



Let's find time for language learning

a frenchlover.org e-course

2. Free Time

Time slot	Constraints	Energy level	Possible activities

3. Multitasking

Time slot	Constraints	Energy level	Possible activities

4. Recycling

Time slot	Constraints	Energy level	Possible activities

5. Make your plan

Activity 1 _____

Time : _____ Duration: _____ Frequency _____

Backup plan:

Time: _____

Activity 2 _____

Time : _____ Duration: _____ Frequency _____

Backup plan:

Time: _____

Activity 3 _____

Time : _____ Duration: _____ Frequency _____

Backup plan:

Time: _____

Activity 4 _____

Time : _____ Duration: _____ Frequency _____

Backup plan:

Time: _____

Unexpected free time—activity : _____

- Copy this plan in your calendar -

6. Rewards

Reward 1

Reward 2

Reward 3

Reward 4

7. Assess and fine tune your plan

Every day during the first few days:

How did the plan go?

What went well?

—> Awesome! Treat yourself.

What didn't go so well?

Why? Can you change something to make your plan work better?

If not, go back to parts 2,3 &4 of this workbook and pick another plan.

Weekly assessment

How do you feel about your language learning?

Could you complete all activities?

If no, why not?

Is this likely to happen again?

How can you alter your plan to increase the likelihood of completing it?

Repeat this assessment every week.