



The English learner's motivation reset: A 7-day action plan

Part 1: Your "Core Why" discovery

Motivation fails when goals are vague. Use the **Three Whys** technique to find your true driver.

- **Why do I want to learn English?** (e.g., I want to pass a test)

Answer: _____

- **Why is that important to me?** (e.g., So I can get a job in a global company)

Answer: _____

- **Why does that change my life?** (The Emotional Core: e.g., So I can provide for my family and feel proud of my career)

Answer: _____

Part 2: The 7-day "Micro-Habit" tracker

The goal this week is **consistency**, not intensity. Aim for just **10–15 minutes** a day.

Day	Suggested activity	What I did	Feeling (1-5 ★)
Day 1	Listen to an English podcast (5-10 mins)		
Day 2	Change your phone's language to English		
Day 3	Watch a YouTube video on a hobby you love		
Day 4	Write 3 sentences about your day in a journal		
Day 5	Shadowing: Repeat 1 minute of audio from a movie or song		
Day 6	Vocabulary Hunt: Find 3 new words in a short article		
Day 7	The Review: Read your Day 4 journal out loud to yourself		

Part 3: Beyond Day 7 – Building Momentum

Congratulations! You survived the first week. Now, it is time to turn these "micro-habits" into a lifestyle. Use the strategies below to keep the fire burning.

1. The "Never Miss Twice" Rule

Life happens. If you miss Day 8, don't worry—just make sure you **never miss two days in a row**. One day is an accident; two days is the start of a new (bad) habit.

2. Level Up Your Habits (Day 8–14)

Now that you have the rhythm, try these "Stacking Habits":

- **The Commute Habit:** Listen to English audio every time you are in the car or on the bus.
- **The Mirror Habit:** Spend 2 minutes brushing your teeth while thinking (in English) about your top priority for the day.
- **The Social Habit:** Leave one comment on an English-speaking YouTube video or Instagram post.

3. Your Maintenance Schedule

Choose **one** specific time of day for your English "Micro-Dose":

"After I [**Morning Coffee / Lunch / Getting into Bed**], I will [**Your English Activity**] for 10 minutes."

Part 4: Your Commitment

I, _____, commit to my **Core Why** and will continue to show up for my future self, even when motivation is low.

My reward for completing Week 2 will be: _____