VIA China 2015 @ Dali

**Making A Habit Of Language Learning**

Name: ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why do you want to learn the language? What is your motivation? What would you most like to be able to *do* with the language?
2. What is currently your biggest problem area with the language?
(Examples: I usually have trouble understanding what people are saying to me, I get discouraged by making slow progress, etc.)
3. What is a **very specific** action that you can repeat every day, that will move you towards solving the problem you identified above? Try to keep your answer consistent with the motivation you identified in question 1.
4. What time in the day will you perform the action?
5. Where will you be when you perform it?
6. How will you reward yourself for completing the daily action?
7. How will you keep track of your progress?
(Examples: Make a note every day on a paper calendar, Use a smartphone app designed to track habits, etc.)
8. What will you do when you get off track with your habit?
9. What is your short-term deadline for finishing this project?
(Note: Think in terms of months, e.g. 2 months or 4 months—don't think about the long-term, e.g. 1 year)