

## Learn a language in 6 months

**Process => Attention, Meaning, Relevance, Memory.**  
Spend 30-minutes/day for 1 month to get by in language.

### **5 Principles:**

1. Focus on language content relevant to me.
2. Use my new language as tool to communicate from day one.
3. When I understand the message, I will unconsciously acquire the language.
4. It's not about knowledge; it's physiological training: Listen to spoken language. Speaking requires facial muscles.
5. Psychological state matters: Not sad, angry, worried, upset. Be happy, relaxed, curious. Be tolerant of ambiguity, understand what I can, expect to not understand it all.

### **7 Actions:**

1. Listen a lot: Okay to not understand. Listen to sounds, patterns, rhythm, intonation.
2. Get the meaning, if not the words: Recognize the patterns I already know.
3. Start mixing: Use the words I know in various combinations.
4. Focus on the core: 1000 words comprise 85% of daily conversation. 3000 words comprise 98% of daily conversation.

Week-1: What is this? How do you say? Repeat that. I don't understand.

Weeks-2+3: Use simple words: you, that, this, me, give, hot.

Week-4: Glue words.

5. Get a language parent: Understands what I said, never corrects my mistakes, confirms what I said, only uses words I know.
6. Watch a native speaker: Speak copying facial muscles.
7. Connect to mental images: Create a new language address path to an existing mental image.

### **3 Shortcuts:**

1. Focus on similarities in languages.
2. Keep it simple.
3. Keep it relevant.

### **3 Golden Rules:**

1. Live in language - speak, read, write, dream, sing. Avoid English to force learning conversational workarounds.
2. Make mistakes - gives me confidence and freedom to continue without getting hung up.
3. Make it fun - keep it entertaining and motivated.

Learn a language in 6 Months: <https://www.youtube.com/watch?v=d0yGdNEWdn0>

<https://www.youtube.com/watch?v=iBMfg4WkKL8>

<https://www.youtube.com/watch?v=G1RRbupCxi0>

[https://www.youtube.com/watch?v=Mls2m\\_oZT6U](https://www.youtube.com/watch?v=Mls2m_oZT6U) (not so good)

<https://www.youtube.com/watch?v=Ge7c7otG2mk>

[https://en.wikipedia.org/wiki/Russian\\_alphabet](https://en.wikipedia.org/wiki/Russian_alphabet) Alphabet

[https://www.youtube.com/watch?v=Yr\\_poW-KK1Q](https://www.youtube.com/watch?v=Yr_poW-KK1Q)