



DEAR **GIRLS FUTURE READY**,

NEW YEAR, NEW GOALS!

THIS YEAR, WE'RE HERE TO HELP YOU SET MEANINGFUL GOALS AND SUPPORT YOU ON YOUR LANGUAGE-LEARNING JOURNEY. ARE YOU READY TO TAKE ON **THE 30-DAY LANGUAGE CHALLENGE**? WE'VE CREATED THIS TOOL WITH EXCITEMENT AS WE GEAR UP FOR THE NEXT SEASON OF THE GIRLS GLOBAL READY PROGRAM!

WHETHER YOU'RE POLISH SPEAKER LOOKING TO IMPROVE YOUR ENGLISH SKILLS, JUST LIKE IN THE GIRLS GLOBAL READY PROGRAM, OR A NATIVE ENGLISH SPEAKER EAGER TO LEARN OTHER LANGUAGES, THIS TOOL IS DESIGNED TO SUPPORT YOU IN **LEARNING ANY LANGUAGE**.

OUR LANGUAGE-LEARNING APPROACH IS DESIGNED TO HELP YOU GROW STEP BY STEP, BALANCING THE CORE SKILLS — SPEAKING, LISTENING, WRITING, READING, GRAMMAR, AND VOCABULARY. WHAT MAKES IT SPECIAL? **IT'S CENTERED ON YOU — YOUR GOALS, YOUR INTERESTS, AND THE AREAS YOU WANT TO IMPROVE**. THROUGH CONSISTENT AND FOCUSED PRACTICE, YOU'LL BUILD CONFIDENCE AND FLUENCY WHILE STAYING MOTIVATED AND ENGAGED.

REMEMBER, EVERY SMALL STEP YOU TAKE BRINGS YOU CLOSER TO FLUENCY — BELIEVE IN YOURSELF AND ENJOY THE JOURNEY!

*Julia Satuga & Oliwia Sagan
and Girls Future Ready Team*

1. VISION BOARD



FIRST, SET YOUR GOALS. IT WILL HELP YOU STAY MOTIVATED AND WILL NAVIGATE YOUR LEARNING LANGUAGE JOURNEY. AS YOU WORK OUT YOUR GOALS, YOU'LL ALSO GET BETTER AT ANALYZING YOUR OWN LANGUAGE NEEDS AND IDENTIFYING WHAT YOU NEED TO LEARN NEXT. BEFORE, ASK YOURSELF:

Why I want to learn this language?

How will it benefit my professional career?

What motivates me the most to continue learning?



TIP: CREATE YOUR VISION BOARD, HOW WILL YOUR LIFE LOOK LIKE WHEN YOU SPEAK THIS LANGUAGE? TO MOTIVATE YOURSELF EVEN MORE, MAKE IT YOUR WALLPAPER.

2.SET YOUR GOAL



WRITE DOWN YOUR GOALS AND ORGANIZE THEM INTO CATEGORIES, SUCH AS SHORT-TERM VS LONG-TERM OR PERSONAL VS PROFESSIONAL. FEEL FREE TO ADD NEW GOALS AS YOU PROGRESS ON YOUR LANGUAGE-LEARNING JOURNEY. AT THE END OF THE MONTH, REVIEW YOUR GOALS, REFLECT ON YOUR ACHIEVEMENTS, AND CELEBRATE HOW FAR YOU'VE COME!

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TIP: FOLLOW 'SMART' METHOD:

S — SPECIFIC **M** — MEASURABLE **A** — ATTAINABLE **R** — RELEVANT **T** — TIME-BOUND

3. TIPS & TOOLS



OUR TIPS

- IMMERSE YOURSELF DAILY THROUGH VIDEOS, PODCASTS, AND SOCIAL MEDIA
- PRACTICE REAL-LIFE DIALOGUES,
- FOCUS ON GRAMMAR WITH CONJUGATION TABLES,
- LEARN VOCABULARY IN CONTEXT THROUGH SENTENCES OR STORIES,
- USE AI TOOLS AND APPS FOR PRACTICE AND FEEDBACK,
- WRITE DAILY REFLECTIONS TO THINK NATURALLY IN THE LANGUAGE,
- BREAK GOALS INTO SMALL STEPS, CELEBRATE MILESTONES.



3 TOOLS WE RECOMMEND

• ANKI

WRITE DOWN NEW WORDS IN CONTEXT, REVISE THEM DAILY, AND PAY ATTENTION TO REPETITION PATTERNS. YOU CAN LEARN WITH ANKI EVERYWHERE: ON A BUS, TRAIN, OR EVEN WHILE WAITING IN LINE.

• LANGUAGE REACTOR

LEARN LANGUAGES THROUGH YOUR FAVORITE SERIES AND MOVIES. THIS FIREFOX EXTENSION ENABLES WATCHING WITH SUBTITLES IN 2 LANGUAGES SIMULTANEOUSLY AND INCLUDES A BUILT-IN DICTIONARY.

• CHAT GPT

CHAT WILL BE YOUR PERFECT ASSISTANT AND TUTOR IN ONE! ASK FOR LISTS OF VOCABULARY, USE IT TO PRACTICE DIALOGUES AND GET CORRECTIONS FOR YOUR MISTAKES.

4. PRACTICE



WE PRESENT SAMPLE EXERCISES THAT YOU CAN USE TO LEARN A LANGUAGE. REMEMBER, THE ONLY LIMIT IS YOUR CREATIVITY. THE MOST IMPORTANT: TRY TO SET ASIDE TIME EACH DAY FOR PRACTICE.

SPEAKING

USE TOOLS LIKE CHATGPT TO PRACTICE CONVERSATIONS. PROMPT: I WANT TO IMPROVE MY PRONUNCIATION IN [LANGUAGE]. COULD YOU CHECK IF I'M SPEAKING CORRECTLY ABOUT [SPECIFIC TOPIC] AND PROVIDE FEEDBACK ON ANY MISTAKES OR UNNATURAL PHRASING?"

LISTENING

ON YOUR WAY HOME, MAKE THE MOST OF YOUR COMMUTE BY LISTENING TO PODCASTS TO EXPLORE NEW VOCABULARY. AT HOME, WATCH SOMETHING ON NETFLIX OR YOUTUBE WITH LANGUAGE REACTOR.

WRITING

USE TOOLS LIKE CHAT GPT TO PRACTICE REAL-LIFE DIALOGUES IN THE RESTAURANT OR AT THE AIRPORT. PROMPT: PRACTICE REAL-LIFE SCENARIOS WITH ME I'M LEARNING [LANGUAGE] AT [LEVEL], HELP ME IMPROVE BY CORRECTING MY MISTAKES, EXPLAINING THEM, AND SUGGESTING BETTER ALTERNATIVES.

READING

IF YOU ARE A BEGINNER USE LEARNER-FRIENDLY BOOKS WITH DICTIONARIES. FOR MORE ADVANCED LEARNERS WE RECOMMEND READING NEWS IN YOUR TARGET LANGUAGE. READ OUT LOUD TO IMPROVE FLUENCY.

GRAMMAR

FIND AN EXPLANATION OF GRAMMAR TOPICS YOU'RE INTERESTED IN ON YOUTUBE. THEN, WRITE AT LEAST 10 SENTENCES USING THE GRAMMAR STRUCTURE TO REINFORCE YOUR LEARNING.

VOCABULARY

WATCH VIDEOS AND READ ARTICLES LIKE *100 MOST USED VERBS* OR *1000 WORDS YOU HAVE TO KNOW ON A1 LEVEL*, IF YOU ARE MORE ADVANCED LEARNER ENHANCE MORE COMPLEX VOCABULARY, FOR EXAMPLE IN MEDICINE, BUSINESS, OR CRAFTING. DON'T FORGET TO ADD THEM TO YOUR FLASHCARDS AND REPEAT THEM DAILY.

Practice
makes
PROGRESS

TO HELP YOU MAKE THE MOST OF YOUR STUDY TIME, WE'VE CREATED THIS SIMPLE PROGRESS TRACKER. EACH DAY YOU LEARN SOMETHING NEW, RECORD THE DATE IN THE APPROPRIATE COLUMN BELOW. THIS WILL HELP YOU STAY ORGANIZED AND MONITOR YOUR GROWTH EFFECTIVELY!

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VOCABULARY

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6.BE CONSISTENT

DID YOU KNOW IT TAKES JUST 30 DAYS TO FORM A HABIT? DOWNLOAD OUR TRACKER AND COLOR IN A PICTURE DAY YOU STUDY — EACH PICTURE REPRESENTS ONE DAY OF PROGRESS!

