

Secrets of Successful English Learners

These come from my teaching experience with hundreds of students!

Are you ready to learn?

1. Successful English learners make a habit of studying English

“Motivation gets you started. Habit keeps you going.”

A habit is something that you do regularly, automatically, usually without thinking about it – like brushing your teeth. Motivation is hard to sustain because some days you just don’t want to study English, or you don’t have energy.

But what keeps you continuing to learn English is **habit**.

“I don’t have time to study English.”

...but successful English learners MAKE time to study! You make time for what's especially important to you, and what you really want to accomplish.

Now, how can you make studying English into a habit?

Connect it to another, already-established habit.

Think about something that's already a habit for you. You already do it every day naturally... that could be eating breakfast, driving to work or coming home from work, etc.

Whatever that habit is that you do frequently, try to make time for your English study immediately after it, so it will become just a routine:

- Every morning I wake up, I eat breakfast, I study English.
- Every night I come home from work, I watch the news for half an hour, and then I study English.

Espresso English lessons are short so that you can easily get them into your busy schedule – just 15 minutes a day!

2. Successful English learners put their English into practice

Four areas of ability:

UNDERSTANDING	PRODUCING
Reading	Writing
Listening	Speaking

One problem: spending too much time on the understanding activities, and not enough time on the producing activities. In order to be fluent, you need all four!

My successful students always, always, always put their English into practice by doing BOTH the understanding activities and the producing activities.

Remember I talked about linking habits? Here's a way to do it with these:

- Every time you read something, next try to write something
Ex. Read a news article in English, try to write your own news article
- Every time you listen to something, next try to speak about something
Ex. Listen to an interview, try speaking your opinion about it

Inside my [Complete Program of courses at Espresso English](#), many of the lessons include homework that asks you to write something or to record yourself speaking, and this helps you put your English into practice.

Our teaching team will evaluate your English and send you back comments and any corrections. This is very, very valuable – because in addition to just practicing, you'll also find out exactly what you need to fix or change.

3. Successful English learners don't let fear stop them

Feeling nervous or afraid to speak English is NORMAL!

But successful learners do NOT let that fear stop them from trying.

“Courage is NOT the absence of fear. It is the ability to act in the presence of fear.” – Bruce Lee

If you let the fear stop you from trying to speak English, then you're not going to make progress at all. But if you can feel the fear, and still take action, still try to speak, still try to write in English, then you're going to improve.

Remember – you have to get through the difficult and imperfect attempts before you can get to the perfect attempts. This is another thing that sometimes stops students from speaking or writing - they want it to be perfect.

Well, I'm telling you right now that it's NOT possible for you to study, study, study, study, study, and then everything that comes out of your mouth is going to be perfect on the first try. It just doesn't happen.

You have to go through those difficult and sometimes imperfect attempts before reaching fluency, or before getting to the level where you sound like a native speaker. So don't let fear stop you in the future.

4. Successful English learners challenge themselves

Sometimes it can be tempting to stick with what's easy – watching videos where you already understand pretty much everything, or reading articles where you only need to look up one or two words.

But successful English learners challenge themselves, and this is the only way that you can get beyond your current level.

If you're reading something in English you can understand everything 100%, or if you're doing a grammar or vocabulary exercise, and you're getting 100% or close to 100% on everything, that means it's already too easy for you – so you need to challenge yourself and do something different or more difficult.

That is the only way that you're going to grow. You need to challenge yourself and just become a little bit uncomfortable in order to make more progress.

On the other hand, don't try to do something that is impossible. The idea is to challenge yourself in a way that you are learning new things, you are developing your English, but with something impossible, that'll make you give up.

Imagine someone who never does exercise, trying to pick up a 400 pound weight - that's about 200 kilograms, something like that - it's going to be impossible, right?

But if they start with something smaller, maybe 20 pounds, and then they practice and they increase, then they go up to 30 and 40 and 50. To learn English successfully and get to a higher and higher level, you need to challenge yourself more and more over time.

I recommend reading or listening to things where you can understand 50 to 75%. That means you understand a good amount of it, but there's also room for you to improve.

So you're reading an article and you know maybe 70% of the words and expressions; that means you can learn the other 30% by checking a dictionary or asking an English-speaking friend. And then when you're at the level where you can understand 95 or 100%, then find something more difficult to read.

Successful English students actively challenge themselves, they don't just stay at the same level forever because it feels good to always be getting 100%. Instead they challenge themselves to go further.

5. Successful English learners enjoy the process AND believe they can reach the goal!

Let's start with the second part – truly believing you can reach the goal. From my experience, becoming fluent is possible for ANY English learner...

- ...even if you've never lived in an English-speaking country
- ...even if you started studying later in life
- ...even if you don't have much formal education
- ...even if you're not "naturally good" at learning languages
- ...even if you're shy

Put negative thoughts and excuses out of your mind, and instead imagine yourself speaking fluently, speaking confidently, understanding English easily – and know that you CAN make that vision into a reality!

Now let's look at the second part – enjoying the process. It's also easy to get discouraged because you're not yet fluent. I see some learners who are just frustrated all the time; they think, "I won't be happy until I'm fluent."

That's not good, because fluency is a long process – it takes years – why would you want to be miserable and frustrated the whole time? Let's find ways to have fun and enjoy the process!

My most successful students have a positive attitude. They know that they're not yet perfect, but they have a positive attitude so that they can enjoy learning and celebrate their successes.

REVIEW

1. Make a **HABIT** of studying English – and we learned that the easiest way is to link it to another established habit
2. Put your English into **PRACTICE** – so don't just read and listen, it's also essential to practice speaking and writing
3. **DON'T** let fear stop you – it's natural to be afraid, but when you use your English despite your fear, that's when you'll make progress and become more confident
4. **CHALLENGE** yourself – don't just stick with the easy stuff, try harder and harder things so that your English actually grows
5. Enjoy the process **AND** believe you can reach the goal – a positive mindset is essential to English learning success.

BUT WHAT SHOULD YOU STUDY?

I've created 19 different courses and e-books to help you develop every English skill you need – speaking, listening, reading, writing, vocabulary, grammar, pronunciation, phrasal verbs, informal expressions, and more!

- Self-study: learn anytime, anywhere
- Quick lessons: easy to fit into your busy schedule
- Study plan to help you make progress
- Homework with teacher feedback
- Instant and permanent access



Total price: ~~\$600~~ \$297 → 12 low monthly payments of \$24.75!

(Best price available all year – only in January)

Student comments:

When I found Espresso English, my language became much better – like a magical experience. I was taught and informed a lot here with all the courses. I feel like I'm supported and can talk confidently.

- Abdul Azeez

Espresso English's lessons, courses and books are, by far, the most comprehensive tools I have ever met in my learning English process, and I strongly recommend all of them to everyone who is serious about becoming fluent.

- Sergio

"I have been a follower of your course for more than 5 years. It has helped me a lot – transformed me from being a happy homemaker into a successful English language teacher."

- Arundhati

[Try free sample lessons](#)

Thank you so much for joining me today!

I hope to see you inside the [Complete Program](#).

Remember, the special low-priced payment plan is only available until January 31.

YOUR COMPLETE 2023 ENGLISH-LEARNING PLAN:

- 200 Common Errors in English**: Avoid mistakes & fix errors for more accurate English!
- Business English Course**: Learn practical English for professional situations.
- Advanced Vocabulary & Collocations**: Learn 1000+ High-level words to help you master the English language.
- Phrasal Verbs in Conversation Course**: Learn 500 common phrasal verbs in spoken English.
- 300+ English Idioms in 30 Days**: Discover & practice informal expressions.
- Listening Course**: Understand native English speakers better - step by step!
- Advanced English Grammar**: Take your English from "good enough" to GREAT!
- Everyday English Speaking Course (LEVEL 1)**
- Everyday English Speaking Course (LEVEL 2)**
- Reading Course**: Improve your reading skills & expand your vocabulary.
- Shadowing with Shayna**: Listen & repeat after me to improve your accent.
- Vocabulary Builder Course (1)**
- Vocabulary Builder Course (2)**
- American English Pronunciation Course**: Speak English more clearly, confidently, and correctly.
- BASIC ENGLISH GRAMMAR for ESL Students**
- SLANG & INFORMAL ENGLISH**
- INTERMEDIATE ENGLISH GRAMMAR for ESL students**
- 600+ Confusing English Words Explained**
- 1000 ENGLISH COLLOCATIONS**