

# 7 DAYS TO LANGUAGE SUCCESS WITH CAMILLE



**Hi, I'm Camille. I'm a mom and full-time language learner!**

I don't have a "gift of languages", but I learned HOW to learn a language (4 actually!). It's a lot of work, but so rewarding!

*Ready to become successful in your target language? VAMOS LA! ;)*

# Hi Friends!

**Welcome to 7 days to language success where I will give you the tools you need to successfully learn any language.**

Thanks for coming alongside of me and letting me be a part of your language learning journey.

I know learning a language can be hard, trust me. I have been in your place. I am currently learning my fourth foreign language and I want to share my best tips and tools to set you up for success in your language learning journey.



**CAMILLE HANSON**

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# HOW TO USE

This guide is meant to be completed in one week. The tips below will help you guarantee your language learning success!

- ✓ Give yourself some space to think.
- ✓ Be honest with where you are at
- ✓ Be sure to write down on paper a response every single day.

People who write things down are 42% more likely to be successful with the goals they set.

## DAY 1

# Why are you learning a new language?

This question is so important to define. Are you learning for pleasure or for work? Are you learning to meet new friends or because you are traveling? What is your reason? Write it down.

If you don't know your WHY you most likely will not successfully learn the language you are trying to learn. **Your why will connect you to finding your motivation which will connect you to success.**

**What's my WHY?** I am learning French right now because it's one of my dreams to be a polyglot (one who speaks 5+ languages) and I love the sound of French. It's as simple as that for me.

*Now it's your turn! Take time, think and then write it down.*

"You can never understand one language until you understand at least two."

GEOFFREY WILLANS

## Who can help you in your language learning journey?

It's challenging but not impossible to learn a language by yourself. Eventually you will want to find natives to talk to but at this moment who can help hold you accountable to studying? Do you have a friend that wants to learn with you?

**You're much more likely to stick to learning a language if you have even just ONE other person to help you along the way.** If you don't have anyone to learn with, at least find someone that can encourage you. Tell a friend or two that you are starting to learn a new language.

If you dare, do a weekly/monthly update on your social media to show your progress. I am currently doing this with French and it's keeping me motivated to continue learning through the ups and downs.

**EXAMPLE:** Right now, my husband is learning French with me and we practice daily. This way we hold each other accountable.

*Now it's your turn...*

"A different language is a different vision of life."

FEDERICO FELLINI

## What are your obstacles?

The average person doesn't just say, I am going to learn x language and then they actually do it. Why? Because learning a language is hard. There will be obstacles along the way.

It's important to identify possible obstacles that you may face, even before you start studying a language so you can come up with possible solutions to avoid them. Some of the biggest hindrances to learning a language are listed to the right →

**MY OBSTACLE:** I think my biggest obstacles right now are trying to manage all of the things I have going on in my life, my family, my youtube channel, my languages. It can be overwhelming at times. Which is why, every morning I set aside at least 30 minutes to listen to an audiobook in French when I am out walking.

*Now it's your turn...*

**#1 The mindset** — I can't learn this language. It's too hard.

The mindset we have when we are learning a new language is EXTREMELY important. Our self-talk, what we say to ourselves matters. Changing your mind will help you to change your behavior and set you up for success.

**#2 I don't have enough time** — We all have 24 hours to our day and we have to MAKE time for what's important to us. If we don't set specific time aside everyday for language learning, we most likely will not learn a new language.

**#3 I don't know how to learn a new language** — I will be talking about learning style tomorrow to try to help you understand how you learn.





**"The limits of my language  
mean the limits of my world."**

**LUDWIG WITTGENSTEIN**

## What is your learning style?

Everyone learns differently. What works for me may not work for you. We all are created uniquely so it's important to identify how you learn. **The most important thing is that you keep learning FUN for you.** If you are learning a language and hate what you are doing, you're not going to learn. You have to find things that you enjoy doing for your language learning success.

Here are some questions to help you recognize how you learn: (remember to write them down!)

**#1** What time of day do you learn best? *Morning, afternoon, or evening*

**#2** Where do you study best? *On a walk, at a desk, in bed, etc*

**#3** Do you learn best in a classroom or studying by yourself?

**#4** Do you enjoy writing things you learn on your phone/computer or in a notebook?

**#5** Do you learn best with books or videos or both?

**#6** Think of 5 ways that are fun for you to study? *For example, talking to natives, listening to music, watching movies, traveling, etc...*

*Okay, now that we have answered these questions, we will work on setting some goals tomorrow.*





**"He who knows no foreign languages  
knows nothing of his own."**

**JOHANN WOLFGANG VON GOETHE**

## Where do you want to arrive with your language learning?

It is so important to set language learning goals. **People who have goals and write them down are 42% more likely to succeed!**

Do you simply want to learn the basics of a new language? Do you just need it for a vacation? Do you want to become fluent? What is fluency to you? To be able to understand and talk to natives?

**MY GOALS:** I wish to become fluent in French. I want to be able to understand French films and books and be able to write both text messages and have phone calls with French natives.

*Now it's your turn! Write your goals down and return to them when things get tough with your language learning. Keep your eye on the prize ;)*

"One language sets you in a corridor for life. Two languages open every door along the way."

FRANK SMITH

# How do you break down your big language goal into smaller more doable goals?

Learning a language is a massive undertaking. It's something that really doesn't "end" and can be done at the pace that you choose, so **it's important to take your big goal and make many smaller ones.**

**Answer these questions according to what is realistic for you:**

When would you like to learn English or x language by?

How much time do you have to dedicate to your language learning each day?

What time of the day are you going to study?

How are you going to study? Grammar books? Youtube videos? Audio learning books? Write down all the possible methods you are interested in at least trying.

By the end of 1 month I would like to...

By the end of 3 months I would like to...

By the end of 6 months I would like to...

By the end of 12 months I would like to...

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart."

NELSON MANDELA

## DAY 6

**Here are my answers to give you an idea, but be sure to write what is true to you.**

I would like to learn French within one year. I have one hour to dedicate to studying everyday. I am going to study the first thing in the morning. I am going to study using audiobooks, youtube, and a beginner french reading book.

By the end of 1 month I would like to...be familiar with very basic french.

By the end of 3 months I would like to...be able to have simple french conversations both written and audio.

By the end of 6 months I would like to...be able to have phone calls in French.

By the end of 12 months I would like to...be able to understand French books, movies and maybe even film a short video in French.

It's good to revisit the goals that you have set for yourself every couple of weeks.

*Are they still reasonable for you? Are you able to complete them? What do you need to re-adjust?* It's okay to change what you were doing if you find a method that works better for you.

It's important to take your  
smaller ones. **big goal** smaller ones.  
and make many  
smaller ones. smaller ones. smaller ones.  
smaller ones. smaller ones.

## Creating a daily study routine

**Okay guys, you have hung in there for 7 days! Good job. I am sure you may have a lot of things floating around in your head, a lot of ideas, and that's okay. Even feeling overwhelmed is normal. I have been there. Take a deep breath and relax.**

Taking all that you have learned over this first week, I am going to help you create your daily study routine.

Fill in the blanks to fit your personal goals:

I \_\_\_\_\_ will study \_\_\_\_\_  
everyday in the \_\_\_\_\_ for \_\_\_\_\_  
minutes using \_\_\_\_\_

**EXAMPLE:** I, Camille Hanson, will study French everyday in the morning for 30 minutes using Duolingo & my french/english audiobook.

If you can study the same time everyday for the same amount of time it will help

you to create a daily study habit which will set you up for success.

Here is a list of some great apps I use to learn languages:

- Duolingo
- Memrise
- Ling
- Hellotalk
- Tandem


Also, check your local library for free language resources. Many are now digital including e-books and free apps for language learning.

Celebrate your small successes! Reward yourself if you meet your daily/weekly/monthly language goals.

Be sure not to compare yourself with other people. Take one day at a time and ENJOY the process. You will reach your language learning goals. Yes, it's hard work but the rewards are huge!

*Camille*





"Never give up trying to learn the language you want to learn, be consistent, have fun and trust the process. Little baby steps can turn into great reward."

CAMILLE HANSON

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[LearnEnglishWithCamille.com](https://LearnEnglishWithCamille.com)



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[@camillehanson](#)

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