

*JOIN NOW* 



30-Day Language

**CHALLENGE**

[courselounge.com](https://courselounge.com)

# The Challenge

**LEARN and practice a new word or phrase in a foreign language every day for 30 days.**



**01**

## **Day 1-5: Start with Basics**

Learn common greetings (e.g., hello, goodbye, thank you).

**02**

## **Day 6-10: Daily Objects + Activities**

Learn words related to daily life (e.g., food, house, activities).

**03**

## **Day 11-15: Expand Vocabulary with Themes**

Focus on a theme each day (e.g., colors, numbers, family).

**04**

## **Day 16-20: Sentence Construction**

Learn how to form simple sentences.

**05**

## **Day 21-25: Common Phrases + Expressions**

Learn useful phrases for everyday situations.

**06**

## **Day 26-30: Daily Conversational Topics**

Explore more complex topics (e.g., hobbies, travel, future plans).

# Day 1-5

## Start with Basics



1

### **TASK**

Learn common greetings (e.g., hello, goodbye, thank you).

2

### **METHOD**

Use language learning apps (Duolingo, Memrise) or online language courses such as the StoryLearning Method.

3

### **EXAMPLES**

Memorize basic greetings: "Hola" (hello), "Adiós" (goodbye), "Gracias" (thank you).

4

### **PRACTICE**

Greet friends, family, or language exchange partners using these phrases.

# Day 6-10

## Everyday Objects and Activities



1

### **TASK**

Learn words of objects and activities related to everyday life (e.g., food, house).

2

### **METHOD**

Label common items at home with their foreign language names.

3

### **EXAMPLES**

Label items in your kitchen: "la cocina" (kitchen), "la nevera" (refrigerator).

4

### **PRACTICE**

Narrate your daily routine in the target language.

# Day 11-15

## Expand Vocabulary with Themes



1

### **TASK**

Focus on a theme each day (e.g., colors, numbers, family).

2

### **METHOD**

Use flashcards or mnemonic devices for better retention.

3

### **EXAMPLES**

Learn colors: "rojo" (red), "azul" (blue), "verde" (green).

4

### **PRACTICE**

Describe objects around you using the colors you've learned.

# Day 16-20

# Sentence Construction



1

## **TASK**

Learn how to form simple sentences.

2

## **METHOD**

Practice creating basic sentences using the words you've learned. Read simple texts to get familiar with sentence structures.

3

## **EXAMPLES**

Combine words: "Yo tengo una casa" (I have a house).

4

## **PRACTICE**

Write short sentences about yourself or your day.

# Day 21-25

## Common Phrases and Expressions



1

### **TASK**

Learn useful phrases for everyday situations.

2

### **METHOD**

Practice through role-playing or conversations with language exchange partners. Read easy to understand texts and books.

3

### **EXAMPLES**

Learn polite phrases: "Por favor" (please), "Perdón" (excuse me).

4

### **PRACTICE**

Use these phrases in everyday situations or simulated conversations.

# Day 26-30

# Daily Conversational Topics



1

## **TASK**

Explore more complex topics (e.g., hobbies, travel, future plans).

2

## **METHOD**

Engage in short conversations or write a paragraph on each topic. Read easy to understand texts related to your topic.

3

## **EXAMPLES**

Learn vocabulary related to hobbies: "leer" (read), "pintar" (paint).

4

## **PRACTICE**

Discuss your hobbies or write about your future plans in the language.



# Ressources

Helpful links to articles, software, and courses.



01

## How to learn a new language

A tutorial with tips and tricks to learn languages.

02

## The best language courses

A list covering the best language courses online.

03

## The best language learning apps

A tutorial with tips and tricks to learn languages.

04

## The best Spanish courses online

A tutorial with tips and tricks to learn languages.

05

## The best Italian courses online

A tutorial with tips and tricks to learn languages.

06

## The best French courses online

A tutorial with tips and tricks to learn languages.



# 30 DAY CHALLENGE TRACKER

**Challenge**

**Start**

**Finish**


**Goals**

---

---

---

---

---

---

---

**Notes**

---

---

---

---

---

---

---

# Stay Motivated!



## Set Realistic Daily Goals

- Break down your language learning into manageable chunks, ensuring it fits into your daily routine.
- Set a specific time each day for language learning to create a routine.
- Aim for a small number of words or phrases initially, gradually increasing as you become more comfortable.

## Use Technology to Your Advantage

- Explore language apps, podcasts, or YouTube channels to make the process interactive and enjoyable.
- Use apps with gamified features to make learning fun.
- Listen to podcasts or watch videos in the language to improve your listening skills.

## Celebrate Milestones

- Acknowledge your progress at the end of each week. Celebrate completing a week and stay positive.
- Reflect on the words and phrases you've mastered.
- Treat yourself to a small reward or enjoyable language-related activity.

# Stay Motivated!



## Create a Visual Progress Tracker

- Make a calendar or use a language learning app that visually tracks your daily achievements and progress.
- Color-code completed days to visually track your consistency.
- Use a language app that shows your daily streak to motivate you to keep going.

## Engage with Others

- Join online language learning communities or find a language exchange partner for joined experiences.
- Participate in forums or discussion groups to ask questions and share experiences.
- Connect with native speakers for speaking practice.

## Reward Yourself

- Treat yourself when you reach certain milestones, e.g., watching a movie or enjoying a favorite snack.
- Plan a nice reward for completing each week.
- Choose rewards that align with your interests to keep you motivated.

# Stay Motivated!



## Variety Keeps It Fun

- Introduce variety in your learning methods. Alternate between apps, flashcards, and conversations.
- Rotate between different language learning resources to prevent monotony.
- Incorporate games or quizzes to make learning engaging and interesting.

## Visualize Your Success

- Imagine yourself confidently using the language in real-life situations. Visualization can boost your confidence and motivation.
- Create mental images of successfully communicating in the language. Visualize scenarios like ordering food.

## Stay Consistent, But Be Kind to Yourself

- Consistency is key, but if you miss a day, don't be too hard on yourself. Acknowledge it, move on, and resume the challenge the next day.
- Focus on the progress not any missed days. Use missed days as learning opportunities to improve

# Stay Motivated!



## Thanks for taking part in this 30-Day Challenge!

Well done and congratulations on completing the 30-day language challenge!

Keep up the good work and habit of learning a new language daily. Remember to continue practicing your reading, listening, writing, and speaking skills in your target language.

Use audio, video, online media, books, podcasts, newspapers, magazines or local Meetup communities to get involved. You may also want to consider trying new activities to maintain your progress.



**WELL DONE!**

**YOU MADE IT.**

30-Day Language  
**CHALLENGE**

[courselounge.com](https://courselounge.com)