

5 Tips to improve a language

You will feel improvement within 1 month.

1

1x a week: Watch a movie/TV show in English with !English subtitles!

Watch it till the end! Do not change the subtitles to your own language or stop the film to translate words. Just trust your subconscious to learn on its own. It's okay if you only understand 20%—keep going! 🗣️

2

2x a week: Speak about a topic

(e.g., Hobbies, Food, Family, School, Jobs). Speak about this topic out loud for 1 minute 30 seconds VERY FAST. It's okay to make mistakes! The point is to train your brain to stop translating and build your confidence. 🗣️💪

3

1x a week: Ask ChatGPT to write you a paragraph

of 10 sentences in your level (A1-C1). Read it and translate the words you don't understand. 📝

4

1x a week: Create 2 sentences for each new word

from the paragraph in point 3. Then, make questions from those sentences. 🖋️

5

1x a week: Read the paragraph again

and out loud, say what it was about. Recap it, and when speaking, make sure you use the words you translated from point 3. 🗣️

*Don't forget to stay consistent! You don't have to do all 5 points every week. Even starting with 1 can make a big difference. Set an easy goal you can maintain! ❤️💜
If you have questions, feel free to ask me @rekahonestly 😊*