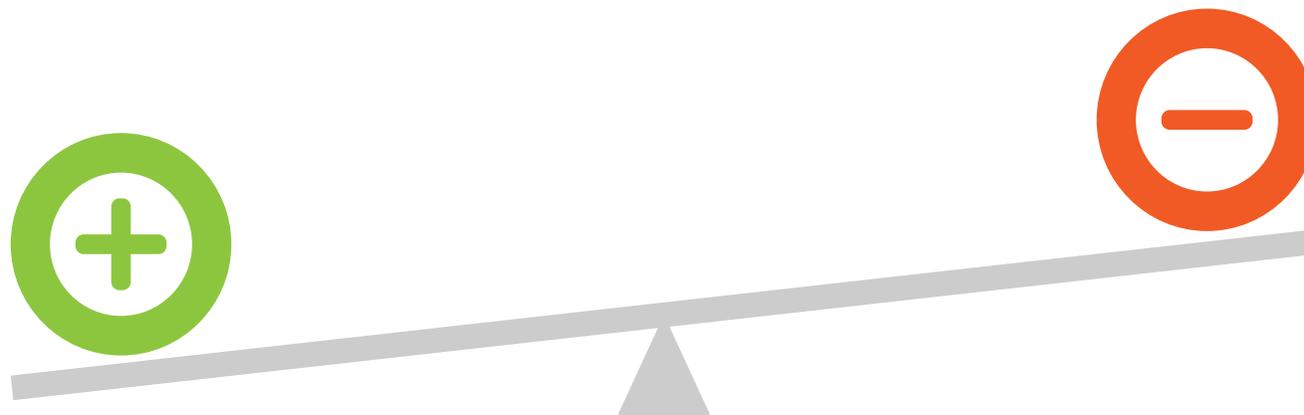
But if telling yourself that it's easy doesn't convince you, then think of it like this - learning the language is not hard. It's also not easy. In fact, whether it's hard or easy is not the point. The point is you **want to learn** it because of whatever reason you gave yourself.

Now...

## 1 As a beginner... Keep an open mind.

What do most beginners do? They search around for top 10 language resources, for the best sites, and that perfect tool. They read reviews, become convinced of what's great, what isn't and they make a decision. Sounds good, right? Well...

Here's the problem. You've just loaded your mind up with "what works" and "what doesn't" without having studied enough of the language. What you've just read was someone else's opinion and now you've made it your own. Because you're so caught up in the negative points and the search of the best resources, this picky mentality will get you nowhere in terms of actual learning.



## 2 As a beginner, don't fret the details, don't be picky, just start.

Why? You don't know the language. You don't have the experience. For now, you're a clueless apprentice who needs a master to show you the way. Don't be picky, choose one resource, trust it and let it guide you (for now.) Whether it's a textbook or online lessons.

## 3 So, when is it time to be picky?

Let's say you chose the textbook first. Upon finishing it, you'll notice that it didn't help you speak but it did help you to learn grammar, vocabulary and reading! You've still made progress on things you'd need to know eventually. This trade-off is completely natural and happens with **every resource** and with **every learner**. The successful ones accept it and adjust. Now it's time to get a little pickier and focus on the weak spots of your language.

## 4 There's value in everything. But only if you're looking for it.

Here's an example you'll see in any classroom. Picture two students and one teacher. One asks questions and actively practices with the teacher. The other just listens and does the homework. The former will improve much faster, and the latter will complain that this method **just doesn't work**.

He's convinced he can't learn like this. He doesn't look for value. He doesn't learn.

Fact is, vocabulary apps won't improve your grammar. And textbooks won't help you with conversation. But as mentioned above, you're still making progress IF you pull value out of it. Successful learners understand this and tackle all sorts of content instead complaining about how a resource isn't perfect. Forget perfection. Use it for its value.



## 5 Avoid the “I’m Not Good Enough” thinking.

Any great language speaker will tell you they’re not fluent. They tend to be pretty humble. But using “*I’m not good enough*” to avoid speaking, or any other opportunity to practice, make mistakes, and learn from, is what they’ll **never do**. They attack every opportunity. It’s a lot easier to improve your language from making mistakes than never trying. As a language learner, your mind should be actively seeking out opportunities to practice and progress.

## 6 Become a Focused Finisher.

Focus is a given. Don’t spread yourself too thin. This is where the Top 10 lists will give you nothing but headaches. Choose one or two resources, then finish them. Why finish? If you’re able to finish a workbook from cover to cover, you’ll be able to plow through anything else. Books won’t go collecting dust under your bed, as they do for so many learners.

Frustration and confusion will happen. They’ll be cleared up eventually. But you must finish. Not only will this build your focus, and prepare you to knock out anything else that comes your way, it’s a good sign that you’ll plow through your language goals.

### So, how can you implement these?

It’s pure practice. But reading this once won’t do the job. Take out a paper and pen and write these principles down. Keep them in mind and act on them as you’re learning the language. You can always adjust this list and tailor it to your needs.

