



SpeakEnglishPodcast.com

The **Podcast** That Will Help You **Speak** English Fluently.
With No Grammar and No Textbooks!

Episode #212

How to manage your time to
learn English? Part #2

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Hi, everybody! I am Georgiana, your English teacher and founder of [SpeakEnglishPodcast.com](https://speakenglishpodcast.com). My mission is to help you speak English fluently.

Today, I am going to continue talking about **how to manage your time to learn English**.

Next, you are going to practice fluency with a mini-story. Mia is determined to learn English, and she starts to motivate herself by taking something.

But before we start, please visit my website, [SpeakEnglishPodcast.com/podcast](https://speakenglishpodcast.com/podcast) to get the transcript of this episode. It's completely free.

Ok. Let's start!

#1 Treat yourself!

What better way to motivate yourself than to **treat yourself!** Yes, you deserve it. Well, only when you achieve the goal, of course. Maybe after getting to 5 hours of listening in a week, you can afford something special like watching a movie, going out to eat at your favorite restaurant, etc.

The treat doesn't have to be something fancy or expensive. It can be of minor importance, but it helps to stay motivated.

By the way, I recommend that you don't do it the other way around. First, the treat to motivate yourself, and then the study. I've tried it the other way around:) So no donuts before you start!

#2 Create a routine.

As human beings, we like routines. That is, we like to do the same things repeatedly because what the brain does is automate many of our behaviors.

Suppose you make yourself a cup of coffee every day. You can take the opportunity to put on your headphones and listen to a few minutes of an English lesson. Soon, you will associate making coffee with listening to English. It sounds silly, but it works.

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They say that to establish a routine; you need about 21 days. That is about three weeks. Although the exact number of days is not important, we can draw the following conclusion: to create a routine; you need little time. So, you can consider creating a specific routine to listen to at certain times of the day.

#3 Keeping track of the time you are listening.

Although everyone is different, many people like to **keep track** of the number of hours they listen to when learning English.

This gives you **a sense of progress in your learning** and informs you when you are not doing well.

So, you could write down the time you spend listening. And add it up by weeks and also months. This way, you can project how much time you will spend listening in a year, make averages, etc. And you don't have to be precise. It doesn't matter if you listen for 55 minutes or a little over an hour. Just write down an hour, and that's it.

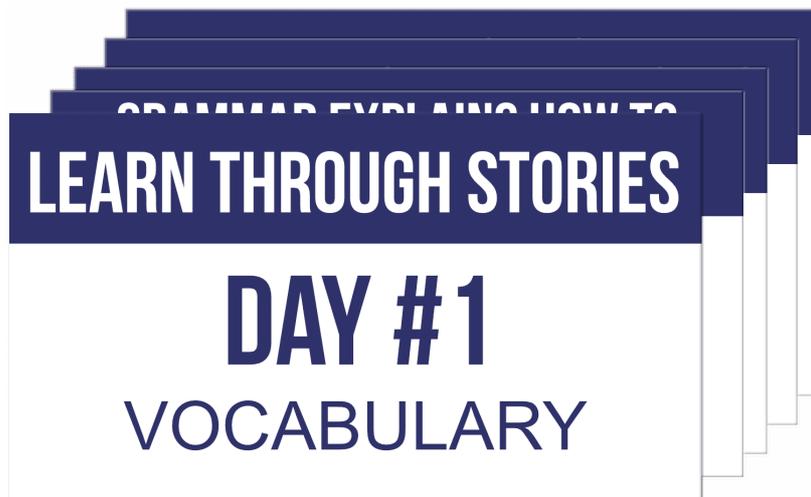
Oh, and... Why don't you share this with someone else who is learning English? Imagine going for coffee and talking about how your week went. How many hours you listened, if it was difficult, etc. This way, you can motivate each other and set common goals.

Well, I hope I have helped you with these new reflections.

By the way, if you want to know how to **speak English** using the right techniques, visit SpeakEnglishPodcast.com and [subscribe](#) to my mailing list. I will send you my **5-day video course**, so you can **learn how to speak English fluently**. And it's completely free.

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Ok. Now it's time for you to practice your speech with a mini-story.

Mini-Story

(Practice your speaking)

What's a mini-story?

A mini-story is very simple. I give you information using phrases, and then I ask you questions.

After each question, there will be some seconds of silence: it's your turn to answer the question!

Just try to give an easy and short answer. Not a complex one.

After your answer, I'll give you the correct answer.

And just like that, I'll tell a story with questions and answers.

Are you ready?

Let's start!

Mia was determined to learn English once and for all.

Was Mia determined to teach English?

No, she wasn't determined to teach English; she was determined to learn English.

Who was determined?

Mia. Mia was determined.

What did Mia want to learn?

English. She wanted to learn English.

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As a treat, Mia drank a cup of coffee for every hour of audio she listened to.

Did she drink a glass of milk for every hour of audio?

No, not a glass of milk. A cup of coffee.

Did she drink a cup of coffee as a punishment?

No. No. Not as a punishment but as a treat. Mia drank a cup of coffee for every hour she listened to English.

Mia was drinking ten cups of coffee when she started suffering from insomnia.

How many cups of coffee was she drinking?

Ten. She listened for ten hours and drank ten cups of coffee when she began to suffer from insomnia.

What was she drinking? Beer?

No, no. Not beer. Ten beers a day would be too much. She was drinking coffee.

What did she start suffering from?

Insomnia. She started suffering from insomnia because of the coffee. Ten cups of coffee a day is also a lot.

Mia replaced coffee with herbal teas to help her sleep at night.

Did Mia replace coffee with wine?

No. She didn't replace coffee with wine. She replaced it with herbal teas. She did that so she could sleep at night.

Why did Mia do that?

So she could sleep at night. She replaced coffee with herbal teas so she could sleep at night.

Mia no longer had insomnia, but she went to the bathroom all the time because the infusions were diuretic.

Was Mia still unable to sleep?

No, she was not still unable to sleep. She no longer suffered from insomnia, but she went to the bathroom all the time.

Where did Mia go?

To the bathroom. She went to the bathroom.

Why did she go to the bathroom all the time?

She went to the bathroom all the time because the infusions were diuretic.

Perfect! It's the end of this mini-story. And as you can see, through questions and answers, you can practice and improve your speech just like in a **real conversation**.

It is one of the techniques that I use in my [premium courses](#).

I recommend you to you take a look at:

SpeakEnglishPodcast.com/courses

Ok! We have reached the end of this episode.

Remember to listen to it several times. It will help you with your English.

Do you know how you can help me? You can share the podcast with your friends and family. Tell them to go to SpeakEnglishPodcast.com and get my free mini-course.

That would mean a lot to me. Thanks.

See you soon!

Bye! Bye!



Georgiana

founder of
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