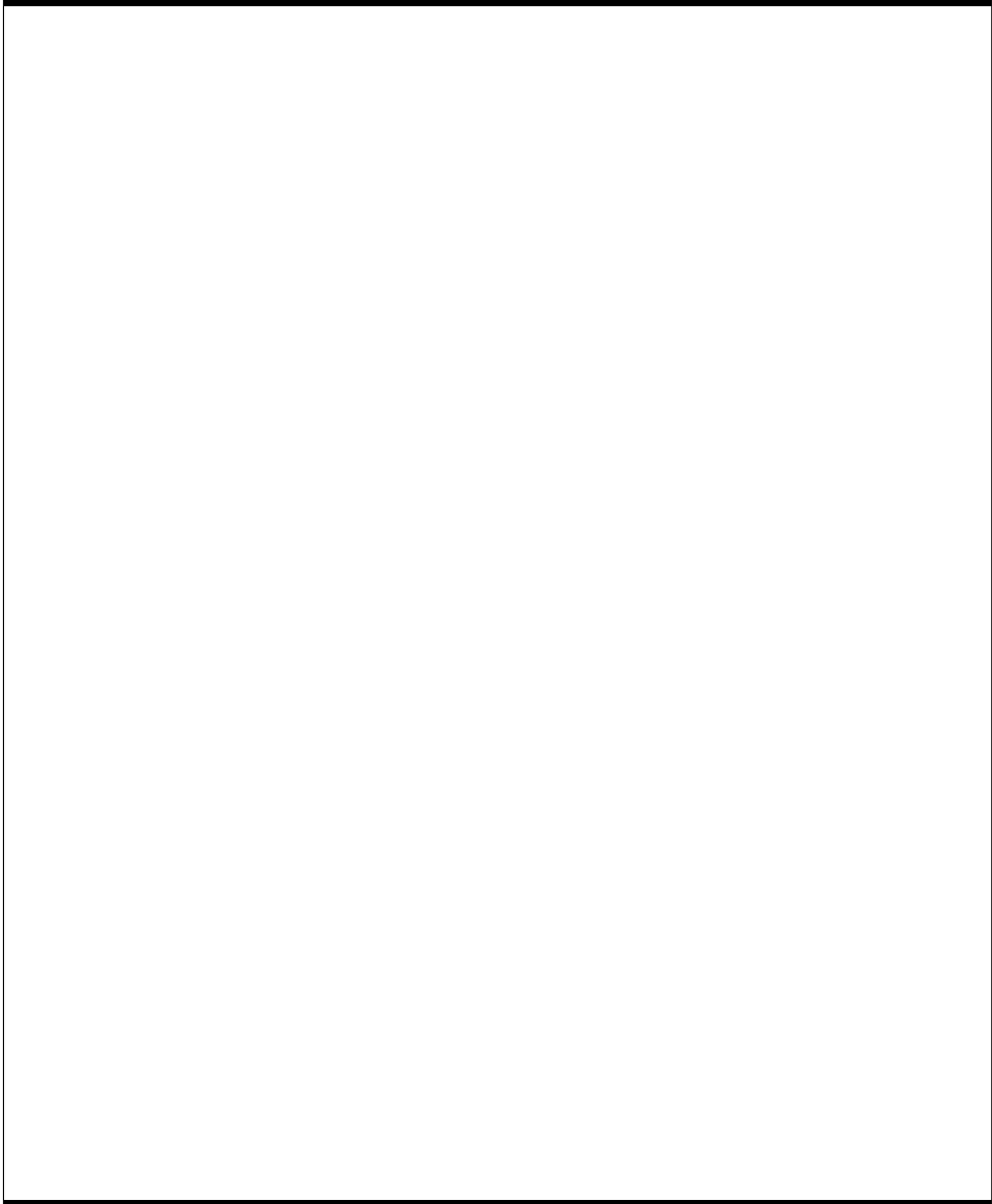


Language

A large, empty rectangular box with a black border, occupying most of the page below the title. It is intended for the user to write or draw their response to the 'Language' prompt.

Motivation – Why do I want to learn this language?

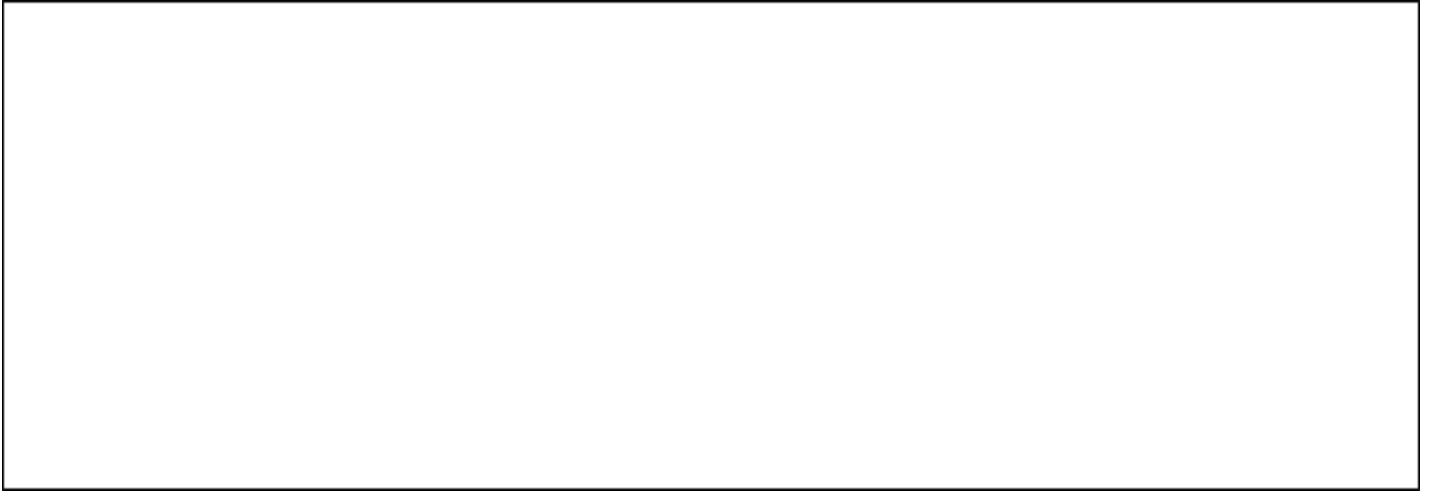
Purpose & Goals

What inspired me to start learning this language?

What do I want to achieve by speaking it? (e.g., travel, work, relationships, culture)

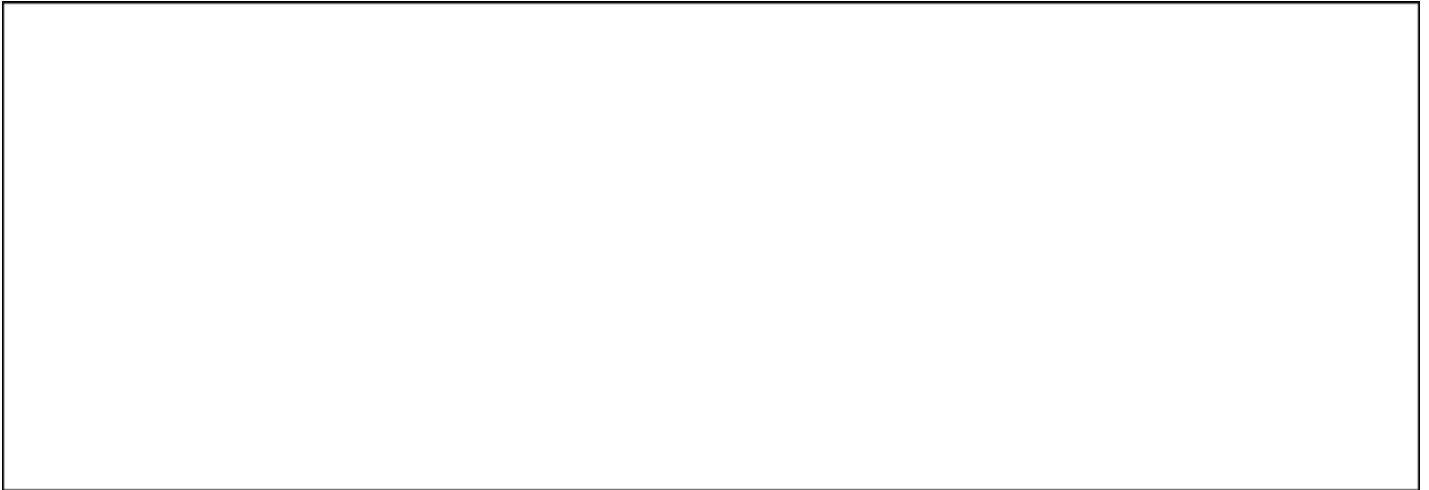
How will my life be different once I speak this language fluently?

What specific situations do I imagine myself using this language in?



Values & Feelings

What emotions do I associate with this language or culture?



Who or what makes me feel connected to this language?



How do I feel when I hear people speaking it?

What kind of person do I become when I use another language?

Challenges & Mindset

What usually stops me from learning consistently — and how can I overcome that?

What will keep me going on days when I don't feel motivated?

Identity & Long-Term Vision

How does learning this language fit into who I want to become?

What will I be proud to say about my progress a year from now?

Build Your Language Habits

Choose the Right Habits

Frequency & Lifestyle

How much time can I realistically spend on language learning each day?

When during the day do I feel most focused for study or practice?

What small actions could I repeat daily to make progress?

Learning Style

Do I learn better by listening, reading, writing, or speaking?

Which of these could I turn into a daily micro-habit? (e.g. 10-minute listening, one sentence journal, flashcard review, chatting online)

Motivation & Relevance

Which activities make me enjoy the language most?

What habits would connect me more with real life?(watching a series, labeling objects at home, texting a friend in target language)

Measurability & Reward

What would make me feel accomplished each day or week?

How will I celebrate small wins?

Support & Consistency

Who or what can help me keep this habit alive? (apps, partners, teacher, planner, reminders)

Setting My Learning Priorities

Define your needs

In what real-life situations do I want to use this language most often?

What are the top 3 topics I need first? (e.g., travel, food, work, family, daily routines)

Which communication skills are most important for me right now?

speaking

listening

reading

writing

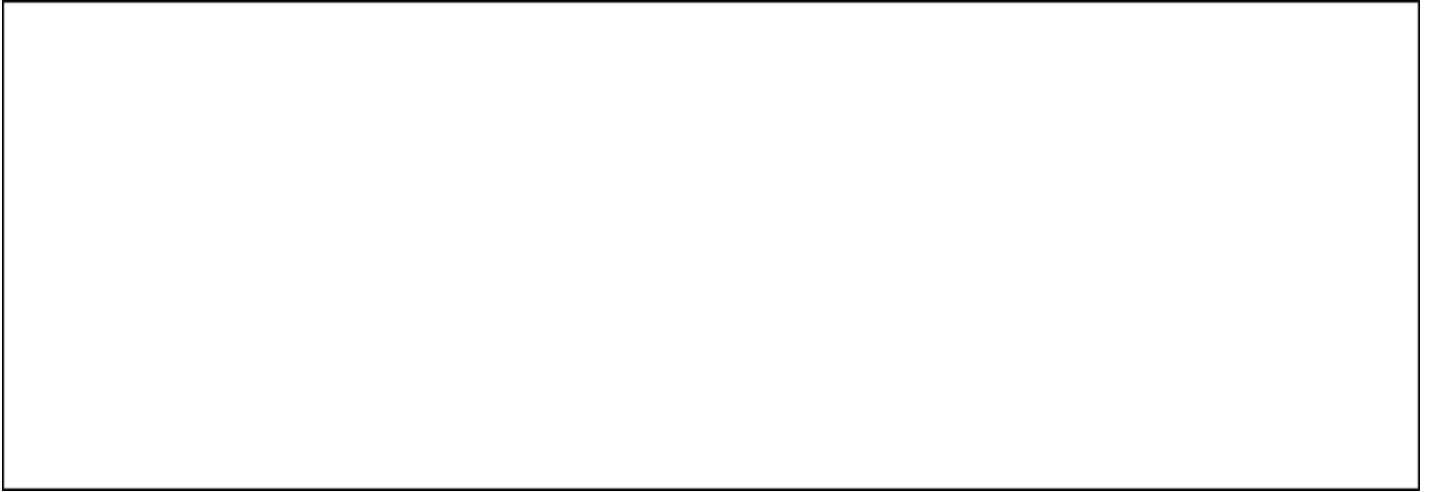
What grammar or vocabulary areas do I need most urgently? (e.g., present tense, question words, directions, introductions, numbers, ordering food)

Who will I most likely talk to in this language? (locals, colleagues, friends, clients, etc.)

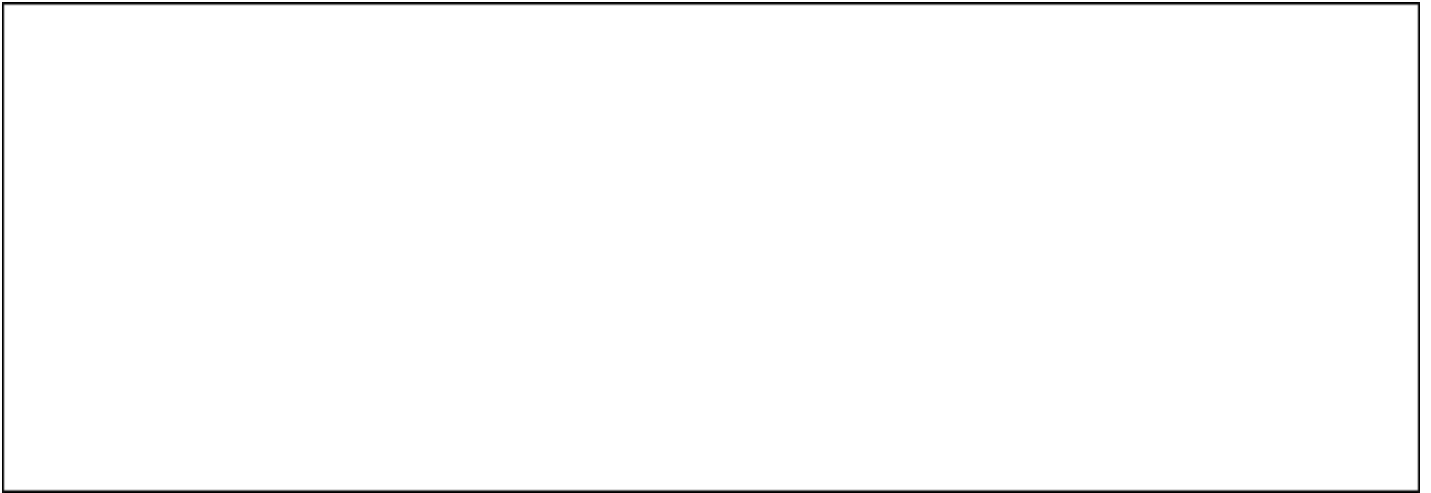
Prioritize

If I could only learn **five things this month**, what would they be?

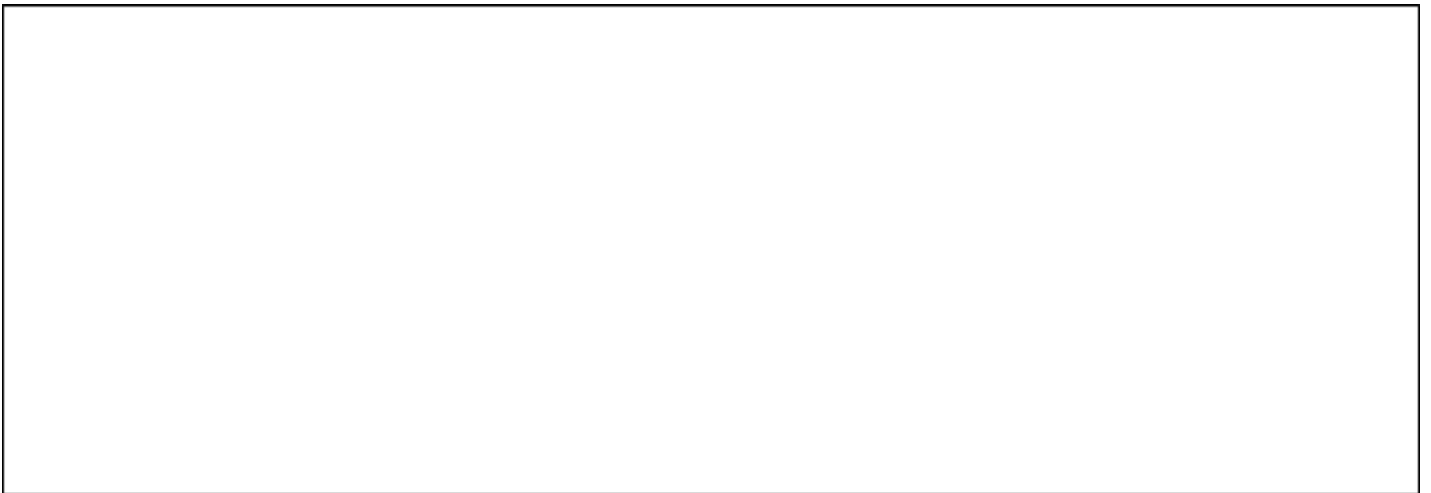
Which of these topics would make my daily life easier right away?



Which ones would boost my confidence the most when speaking?



Which skills or topics are just “nice to have,” not essential right now?



Build your list

Write your top learning priorities below in order of importance:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. _____

(Example: 1. Using the present tense for travel and food topics 2. Introducing myself and others 3. Asking for and giving directions 4. Ordering in a restaurant 5. Talking about my daily routine)

SMART Language Learning Goal Builder

Define Your Goal

What exactly do I want to achieve? (Example: I want to use the present tense confidently when talking about food and travel.)

Why is this goal important to me? (My reason / motivation)

Which priority does this goal belong to?

- | | | |
|-------------------------------------|------------------------------------|----------------------------------|
| <input type="checkbox"/> Vocabulary | <input type="checkbox"/> Listening | <input type="checkbox"/> Culture |
| <input type="checkbox"/> Grammar | <input type="checkbox"/> Reading | |
| <input type="checkbox"/> Speaking | <input type="checkbox"/> Writing | |

Possible Obstacles

What could stop me from achieving this goal? (e.g., lack of time, fear of speaking, procrastination)

How can I overcome these obstacles? (e.g., plan short daily sessions, find a speaking partner, use reminders)

Make It SMART

Specific

What exactly will I be able to do when I reach this goal?

Measurable

How will I know that I've achieved it? (e.g., I can hold a 5-minute conversation / write a short email)

Achievable

Is this realistic within my time and current level? What smaller steps can I take?

Relevant

How does this goal help me in my real life or connect to my motivation?

Time-bound

When will I start, and when do I want to finish?

Start date: _____ Deadline: _____

Motivation & Reward

What will motivate me to keep going?

What reward will I give myself when I reach this goal? (Example: I'll treat myself to a weekend trip where I can use the language!)

Resources & Support

What tools or people can help me?

- | | | |
|---|---|-------------------------------------|
| <input type="checkbox"/> Textbooks | <input type="checkbox"/> Podcasts | <input type="checkbox"/> Flashcards |
| <input type="checkbox"/> Apps | <input type="checkbox"/> Friends / Teachers | |
| <input type="checkbox"/> Online lessons | <input type="checkbox"/> Study group | |

Action Plan / To-Do List

List the concrete steps that will bring you closer to your goal:

| Step | Action | Deadline | Done |
|------|--------|----------|--------------------------|
| 1. | | | <input type="checkbox"/> |
| 2. | | | <input type="checkbox"/> |
| 3. | | | <input type="checkbox"/> |
| 4. | | | <input type="checkbox"/> |
| 5. | | | <input type="checkbox"/> |
| 6. | | | <input type="checkbox"/> |
| 7. | | | <input type="checkbox"/> |
| 8. | | | <input type="checkbox"/> |
| 9. | | | <input type="checkbox"/> |
| 10. | | | <input type="checkbox"/> |

Weekly Reflection

Week 1

This week I learned... _____

One thing I'm proud of... _____

A challenge I faced... _____

How I'll adjust next week... _____

New words or expressions I loved... _____

Week 2

This week I learned... _____

One thing I'm proud of... _____

A challenge I faced... _____

How I'll adjust next week... _____

New words or expressions I loved... _____

Week 3

This week I learned... _____

One thing I'm proud of... _____

A challenge I faced... _____

How I'll adjust next week... _____

New words or expressions I loved... _____

Week 4

This week I learned... _____

One thing I'm proud of... _____

A challenge I faced... _____

How I'll adjust next week... _____

New words or expressions I loved... _____

Monthly Review

My most consistent habit: _____

What I improved the most: _____

What I still find difficult: _____

How I felt about learning this month: _____

My biggest win: _____

Reward I earned: _____

Next month I will focus on: _____

Progress Tracker / Milestone Map

| Skill | Rate | Notes |
|------------|------|-------|
| Listening | | |
| Speaking | | |
| Reading | | |
| Writing | | |
| Vocabulary | | |
| Grammar | | |
| Confidence | | |