

When people ask about the *fastest* way to learn a language, the answer is simple: **dive right in.** Start speaking with highly proficient or native speakers of your target language and intentionally use the questions and structures you're learning.

This combination—**deliberate practice + real interaction**—is incredibly powerful.

- You *learn* when you intentionally study questions and make sure you can answer them.
- You *acquire* when you use those questions in conversations and absorb all the new language that comes back at you from the other speaker.

That blend is pure magic.

But here's the truth we don't talk about enough:

## **The fastest way isn't always the best way for your life.**

Maybe you're busy. Maybe you can't commit to weekly italki lessons. I love speaking practice, but I'm often too busy to keep up with it consistently. So while speaking with native speakers might be the fastest method... it's simply not the most realistic one for me.

And that brings us to the real point:

## **The best way to learn a language is the one that actually happens.**

The one that fits into your days.

The one you can sustain.

The one that feels like a natural part of your life instead of another item on a to-do list.

For me, this means **audio-based learning.**

I can learn during downtime.

I can learn on my commute.

I can learn while I'm walking.

So yes, speaking practice (with input, like a conversation) may be ideal—but audio habits are what keep me progressing.

(You'll also see attached: **25 Ideas for Daily Language Learning**, all designed to fit into real life.)

## **Find Your Sweet Spot: Passion × Proficiency × Plan**

Your daily language activities should sit at the intersection of three things:

### **1. Your passions**

What lights you up? What do you enjoy?\*

If you love stories, listen to stories.

If you love cooking, follow cooking videos in Spanish.

If you love music, build playlists and study the lyrics.

The things you *like* are the things you'll actually *do*.

### **2. Your proficiency**

Choose tasks that feel doable—not overwhelming and not boring.\*\*

If you're a beginner, you shouldn't be struggling to read novels.

But you **can** listen to short audios, repeat phrases, or read simple texts.

Match the challenge to where you are.

### **3. Your plan**

How does language learning fit into your day?\*

No two learners' schedules look the same.

Some have time for hour-long conversations.

Some have time for 10-minute bursts between responsibilities.

Both can work.

## A Note on Time Periods (Especially for Beginners)

If you're in the **novice** range—from total beginner up to the point where you can start creating your own short phrases—there's something very important to understand:

**Language learning at this stage is cognitively demanding.**

It takes energy, focus, and mental stamina.

If you push too hard, you risk making the experience negative.

You risk burnout.

And burnout leads to quitting.

So here's my recommendation:

- **Aim for learning sessions of no more than 30-45 minutes as a beginner.**
- Once you reach the point where you can create with language, you can begin extending your sessions naturally.
- But early on, shorter, consistent practice is almost always better.

Consistency beats intensity.

Joy beats pressure.

And small steps beat grand plans you never follow.

## In the End...

The best language-learning method isn't the flashiest, the fastest, or the one everyone on the internet swears by.

**It's the one you can sustain.**

The one that fits your lifestyle.

The one that feels good enough that you want to keep coming back to it.

Start with what matters to *you*.

Support it with methods that match your time, energy, and proficiency level.

And let learning become part of the rhythm of your everyday life.

**Building Proficiency for World Language Learners: 100+ High-Interest**

## **Activities**

Discover over 100 dynamic activities to make world language learning interactive and fun. I wrote this book with some of my favorite activities for educators aiming to build proficiency with high-impact strategies.

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## **5 Weeks of No and Low Prep Fun**

Need quick, engaging activities for your class? This free guide includes **25 no-prep and low-prep ideas** to save time while keeping students excited about learning.

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