

**Episode Name: Be Inspired & Dream Big for 2022**

**By: Amy Whitney**

This is the Real English Conversations Podcast where you'll find the lessons and advice you need to be able to confidently use your English in the real world.

Hey, everybody, this is Amy from RealEnglishConversations.com. And first and foremost, I would like to wish everybody a very happy New Year and welcome to 2022. I know that at this time of year, it really does feel like we have a fresh start. And I think the New Year really has a lot to do with letting go of whatever happened last year and really taking some time to think about our goals and what we would like to achieve for this year.

And that's actually the purpose of this podcast today. Not only am I going to be asking you some questions that are going to help you to really identify what you would like to achieve, but I also want to leave you full of motivation and inspiration that's really going to help you to take action toward those big goals. One of the first things that I would like to do as an activity is for you to think back to one year ago, what was your English like at that time?

And this is something that's a really powerful exercise because it helps us to see either the progress that we've made or it helps us to see that there wasn't much progress made. Either answer is okay, but just take a minute and reflect on that.

How was your English one year ago if you made any progress with your English, that's great. And it's something to take a moment to really congratulate yourself on and to recognize I know for the majority of you that are doing this exercise right now, you will see that in fact, there was a little bit of improvement. Maybe you're able to understand movies or TV shows better. Maybe you feel that you've learned some vocabulary and you can speak a little bit better than before. Even those little differences and measurements of progress are important, but at the same time, if you have this feeling that you're not really happy with the progress that you made last year and you'd like to see better results this year.

The only thing that we need to do different is to make sure that we have a strategy and a plan to make that happen because this year is going to be different this year, I am going to be helping you to put together a plan and a strategy that is going to help you get to those goals. Yes, that's right. Next week on January the 4th, 5th, three-day, and 6th, I'm going to be sharing with you a special three day training podcast that is going to help you to identify where you're stuck, what activities you need to be doing to get unstuck and start developing those skills and actually put together a plan to help you get there.

The only thing that you need to do before that special training is to really think big and think about what you would like to be able to accomplish this year. And I thought one of the most inspirational ways to have you setting big goals about what you can achieve this year would be to share a couple of student stories with you.

And I'd like to start with our student, Min, who is from China last year. Min's number one concern was her speaking fluency. She realized that she was spending a lot of time thinking about everything that she wanted to say. She was worried about saying things correctly and thinking she was making a ton of mistakes and really just feeling uncertain about everything that she was saying. She didn't know if it was understandable if it was natural or maybe it was even offensive.

After just a few months of working with her teacher, she started to gain the confidence that she needed and realized that she didn't really need to think so hard about everything that she was saying these days. Obviously, her speaking fluency is a lot better, but probably the best part is that she's able to speak easily. She knows that she can just say whatever it is that she's thinking and it's going to come out and be understood. She's no longer worried about trying to get everything correct and speaking perfectly and really just has the confidence to be able to enjoy communicating in English.

I would like you to think for a second about Min's story.

She had two problems that she was having to deal with. One was not really feeling comfortable when she had to speak in English. And Secondly, was that she was thinking so much about what she wanted to say, that she had really bad fluency. Do these sound like problems that you're facing right now? Are these things that you would maybe like to overcome this year in 2022? And keep in mind, Min is just a regular person, a regular student, just like you, and I someone that has problems, but with the right type of practice, she was able to overcome them.

So if Min can do it, there's no reason why you can't do the same thing. Maybe it's not speaking fluency for you. Maybe it's listening. That's the biggest obstacle, just like it was for our student Young, who's from South Korea. For Young.

He was working for an American based company, and that meant that a lot of the meetings that they had were taking place in English. And the problem was that when Young was attending these meetings, he was really struggling to understand what they were talking about. He was able to hear enough to grab the general idea, but there were many things that he wasn't able to understand. This made it really difficult for him to be able to answer questions if somebody asked him something specifically, and it's even harder to try to give an answer to a question when you don't clearly understand what the question is.

The thing that is really frustrating, especially for Young, is that he had been actively trying to improve his listening skills for so long.

He had tried different courses, different teachers, everything he could possibly think of to try to improve his listening. But no matter what he was doing, nothing was working. And in fact, when he first started learning with us, he was only able to understand 60% of one of our podcast lessons after being shown how to practice his listening in a way that was

actually going to get him the results he was looking for. He started to have this insane progress within just two weeks. I remember receiving a message from him asking for more difficult audio because the first time he listened to the podcast, he was able to understand 90% without reading it.

And that's crazy. That is a massive improvement after struggling with a certain skill for so long. And as you can imagine today, Young is able to participate in his work meetings. He's no longer stressed out when he has to interact and communicate and ask questions and give answers, which is a huge relief for him. And I am so happy for him to have this breakthrough.

Now I'd like you to think about your listening skills. Would you like to be able to talk to people in meetings or just your everyday life and understand exactly what they're saying? or maybe watch a movie without needing to have the subtitles on? Is improving your listening part of your goals for this year. So now it's time for you to dream big and think about what you can accomplish this year for 2022. Just remember these stories that I shared about these students. This didn't take an entire year for them to achieve.

This was done in just a few months. So if they're able to do that in a few months, what are you going to be able to do by the end of this year? Now, here's the thing thinking about what you would like to accomplish by the end of this year and actually writing it down are two completely different things. And as a way of preparing for the special training next week, I have created a [special form](#) that's going to help you to really think about your goals.

What do you want to be able to do this year?

And you can get the [link to that in the description area of this podcast](#). Additionally, that's going to make sure that you receive every single lesson of the special training directly to your inbox along with any of the special worksheets that I have prepared for you. So you will be hearing from me on Tuesday and I'll see you then.