

THE ULTIMATE GOAL PLANNER

FOR BECOMING FLUENT IN SPANISH





Hi, I'm Nadine. I'm a Spanish coach, teacher & neuroscience enthusiast.

Over the last 4 years, I have helped dozens of people to achieve their goals of having everyday Spanish conversations with ease.

I believe my students see such awesome results in my program because of how committed I am to helping people reach their Spanish goals (my proven system is only part of it). Every time a student tells me how they were able to speak with their neighbor who they weren't able to understand before, or successfully complete a bank transaction without an interpreter for the first time, my heart soars.

Ultimately, my mission is to help English speakers think in Spanish so they can easily connect with the Spanish speakers in their life to better integrate into their new community or work environment.

Nadine Parra Flexhaug

In order to gain clarity and understand what must be done on a daily basis in order to achieve our goals, we are going to use **reverse engineering** to break them down into smaller increments.

Then, we will focus on the short-term goal. Once that goal is met, it's time to move on to the next one. You can continue this way until you reach your long-term goal!

For example, if you have your 1-year goal (which you may have already broken down from a 3 to 5-year goal), **think about where you need to be at 6 months, in order to know that you are halfway towards achieving your 1-year goal.**

Write this down for the 6-month goal. Then, repeat the same for your 3-month goal. Where will you need to be at 3 months, in order to know that you're halfway towards achieving your 6-month goal?

Remember to get into as much detail as possible when writing out your goals and use specific examples.

Once you've broken it down into your 1-month goal, you are going to use the calendar on page 6 to plan out the daily activities that you need to complete, in order to reach the goal.

For example, if you want to have conversations about the house you're building, you will need to learn the related vocabulary & how to talk about how you want things to be, what your plans are for the house, etc.

It's recommended to spend 20-60 minutes a day, 5-7 days a week. However, ideally, you will not miss a day in the first month, as it takes about 21 days to create a new habit.

Name:

Date:

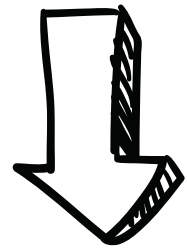
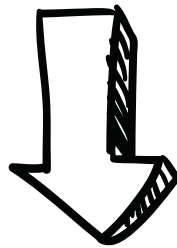
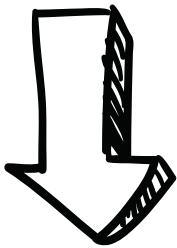
1 YEAR GOAL:

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3 MONTH GOAL:

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6 MONTH GOAL:

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9 MONTH GOAL:

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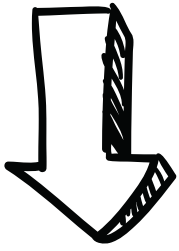
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MONTH 3:

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MONTH 2:

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MONTH 1:

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MONTH 1

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

MONTH 2

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

MONTH 3

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Use this planner every day for at least 21 days to make a habit of it. Once it becomes a habit, you won't need to think about pulling it out and checking off your daily goals anymore.

You'll just reach for it as you would reach for your toothbrush in the morning, without thinking! When this happens, it will be a part of your daily routine and **THIS is when your Spanish really starts to take off.**

Consistency is one of the hardest things for people. They tend to start and stop repeatedly but that doesn't give your brain the opportunity to fully form the new connections being made, so they are easily forgotten.

DON'T UNDERESTIMATE THE POWER OF CONSISTENCY!

Use this planner to hold yourself accountable and make sure you're getting 20-60 minutes of Spanish into your day, at least 5 days a week.

If you need further help keeping yourself accountable or would like more guidance to determine exactly what you should be doing each day to make sure you reach your goals, or maybe you just need more conversation practice & someone who can answer your questions & provide feedback on how you're doing...we have a 12-week online fluency bootcamp program that can help you with all of these things and more.

In this program we help you create your own personalized learning plan and guide you every step of the way. We even provide you with all the resources you need to take daily action (including practice conversations with native speakers!).

If you'd like to learn more about how we can help you **learn to think in Spanish so you can carry on everyday conversations with ease & confidence**, book a free strategy session below:



FREE STRATEGY SESSION