

How Language Learners Set Strong Goals

- **1 Choose Direction**
 - Define why English matters right now
 - Tie it to real life, not levels or labels
- **2 Build Traction**
 - Set process goals, not outcome goals
 - Decide exactly what you will practice and how often
- **3 Create Visible Markers**
 - Break goals into small, concrete actions
 - Give your brain a clear “next point” to aim for
- **4 Add Feedback**
 - Track signals that show progress (speed, ease, confidence)
 - Use mistakes as data
- **5 Adjust, Don't Quit**
 - When something isn't working, change the method, not the goal

