



The 3 Pillars to your Speaking success - Mindset (Day 1)

Welcome dear language learner.

Before I show you how you can start speaking your foreign language with confidence and joy, I'd like to thank you for joining this course!

I'm thrilled and honored to have you here, and to help you develop your speaking skills.

In fact, today is day one of your speaking revolution!

And in order to get the most out of this course, I'm going to encourage you to write down **your own personal notes** during these lessons. Anything you find helpful or interesting, please write it down.

Remember: learning is a creative and active process so be the main character of your learning adventure.

Ok, with that said, let's delve into the content of the course!

Let's be honest, starting to speak a foreign language can be intimidating.





Maybe you have been learning your target language for a few months and feel like hiring a tutor and finally speaking it.

Maybe you're going to move abroad and you'll need to speak your foreign language sooner rather than later.

Or maybe you found a partner and you want to surprise them by speaking their native language.

Whatever the reason, and whether you HAVE to speak or you WANT to speak, starting to speak a foreign language is an intimidating and daunting task, even for the most experienced and savvy language learners.

And in this regard, let me tell you something that might surprise you.

At the time that I am recording this course, I speak 14 foreign languages.

I have extensive experience and knowledge about the process of learning and starting to speak a foreign language (after all, you came here to learn how the magic works right?).

And yet every single time I have to start speaking a new language, I am ambushed by a rush of doubts.

I am scared.





I am self-conscious.

Will I be able to express myself?

Will I understand what the other person has to say?

Will I make a fool out of myself?

My mind gets nagged and plagued by countless other negative thoughts.

On one hand, I am completely self-conscious about my speaking skills and how well (actually, how poorly) I will do with my target language, but on the other, my rational mind knows that all this is just a figment of my imagination.

What do I mean?

Allow me to elaborate.

My 30+ year experience in language learning has taught me one big lesson: starting to speak a foreign language *can* be intimidating, but it doesn't have to be stressful or difficult.

It is our subconscious mind that makes it stressful and difficult.





In fact, when it comes to speaking, we can be our own worst enemies.

In other words, how you speak to yourself says everything about how you'll speak to someone else, regardless of a foreign language.

It all begins with this ubiquitous pressure to speak one's foreign language early and to speak well.

It is a paradox, because as a child, it took you approximately three to five years to start forming complete, complex sentences.

That's a long time, and in the meanwhile, you had no pressure.

Just fun, playing, interacting with our peers and family members, and growing your language skills.

However, as an adult, you are expected to master that same process in far less time.

As a consequence of how modern society and education are structured and organized, when you speak a foreign language, you are under constant pressure from 2 sides: internally, you have been conditioned to speak early and well, and externally, society expects you to do the same.

And that's where the problems start.





Speaking is a complex skill and anything complex takes plenty of time.

You will sweat, stumble and grumble, but you will make it through.

Accept that imperfection and vulnerability are part of the process.

Take things step by step.

Be conscious that before you do something well, you have to go through a period where you won't do things well.

And guess what?

It is not only perfectly normal.

It is necessary.

This is what this course is about.

We'll tackle the issue of speaking your target language across 3 main areas or components

1. **Mindset**, 2. **learning strategies**, and 3. the ability to put it all together in a sustainable manner aka **self-organization**.





More specifically, we'll see:

- How mindset impacts the act of starting to speak a foreign language.
- That knowing how to start speaking makes all the difference (learning strategies)
- And last but not least, you will see how managing your time and energy is the ultimate skill to growing your speaking skills in record time.

Mindset, learning strategies and self-organization happen to be the main components of Susan Kruger's famed **pyramid of success**.

Can you see now why it's called the **pyramid of success**?

Tomorrow, we'll focus more in depth on the first component of the pyramid: your mindset and its direct impact on your speaking skills.

But before we do, I want to make you aware of why learning how to speak and learning how to get organized will also make a key difference in your success .

Let's talk about learning strategies next.

All you need to do is play the next video!

