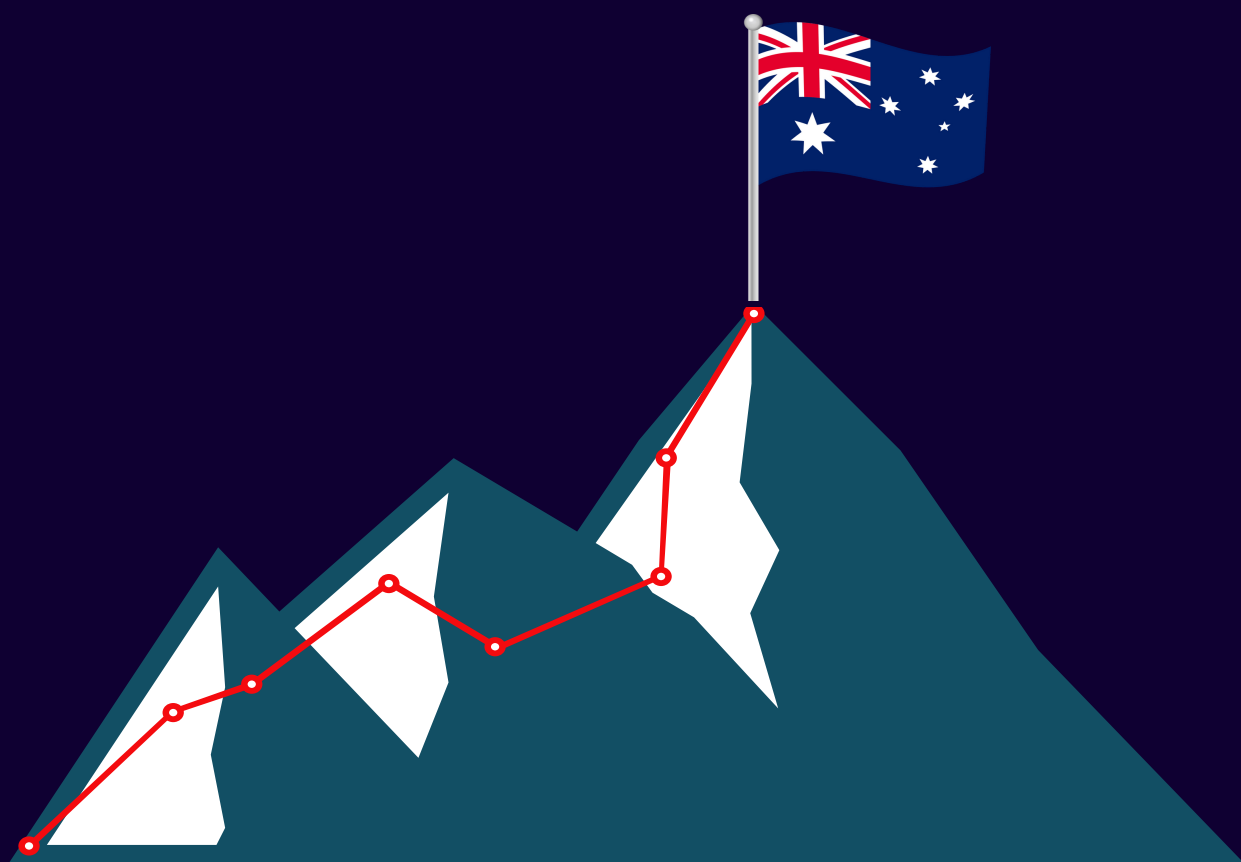


MASTERING LANGUAGE AND  
EMBRACING CULTURE

# BREAKING BARRIERS

A MIGRANT'S GUIDE TO  
SUCCESS IN AUSTRALIA



YOUNGJIN KOH

# Introduction

## **How does one become fluent in English and fully integrate into a new culture?**

I moved to Australia right after graduating high school in Korea. I chose to settle in Sydney, where people from various countries around the world live. Their different cultures and unique pronunciations sometimes warmly welcomed me, but the necessity of surviving in a harsh, cold reality was relentlessly icy. Over the past 10 years, I have experienced many hardships due to my struggles with English. Economic disadvantages, unfair treatment, discrimination, sacrifices of my rights, and more have followed.

After living here for 13 years, even though I didn't spend many hours studying English at a desk, I managed to overcome communication problems in English. Furthermore, by interacting with a diverse range of people, I recognised the difference between those who naturally acquire English skills and those who don't. This led me to further investigate why some people fail to learn to speak English fluently, while others succeed without much effort.

My journey started from working as a server in a Korean sushi restaurant, then a café manager, a restaurant and bar manager, a business banker at a bank, a digital marketer, a crypto investor, and a businessman running a real estate tech start-up and now, I hope to use my past experiences to help those who are going through similar difficulties, those who want to walk a similar path, or those who are suffering from language barrier.

I started teaching with the desire to help others, using both psychological and linguistic approaches along with life philosophies. These methods are based on the shared traits observed in individuals who naturally acquired languages.

People who naturally acquire languages shares three common strategies. Their mindset, relevancy and reinforcement. They have the right mindset required to learn new things, they expose themselves to language that are relevant to them, and they put themselves in the right environment. It's not about inborn talents or intelligence, it's more of how well you use those three for your learning process.

Learning language requires you to get out of your comfort zone. It often requires people to change, embrace new culture and challenges their limits.

### **How this book will help you**

If you've tried various learning methods without significant success, repeatedly failed because you are too lazy to study or don't know where to start, or are residing abroad seeking bigger opportunities but are held back by English, I hope this book will be of great help.

Most people already know why they don't speak fluent English even after living abroad after several years. Maybe you haven't worked hard enough, or haven't been consistent in your efforts, or perhaps despite your hard work, your progress is slow due to inefficient study methods. I hope readers of this book will discover how they can 'naturally' acquire English and become integrated members of the Australian society.

While many English education programs out there are already beneficial, I believe that the reason why my readers, those who haven't been able to acquire English, haven't succeeded is not because they couldn't find an excellent program, but because they didn't fully commit to a prescribed program and put in the necessary effort. Most people research the best options they have before purchasing an English education program, but once they purchase it, they don't even complete it. This can be because the program, being designed for the masses, can't cater to every individual's unique needs. And lack of consistency and discipline. We need to understand our brain is designed to learn effectively when we find the process interesting and

enjoyable. We should seek intrinsic motivation by experiencing small successes and improvements in your language development, such as being able to introduce yourself to others or ask for what you want. Gaining confidence, making more friends, and improving your quality of life will all result from this progression.

Learning a new language is not easy. It's vast and requires time and long effort, just like accomplishing anything in life. Learning a language is not a result that can be obtained in a short period of time. Learning a language means learning about the life of the country where the language is used, and living a new life within it. There's so much to learn, from different people with different expressions, phonics, pronunciations, and cultures. Therefore, learning a language comes down to whether we are prepared to face a new life. We need an open mind that recognizes differences and is willing to face anything.

I hope this book can help readers take one step further into foreign cultures and people as they live abroad.

It will guide you to create a new environment where you can expose yourself to English more in life and increase the frequency of using English as much as possible. You will learn about the ways language geniuses acquire a new language, how to have conversations with foreigners confidently and fluently, how to effectively learn vocabulary, and the ways to achieve language acquisition.

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# **Rule #1. Success engineering**

Your approach to language learning and life abroad can significantly influence your success. You may have read about the importance of having the correct mindset. The way you think will dictate your words and actions, ultimately shaping your identity and future. Self-talk is crucial, and it's necessary to maintain confidence and resilience. Self-doubt may affect anyone, but it's up to you whether to acknowledge it and move past it.

The key to success engineering is believing in your capabilities. Assure yourself that you can do it and trust in your abilities. Let the following affirmation resonate in your mind and manifest in your reality:

"I believe I can speak like a native speaker and learn like the brightest people in the world. Nothing can stop me from improving, and I believe in my ability to do so."

# **Rule #2. Copying the talents of the world's best language learners**

Athletes in the Olympics learn from each other. They use each other's good points and ways of training to break records. This helps them do better and teaches others how to do the same. This is one way people can do better than the record. It's the same with learning languages. Some people have already found good ways to learn. Why not use their ways to study? All we need to do is copy their methods.

## **Rule #3. Modelling language learning**

Modelling language learning means finding someone who is good at English and copying what they do. This can be their actions, the way they sound, or how they picture things in their mind. For example, if a person you admire reads English books every day, you can copy that habit. If they pronounce words in a certain way, you can try to sound like them. This is what it means to use their 'internal programs'. If their ways of doing things help you learn, you should be ready to use those ways for yourself. It's like borrowing their strategies to get better at English.

Most people who have successfully learned a language use similar or nearly identical strategic plans, including the way they think, act, and feel about the language. All this information has been studied and written, so all that's left is to read, observe and learn.

## **Rule #4. Dangerous ideas**

Your growth and future possibilities are determined by the amount of faith you place in yourself. Believing in your own capabilities can yield vastly different results compared to if you lack that belief.

If you've ever thought, "I can't do it," or "They can do it because they are different from me," it might be time to reassess your self-perception. Ask yourself, how should I communicate with myself if I wish to see success and happiness? You set your own limitations; your possibilities extend as far as your beliefs.

The difference between successful individuals and others is often visible in their attitudes towards failure. Those who are unafraid of failure, view it as an

opportunity for growth, accumulate experience through numerous failures, and inch closer to their desired goals. No one can speak perfect English from the start. You don't need to strive for grammatically perfect sentences. Making numerous mistakes, repeating, correcting, and learning through this process is far better than fearing and avoiding errors.

You can notice significant differences in self-beliefs when comparing the mindsets of early study-abroad students, college students, and those who travel for work or experience. Study-abroad students view English as a vital tool for survival. They believe they can only thrive in a foreign culture for an extended period if they speak English fluently, like a native. For them, English is a "must-learn" subject; it's essential and shapes their approach to life. On the other hand, adopting a mindset like "I'm not sure if I can do it, it would be nice to learn it, but if not, it's okay. I can work and live in Korean society," won't aid in becoming fluent in English.

Remember, you too can achieve it. All you need to do is believe in your own capabilities. Napoleon Hill once said, "Men backed by faith can achieve anything in their life." Those who have confidence in themselves can indeed accomplish anything in life.

## **Rule #5. Cultural mythology mistake**

"It's impossible to learn to speak English like a native speaker without genetic talent."

No.

The belief that DNA is necessary for good English is a myth. What talent is needed to learn a language...? We already possess all the brain capacity needed to learn languages. Think of your mother tongue that you can speak fluently, it's not

because of talent that you learned to communicate. From birth, you've listened to your parents' voices, mimicked them, made mistakes, corrected them, and learned through repetition.

There is no scientific proof that someone can acquire a language quickly due to superior DNA. We all already have the power to learn languages and just need to use it correctly. It's about investing relentless effort and time to listen a lot, interact a lot, use it a lot, and acquire it. What you listen to, how you interact, and how you use it can shorten the time it takes to become fluent.

## **Rule #6. Living in a bigger World**

How can the way I live improve my English skills?

When I first left Korea to live abroad, everything was new. Foreigners with strange appearances, the language, the new environment, the different culture, the different food, and the entirely different world - the feelings I first experienced are still unforgettable. Looking back, one of the actions I took while adapting made a significant difference in creating who I am now.

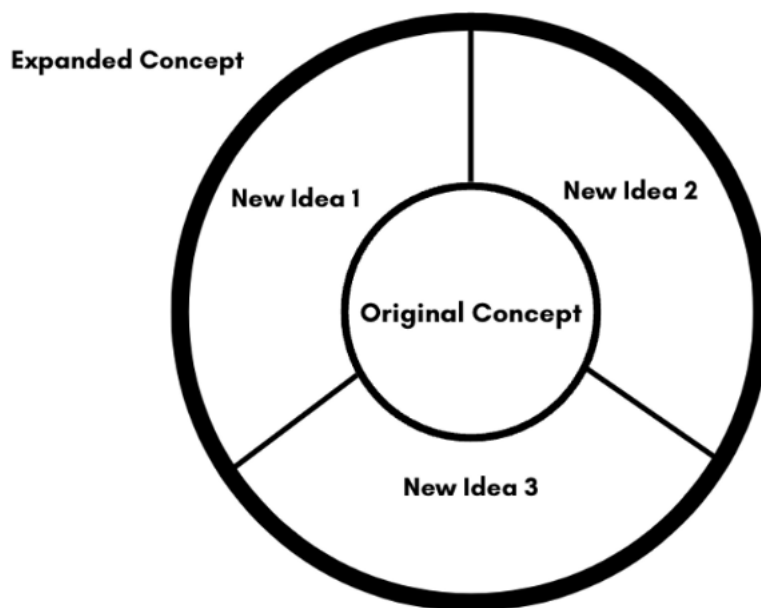
Meeting people from abroad, I found that many aspects of the mindset and way of life I had while living in Korea were different. Of course, as a young person, I couldn't wisely discern whether this new way of life was beneficial to me or whether it was better to live as I did in Korea. One thing that's certain is that when I encountered these new life ideas, I embraced them.

Setting aside old Korean traditions, I embraced a new culture. This included manners for dealing with strangers upon first meeting, perspectives on relationships,

viewpoints of others, and an awareness of health, fitness, and fashion, among other things.

I tried to do the same as people in Australia. It wasn't that I decided to live my life that way forever, but at that moment, I tried to learn and follow their ways without prejudice about these new ideas that I encountered. Thus, I adapted more quickly to life abroad than other Korean friends who came with me, and I began to think like them, act like them, and speak like them. Naturally, I met more foreigners, immersed myself deeper in the culture, and used English more than Korean.

"As If" Game "As if" means "as if ~~". It's about consciously accepting all the ideas and beliefs from the group of people you want to learn from and acting as if you are. So, you get the opportunity to learn the way they live in the world and their lifestyle. As you have these different experiences, you see a new world in which these people live, different from the philosophy of the world in which you've been living, and you get to see the world through a bigger lens.



💡 Accepting, respecting, and learning from differences consciously → Seeing the world from different perspectives → Encountering more experiences and people → Using more and broader English → Repeated use → Improving English proficiency.

## **Rule #7. Fixed and growth mindsets**

### **by Carol Dweck**

Little Thomas, who lived in a village, was always afraid of learning. As a child, Thomas thought he was a dumb kid every time he encountered a difficult problem. In conversations with his friends, Thomas often said, "Oh, that's not going to happen for me. I wish I were smarter."

One day, Thomas met Ms. Seri, a famous teacher in the village. Ms. Seri shared an important message with Thomas. "Thomas, even if you challenge something and fail, it just means that you haven't succeeded 'yet.' So failure is just an opportunity for you to learn."

At first, Thomas did not understand this, but he decided to challenge himself, constantly keeping Ms. Seri's words in mind. Once, he worked hard to solve a difficult math problem, and another time, he strived to resolve conflicts with his friends.

As time passed, Thomas realised that his efforts were bringing results. He understood the significant meaning behind the thought of having not succeeded "yet" when facing difficulties. Thomas began to grow gradually, realizing that his ability to learn was infinite.

Now, Thomas enjoys studying with his peers and facing new challenges, beginning to see the world in a broader sense. The word 'yet' was deeply ingrained in his heart. And Thomas also shared stories of motivation and growth with those around him.

Through this story, we can understand the meaning of the word 'yet,' and how important it is to have a mindset for challenge and growth. Everyone deserves the opportunity to believe in the possibility of 'yet' within themselves, to challenge, and to grow.

Living abroad, there are countless and diverse issues to confront and overcome. Not only language, but forming relationships with people, gaining trust from others, becoming stronger - to overcome these, we must excel beyond our original selves and become a new person. But how can we do that if we do not believe we can do it and do not challenge ourselves?

## **Rule #8. Setting accurate goals**

Even if you set a goal to study English for an hour or two a day, it is not easy to keep it up consistently.

Even when I have a positive attitude and a good mindset, being consistent with effort towards accomplishing the goal is different story. Speaking with people from different countries were very tiring and sometimes stressful. I plan to study English, but I end up not doing it. At least I watched movies in English. But I needed to learn to control myself. Learn to take immediate actions and learn to be consistent with it.

I hated studying since I was a child. English study was just hard and annoying. I studied abroad in Canada for a year when I was 15, but because I hung out with

Korean friends a lot there, my English was still poor, and I often had to look up words to express what I wanted to say.

Over time, I've tried many methods to accomplish my goal. And I discovered many of these strategies share similarities. I've decided to share one of the best methods with you, hoping it can be useful in your learning journey.

'Think and Grow Rich,' the result of a project commissioned by Andrew Carnegie to Napoleon Hill to find the common denominator of successful people and a masterpiece of success science. It's a book containing the secret to success. It was created through interviews with 507 highly influential individuals, 25 years of research and organization, and explains the fundamental principles that form the basis of many success sciences and life strategies.

The major concept covered in the book is goal setting.

Desire → Belief → Goal setting → Visualization Contract with yourself

### **Make a Contract with Yourself:**

1. Define precisely what your desired goal is. "I want to be good at English" is not good enough. You should set a goal that is as specific as possible and has measurable outcomes. And you need to think big. "I will immerse myself deeply in a foreign society, make 10 friends and explore new cultures!" or if you are a parent "I want to confidently speak in English about our child in front of foreign parents!", or if own a business, "I will expand my business into foreign markets and achieve annual sales of more than \$10 Million!"

2. Create new habits for you to achieve that goal. Something that you will do everyday basis to move you forward, help you get closer to the destination "I will wake up early in the morning and read 10 pages of book in English" or "I will watch two YouTube videos in English every time I commute to work."

3. Determine precisely what you're willing to sacrifice to achieve your goal. "I will not go out and see my friends until I do this for the next 30 days" or "I will stop social media/game/TV until make this happen".

4. Set a specific date by which you want to achieve your goal. Depending on your goal, it could be a month, or it could be 1-3 years.

5. Formulate a clear plan to achieve your goal. Once started, you must put it into practice, ready or not. I.e., "Find at least 100 words/expressions I need to know at work -> make 5 sentences out of those words -> Practise using them to colleague once a day at least"

6. Make a contract with your close one.

It's useful to tap into something you don't want to lose, or your fears. "If I don't achieve this goal, I will not go on this year's family trip." Or "If I don't finish this course within a month, I will not go out for a month and will give \$1,000 to my friend." You should really be ready to keep your word.

7. Read your written goals out loud. Do it twice a day, before bed and immediately upon waking up. When you read it, envision, feel, and believe that you are already living the life where you have achieved this goal.

"I will expand my business into foreign markets and Increase annual sales 10%. To do this, I will watch business related contents in English 3hours a day for the next 30 days and increase the time I spend speaking English with my friends and colleagues. To make this happen, I will stop watching Korean TV and stop avoiding the chance to speak to Native speakers. If I don't keep the promise, I won't stop going out with my friends or stop using social media for 30 days."

# Rule #9. The Golden Circle by Simon Sinek

A trainer asked, "Why do you exercise?"

The most common first response was, "To lose weight."

He asked again, "Why do you want to lose weight?"

Most replied, "For health," or "To have a great body."

He asked again, "Why do you want to be healthy? Or why do you want a great body?"

Many people hesitated, and only a few could respond to this question immediately.

It seemed that they had never thought about this seemingly obvious question before. After a while, one person gave a vague answer: "I want to get attention from others."

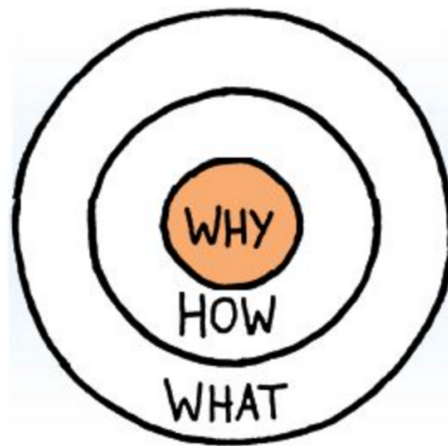
Finally, he asked, "Why do you want to get attention from others?"

The conversation didn't continue from there. After some thought, the trainer concluded that the reason why people want to get attention from others is because they love themselves. Of course, this can vary from person to person, but why was the trainer trying to find the 'why'?

We need to look at "Why things do not go as we want or as we plan". How can others achieve what we could not? For instance, why is Apple considered innovative? Year after year, they are much more innovative than all their competitors. Although they are just a company producing computers and phones, like Samsung, LG, Xiaomi, etc., Apple was different. As time went on, they continued to make greater innovations and achieved tremendous success with their App Store, media, agency,

consultant, etc. How do they yield such different results? Why did Martin Luther King lead the civil rights movement? He was not the only person who suffered before the U.S. civil rights movement, nor was he the only great speaker of his time. Why was it him?

There was a pattern in how the world's great leaders and organizations achieved their goals. Apple, Martin Luther King, and other globally successful companies all think, act, and communicate in the same way. This pattern was certainly the opposite of most people's.



Why: Your purpose - your motivation and what do you believe in?.

How: Your process. Specific actions to realise 'why'.

What: Your outcome. What do you do? The result of 'why'.

Think in the order of why → how → what, not in the order of what → how → why.

Other successful companies also have a clear 'why'.

Apple: Think differently and break the mold.

TED: To broadly share ideas and thoughts.

IKEA: To improve the quality of people's daily lives.

Tesla: To accelerate the world's sustainable energy.

All successful people, including this trainer, knew the importance of the essential question 'why'. Bringing out the 'why' deeply embedded within us to motivate ourselves. Knowing exactly why what I want to do is important to me.

Here's an example of how a student found their 'why'.

Why do you want to be good at English? "To find a better job".

Why do you need a better job? "To become financially capable"

Why do you need financial capability? - "Because I want to spend more quality time with my family".

Why is time with family important? - "Because I want my loved ones to be happy".

Why do you want them to be happy? - "Because that makes me happy. I want to enjoy a lot of happiness while I live".

Why is happiness important to you? - "It's one of the reasons for my existence and a motivation for me to live each day".

Why do you exist? - "To set out in search of the meaning of life, experience and learn through various experiences, and give back to the people I love".

Although you can delve deeper, the reason why this student wants to be good at English is clear. What's your 'why'?

# **Rule #10. The surprising ability hidden within us, self-suggestion.**

There were times when I would wake up at 5am, do weight training, take cold showers, work at a bank from 9-5, followed by teaching English to students, work all day on an English business during weekends, and work 80 hours a week. I'd take 2 weeks of annual leave from the bank and work on my business morning till night for the entire holiday period and return to my old routine. I was hooked. I didn't know how time was passing by. People around me would ask how I was able to keep going without burning out and if I was pushing myself too hard. Back then, I simply did it because I enjoyed it. I didn't feel any distance to the idea of naturally devoting a lot of time because work was fun. I thought watching movies was a waste of time and I didn't even glance at anything that didn't help me develop myself.

About two years passed and a time came when I could take a break for a while. I took a vacation, watched movies, Netflix, YouTube videos, and spent time on social media which I hadn't been doing. My old self seemed to be nowhere to be found, and I was slightly disappointed in myself who was looking for something more fun and more stimulating like a slave to dopamine, but I thought I should rest comfortably because I had worked hard.

When the vacation ended, it was time to work hard again. It was time to live a productive life, focusing on the goal as before. However, my body and mind didn't follow as if they had never done so before. I overslept for two days, procrastinated on what I had to do, and was checking Instagram while working, my concentration was down while working. I thought I had to finish my work quickly and have popcorn and coke while watching Netflix in the evening. Something went wrong...very wrong... So I started looking for self-help books, related videos, numerous TED lectures to find my old self again. As I kept watching, the message they all commonly conveyed became clear.

"If you harbor thoughts in your mind, these thoughts soon become reality"  
Therefore, if you truly believe that "I am getting better every day in every way", it will become as you think. Emile Coue

## **Two Selves**

We have two selves within us. These are the conscious self we are aware of and the unconscious self where imagination works.

Our conscious self often forgets and can't remember much, while our unconscious self remembers even small, unimportant things in detail. The unconscious self doesn't judge, it just accepts, and it's linked to the brain which controls all the functions of our body. That's why we sometimes get surprising results. If we believe or feel that a part of our body is good or bad, then that part actually becomes so.

Our unconscious self, which is the realm of imagination, also controls our actions. Contrary to common belief, imagination, not willpower, makes us move. This is because willpower and imagination work against each other.

To understand the role of self-suggestion, it's enough to realise that our unconscious self is the manager that oversees all our functions. If we can consciously control our unconscious self, we can guide ourselves on the right path in life, just as imagination has led us so far. Even though the unconscious is stronger than willpower, we can control imagination in a positive direction through self-suggestion.

## **How can we self-regulate through self-suggestion?**

The method of managing the mind of imagination and unconsciousness with self-suggestion is simple. It's simple but incredibly effective. Repeat, "I'm getting better in every way, every day," twenty times a day, morning and evening. This gets

imprinted in the unconscious, issuing a command to our brain, and all things in life move positively by that command. It's the realization of the power of the subconscious through repetitive self-suggestion.

The important thing is to believe in the strong power hidden within us. If you indulge in joyful imagination, full of trust, without doubting that power, everything will come true.

People who have the belief that 'I will succeed' become good at using opportunities. No matter how small the opportunity, they gain the power to lead it in a good direction. A person with the idea of success in their heart influences their unconscious and reaps the success they have suggested to themselves. On the contrary, a person who cannot believe in their own success, cannot seize even the best opportunities that come their way, thus they cannot succeed. Therefore, have conviction that you can achieve what you want. Conscious self-suggestion, reinforced with confidence, belief, and patience, becomes a reality within a reasonable range.

If you are confident in the power of positivity within us and believe that what you want is easy, it really becomes so. Therefore, affirm, "It's easy! I can do it!" Astonishing things will happen. On the other hand, if you think it's difficult and impossible, it becomes so, simply because you thought it that way. So, believe in the amazing ability within us through positive self-suggestion, and walk your path confidently and steadily.

"I'm getting better in every way, every day!"

Start practicing now!

1. List 10 beliefs that limit yourself. For example, Can I be good at English? Can I have a good conversation with native speakers?
2. Turn the listed 10 into positive messages! For example, I'm good at English. My English skills are getting better every day. I can learn to speak like a native speaker!

3. Visualize the messages. Imagine how you are good at English! Imagine in detail so that it can be deeply imprinted in the brain.
4. Every morning, every night, and whenever you have time, read this message and visualize it!

Only those who practice succeed. Are you a person who will succeed?

## **Rule #11. Dopamine**

Have you ever found yourself lacking motivation to do the hard work and get distracted and continue procrastinating on the work you need to do? I certainly have. I've been aware of this pattern many, many times and I really wanted to get over it. I wanted to understand why I behave this way and how can I change it.

Dopamine is a molecule that plays a big part in motivation and desire. It helps us to want things, to go after goals, and to create and build things. Dopamine has a lot to do with how we are progressing with our goals, whether they are short-term or long-term.

If you are aware of how dopamine is released and how it changes our behavior, you can use it to your advantage. For example, a person who lacks motivation could be low in dopamine. They might try to get a quick dopamine boost from eating too much or spending too much time on social media or watching videos.

However, relying on these quick sources of dopamine isn't healthy. It's like a drug that makes everything seem exciting, but it only lasts for a short time. After a while, these activities no longer give you the same sense of motivation and desire.

Dopamine isn't the reward itself, but it's what makes us want to work towards the reward. But if we indulge too much in quick sources of dopamine, like social media or video games, we may end up losing our motivation.

While social media provides a quick reward, real dedication and hard work require more time to see results. The key is to see the pursuit of the reward as the reward itself. To have repeated wins, the celebration of the win should be less than the pursuit. If you attach dopamine too much to the reward, it can set you up for failure in the long run.

You may start to feel as if you've lost because the reward wasn't as great as you thought it would be. This can leave you feeling less motivated. To avoid this, try to take a break from seeking dopamine rewards for a while.

So what should you do? You have to start to see the effort you're putting in as a good thing. Even if you're in physical pain from exercise or forcing yourself to study, you can still get a dopamine release from the challenge you're in.

If you're solely focused on the end goal, you may find it difficult to engage in your current task, and you may need external aids like coffee or loud music to maintain your focus. Instead, try to find pleasure within the pursuit itself. Develop a list of habits and tie your reward system to these habits. You'll find yourself motivated to work on things that should be done every day. Even though they may seem tedious and demanding, your perspective towards them will change.

Remember, the effort is the good part. Even if it's painful, focus on the rewards you will get from the pursuit. This might be a little like lying to yourself, but it's about making the effort feel better.

Don't rely on quick sources of dopamine. If you want deep focus, remove TikTok, Shorts, Reels and social media in general, and learn to get a dopamine boost from the effort itself. This is a powerful aspect of our biology and it's something that everyone can do.

# Rule #12. The most effective learning method

Learning a new language should be interesting and fun. If learning English is not fun, then we need to rethink how we are learning. As everyone knows, regardless of language or anything else, when we enjoy doing something, we acquire new knowledge and skills faster. So why do we learn English through difficult and boring grammar study, instead of learning in a fun way?

Let's suppose we moved to abroad and know basic English like the alphabet and basic words. At this point, most people choose to focus too much on studying grammar. At least Koreans, Chinese, and few others do. They study hard. They learn the rules of I, you, am, are, is, past tense, progressive, and future tense, and the rules of making sentences. But ordering coffee and food at a cafe is would still be difficult for them. What do you think the problem is? Have they not studied grammar hard enough...? We need to rethink the definition of speaking fluent English. What is necessary to start basic English for living abroad? Is the study of grammar, which follows rules and regulations, the best choice?

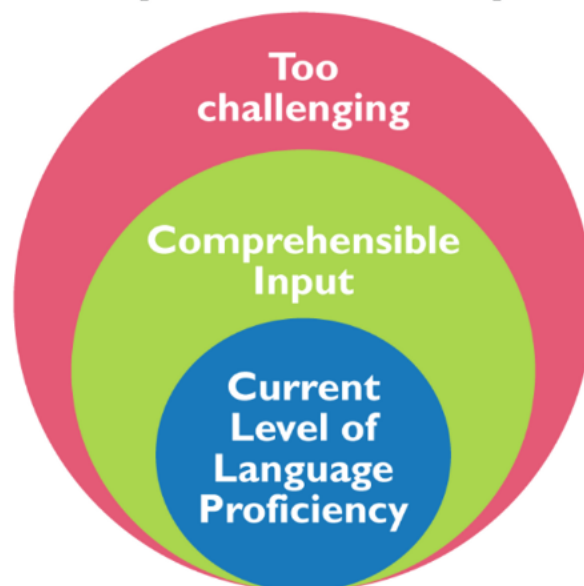
Grammar helps us when we talk about abstract concepts or thoughts. But even without learning it, we can communicate. Most communication is possible with just words and pronunciation. When ordering, we don't have to say perfectly "I'd like a large cappuccino with soy milk please," if we just say "Cappuccino, big, soy milk", the barista will make the coffee we want. Of course, we all have a desire to speak perfect and fluent English. So we tend to study by ourselves until we become perfect and then try to use it, which is one of the reasons that hinder our rapid growth. It's the same principle as wanting to draw well, but not drawing much and just studying the theory until you can draw well. It's the same reason why top scorers and university English professors in Korea can't speak fluently despite studying English for years. If

you want to be good at speaking English, you have to make countless repetitions and mistakes. These attempts help us to communicate better.

### **How and where do language geniuses start learning a language?**

Based on linguistics and science, our brains acquire the most effectively when they understand the overall meaning, even if they do not understand all the words and sentence structures. This is called Comprehensible input. By accumulating this input, vocabulary naturally increases and language is acquired. This is the same as how we learned our mother tongue as a baby. Words from parents, videos, songs, movies, books, etc., all of these are data. As this data is input into our brains, we naturally understand the message and acquire the language through repetition according to the situation. Then we try to use the acquired language by ourselves. It's the same process as a baby learning from babbling to 'mom', 'mommy', 'mommy, give me water'.

### **What Is Comprehensible Input?**

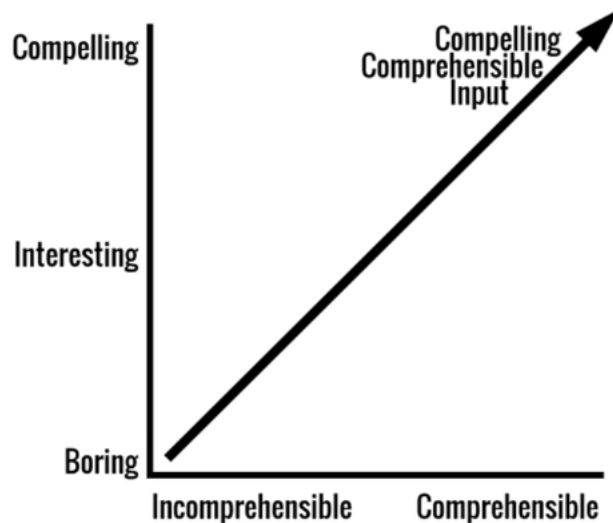


## **So, how can we maximize the effect of Comprehensive Input?**

Our brain should choose something of interest to focus on the new input. Perhaps just an interesting topic might not be enough for the best language acquisition. It should be something that you like and enjoy to the point that it's hard to resist watching, listening, or reading. For example, watching a Netflix series you like with English subtitles that you can understand about 70-90%.

Something so interesting that you can't resist is called 'Compelling'. If it's too compelling to the point where you forget that you're doing something in another language, you just have to find something that you're interested in. When I ran a restaurant, I was so interested in food and service that I searched all the TV series featuring star chef Gordon Ramsay. When I first came to Australia, I was so curious about the high school and university culture of foreigners that I searched for all series like Gossip Girl. Now, I watch, read or listen to the fields that I am interested in, such as self-development, business, AI, economics, finance, bitcoin, and entrepreneurs' autobiographies.

Even if the topic of these activities becomes complex, difficult, and challenging, if I am interested and continue to watch, listen, and read, I will naturally acquire the language. When choosing a topic, choose something that you can understand the overall flow or about 70-90% according to your level.



## What exactly should be put into practice?

### Basic Level:

If you're a beginner just starting to learn, you should aim to be exposed to as much input as possible. You should choose an easy-to-understand topic to read or listen to.

- Easy and short listening exercises, learn the sounds of each phoneme.

<https://www.youtube.com/c/ComprehensibleEnglish/featured>

- Simple English sentence reading, read a lot. Find books for levels A1 and A2
- Most frequently used words and expressions
- Rather than focusing on speaking or conversation, focus on listening or reading. Speaking is important, of course, but at this stage, the data inputted to the brain is not sufficient. However, shadowing, which gives a lot of information, is still useful.

- Don't emphasize too much on grammar studies. At this stage, it's more useful to search whenever you feel the need for grammar rules and find only the necessary parts. But you don't have to try to understand difficult grammar by investing a lot of time to understand everything. Most of all grammar is intuitively known when sufficient data has been input.

### **Intermediate Level:**

Intermediates are better off having as much comprehensible input as possible. Use English used by locals and have a lot of conversations.

- You have to do a lot of listening activities. But broader. Expose yourself to the sea of English. Podcasts, YouTube, and TV series in English are appropriate. Especially if you can set English subtitles and read while listening, it's even better.

- You have to do a lot of reading activities. If possible, read in English every day. Choose a book between B1-B2 Level. Reading helps you to think in English which naturally increases your fluency. Read articles, social media, news, books, etc. about what you like or are interested in. That way, you don't lose interest and stop.

- You have to be exposed to a lot of speaking activities. Find a partner or friends who speaks fluent English. Spend time with them as much as you can. Conversations provide a lot of data and are useful for speaking practice.

- It's time to start writing activities. Start practicing writing from the field and journal you are interested in. It's also good to make foreign friends who can correct the written text.

- Also devote time to the grammar rules you didn't understand. But let's just know the necessary parts rather than focusing too much.

### **Advanced Level:**

At this stage, you should be exposed to the language used by native speakers. Keep encountering challenging phrases and texts that are not too difficult. Absorb writings from various genres and fields.

- Listen broadly. Try to listen to as many different types of audio as possible.
- Read widely. Continue reading in your field of interest, but step out of your comfort zone and try to read other things.
- Speak often. Constantly seek to converse with new people.
- Unless specifically aiming to improve writing, there's no need to prioritize writing. Write when you want to, such as journaling or expressing thoughts.
- It's good to look up grammar rules as needed. However, you don't necessarily have to study aggressively. You don't have to use perfect grammar - many native speakers don't speak with perfect grammar.
- Last but not least, learn everything in English. When you try to comprehend the level of English that is above your level, you learn a lot subconsciously. It's one of the reasons why students who go to university end up speaking fluent English.

## **Rule #13. Remove fear**

### **Rough and Ready VS Scholar**

If you look closely at the behaviour patterns when speaking English of people who are going abroad for the first time, they fall into two major groups. The first group includes those who spit out any word that comes to mind, regardless of whether the sentence form is correct or not, and attempt to communicate. We'll call these people in Korea 'rough and ready'.

The second group includes those who make sure their sentence structures are well-formed and grammatically correct, considering various elements such as past,

present, and future tenses, and aim to speak as perfectly as possible. We'll call these people 'scholars'.

These self-imposed behavioural 'mindsets' don't change easily once established. We don't simply decide to act like a 'scholar' or 'rough and ready' when we first meet foreigners, instead, we react unconsciously according to the 'mindset' that matches our usual way of living life.

### **So, which one are you? Rough and Ready? Or a scholar?**

Neither 'mindset' is right or wrong. Both methods have advantages and disadvantages depending on the situation and field when viewed from a philosophical perspective. Therefore, we need to consider which 'mindset' is most helpful for us at times. So, what choice should we make to learn English quickly?

If you look around, it's not easy to find people who gets anxious when speaking English among the 'rough and ready' individuals. However, among the scholars, interestingly, many people seem to struggle with anxiety while speaking. although, they are good at grammar and writing! In the long run, people who spoke without deep consideration like the 'rough and ready', not even forming sentences properly, tend to learn to speak fluently faster. They blurt out words without hesitation, aren't ashamed or reluctant about mistakes, and strive to lead the conversation confidently. Through repeated mistakes and learning, they quickly acquire language skills and have more opportunities for language enhancement. On the other hand, scholars, even when uttering a single word, aim to convey a high-quality message using careful word choice and sentence strength. They focus on making it easier for listeners to understand by delivering their speech with the most perfect sentence structure. However, unlike the 'rough and ready', scholars may experience slow growth, develop anxiety, and even a tendency to avoid speaking English.

## **Why is that?**

If you find speaking English to be scary, nerve-racking, and difficult, your brain might have unconsciously been designed that way without you knowing it.

Let's dig a little deeper. What does "being good at English" mean to you? Do you imagine having a perfect native-like pronunciation smooth as butter, using academic words that someone with a doctoral degree would use, and speaking very logically with difficult sentence structures?

We need to consider the impact of making such standards on our brains. Fluency gets developed through countless mistakes, efforts, and reading for a long time. However, because we set such high standards from the start, we pour all our attention into many factors at once.

- You are missing a lot of information and relationship-building opportunities because of focusing on the other person's opinions or thoughts
- You are unable to focus on conversation and connection is lost.
- The other person senses the pressure and discomfort you feel internally and avoids or stops a conversation.
- The development of relationships with people is blocked. And more opportunities to use English are missed.

## **So, how should we practice communicating?**

Obviously, from an affirmation perspective, imagining the image of achieving our ultimate goal in our minds is a great help in reaching the end, but at this starting stage, the ideal image of "being good at English" should focus on how well you deliver the message.

Even if the sentence format is not perfect and the pronunciation is not smooth, it is important the message you want to convey is delivered accurately so you can achieve something you want. For example, if you say "You, me, meet, nice," it may not sound elegant, but the message you want to convey would have been clearly conveyed.

- Think of language as a tool for communication and use it to finish what you need. We can still communicate even if we don't know the language.

- It's more important than speaking correctly, it's about the result. Whether I delivered the message I wanted.

- If you focus on delivering the message you want, you may find yourself forgetting to be nervous.

- It's natural that we can't speak the language perfectly, and we should accept it. It expresses that it is a direct learning stage without apologizing to the other person.

### **Why do children acquire languages quickly?**

Why is it that when parents and children go abroad, only the children quickly acquire the language? If we, as adults with more advanced brains, embraced the methods used by children, we could grow faster.

1. Children have little or no fear. They don't worry about others' opinions if they say something wrong. They focus on what they want to say so that the other person can understand. It's the same way we asked our parents for what we wanted when we couldn't speak our mother language well during our infancy.

2. They have a wise way to handle when they don't understand unfamiliar words or expressions. They clearly express that they don't understand and clearly state that they are in the stage of learning English. They encourage the other

person to communicate easily or slowly so that they can understand easily. They don't pretend to understand to pass a situation.

3. They are placed in an environment where they must speak English to survive, such as a school or an academy. This stimulates their survival instincts and focuses on communication. This attitude optimizes their brains for language learning (more details in the next chapter).

Such advantages that make children quickly learn how to communicate and the primal method of applying how we learned the language as a child can be found in the papers of British linguist Eve Clark.

I sincerely hope that the readers of this book will do well. I have met many people struggling with English while living abroad. Mothers of a child, mothers and fathers who came over 10-30 years ago, young people in their 20s who are just starting out, people who want to grow and increase their income, people who want to deeply immerse themselves in foreign culture, and people who have something they sincerely want to say. If you're reducing and avoiding speaking because you're afraid your English might be wrong, let's embrace children's talent in learning language. Keep challenging and failing until small mistakes accumulate to make you fluent in English.

## **Rule #14. Blending into foreign groups**

One characteristic that stood out among those who successfully learned five languages is that they were like chameleons. They mirrored the people from a new country, where the new language is used and changed themselves accordingly. It's about creating a new version of you that suits the newly acquired language.

## **Foreign workers in Korea**

Have you seen foreigners living in your country? I will take Korea for an example. If you look closely, the lifestyle of friends from English-speaking or European countries contrasts sharply with those from Southeast Asia or South Asia.

Friends from English-speaking countries or Europe visit Korea to have a deep experience of our culture, and people. Their purpose is mostly to discover the country and culture. Therefore, they accept Korea with great interest and open-mindedness, try to speak like Koreans, and enjoy and learn about our culture. Naturally, they meet many Korean friends and therefore acquire the language quickly. They are likable to people.

On the other hand, friends from Southeast Asia or South Asia for example, most of their purpose in visiting the country is to have higher wages and opportunities as their goals. Therefore, their attitude towards Korean culture and people is slightly different from the former. They have less desire to actively experience or learn, do not deeply accept Korean culture and people internally, and look at it as outsiders. Therefore, they also acquire the language late and are not easily welcomed by Koreans. It is common for them to not receive proper treatment and respect. Of course, there are shining friends among Asians too. Their intentions and sense of purpose are welcomed by Koreans.

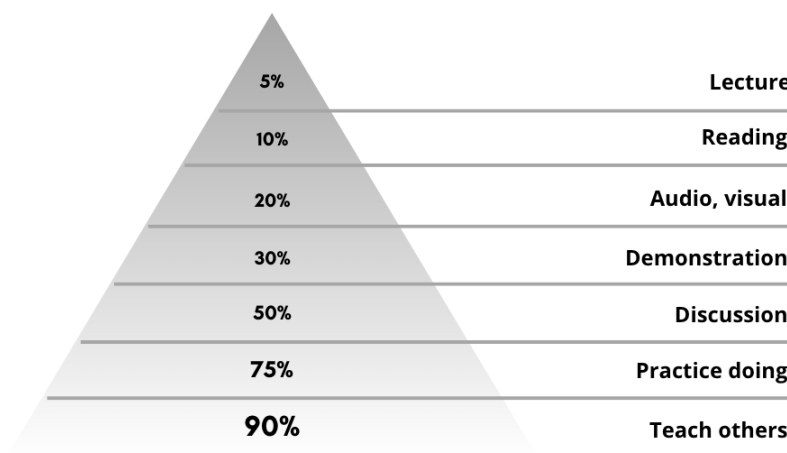
Whether foreigners living in our country fall into the former or the latter category, we unconsciously know and act just by saying a word. Now, think about yourself. Are you the former or the latter?

## **Creating Opportunities to Speak English = Improving English Skills**

As we learned from Comprehensible Input (the first step), from a mathematical point of view, if we assume English is data, the more we access and use it, the more

data accumulates, and the probability and speed of acquiring a language also increase proportionally.

The "Learning Pyramid" developed by the international educational experiment agency in the 1960s is an analysis chart showing the acquisition rate depending on the activities people do when learning something.



Reference: National training Laboratories in Betel, Maide

We can see that the acquisition rate when meeting people and directly participating in conversation, using the language, is 2 to 20 times greater than studying by watching movies, listening to lectures, or reading books.

In other words, the more you talk, the faster and more efficient your language growth becomes. This is something everyone already knows. But the problem many people face is, how can they talk more? Opportunities to speak with foreigners are rare. There are many cases where there might be just one chance to have a proper conversation in a day.. (We will talk more about creating an environment later) So each opportunity is valuable to us, and we need to make good use of these

opportunities to gain as much as possible. Also, we need to make an effort to go out and face challenges.

- Continuously try to spend time with foreigners who share similar interests, walk similar paths, or have common hobbies.
- Groups of foreigners who like your country, music, food, culture, etc.
- Foreigners' sports gatherings. Tennis, table tennis, basketball, soccer, etc.
- Use the environment of your living place to share with foreigners.
- Use the working environment to establish relationships with foreigners you work with.
- Using online dating apps for conversation and dating.
- Media watched by foreign friends. YouTube, music, TV shows, movies, etc.

Being able to naturally blend in with various people is one of the essential skills we need to learn. If you are afraid of networking, or if you are inherently shy and passive, you can overcome it. The ability to have deep interactions with others is a form of art and a skill.

## **Rule #15. Mirroring**

I was at home one night; I walked out of my room and headed to the living room. I always remember this scene. Two friends were in the kitchen, both sitting on the dining room chairs slightly leaned back with their legs loosely crossed, hands behind their heads with fingers interlaced, and elbows spread wide, having a conversation. They were deeply engaging in their conversation, and although I didn't

listen closely to what they were saying, it was clear that they were forming a deeper relationship.



'Mirroring' refers to the act of one person unconsciously imitating another person's gestures, behaviours, and conversation patterns. It primarily occurs during social situations, business, friends, family, etc. We've all experienced this at least once. Our cerebral neural system is set up to observe behaviours that reflect the intentions of others and to react as if we ourselves are making that speech or action.

This kind of mirroring helps to form a mutual understanding and facilitates emotional empathy by imitating each other.

When someone consciously uses this to subtly mimic my psychological and physical expressions, it's more likely to feel favourably towards that person. If you've just met someone, and you're searching for similarities, having open conversations, empathizing, responding, and unconsciously making the same gestures, you feel that your hearts are connected beyond the linguistic level.

When used intentionally like this, it can be helpful to those who need to adapt to new people abroad in many ways. Observe and mimic the other person's body

language and posture. If the other person crosses their arms, I also cross my arms slightly; if they lean forward while talking, I lean forward at the same angle; if there are patterns in the pronunciation, nuances, and speaking styles when they use language, or if something stands out, let's use it when I speak.

## **Rule 16. Learn to have great conversations**

A lot of my students were confused when it comes to having conversations with native speakers. One of my students said, “I am confident around them, but I get stuck, I can’t express myself and conversations tend to stop”. So, I asked, “Is that because you didn’t know English, or you just didn’t know what to say?”. She hesitated. So I asked again, “Would you have made the conversation carry on if you knew what to say?” and she said yes.

Sometimes you tend to get confused with yourself whether it’s a language problem or your communication skills problem. When you were in your hometown you didn’t realise this because you didn’t need to initiate interactions with others, but living abroad, the situation is different. You are often in a position to take the initiative to forge relationships. What makes things harder is, people come from a variety of backgrounds, a very broad range of people who often don’t share similarities with you, and yet you still need to figure a way out to engage with them which is something you are not used to.

Having a great conversation is a skill that you must learn. Identifying what other wants to talk about and how to make them like you so you can increase the chance of speaking with them is a great contribution to your language learning.

Dale Carnegie published a book to help people get better at building relationships and having meaningful conversations. And here are some of the key points you want to learn and apply.

1. Become genuinely interested in other people: Show curiosity about their lives, experiences, and opinions.

2. Smile: A smile is a simple way to create a positive first impression and make others feel at ease.

3. Remember people's names: A person's name is one of the most significant parts of their identity, and remembering it shows respect and attention to detail.

4. Be a good listener and encourage others to talk about themselves: Most people love to talk about themselves and their experiences. By being an attentive listener, you make them feel important and valued.

5. Talk in terms of the other person's interest: Find out what they are passionate about and engage them in conversation about it

6. Make the other person feel important: Compliment them honestly and show appreciation for their time, ideas, or accomplishments.

7. Show respect for the other person's opinions and never say, "You're wrong": If you disagree, try to express your opinion in a respectful and non-confrontational manner.

8. Admit quickly if you are wrong: This can reduce tension and shows humility and openness.

9. Try to see things from the other person's point of view: This helps to build empathy and understanding, which are crucial for deepening relationships.

10. Be sympathetic to the other person's ideas and desires: Even if you don't agree with them, acknowledging their feelings can create a bond.

To learn more about the principles, look up 'How to win friends and influence people' by Dale Carnegie.

## **Rule #17. Focus on conversation!**

Great language learners focus entirely on communicating, not learning a language while communicating. Simply put, they don't focus on the words, sentences, and grammar of the language they want to learn or should use, but on the overall conversation in communication. They understand the flow, get the message, and then empathize.

Often, we are too self-conscious and overly aware of ourselves, even without realizing it. Worrying about whether we are causing inconvenience, what would happen if they dislike us, whether we are leaving a good impression, whether the other person will like us - these are all part of an innate behaviour and a desire many people have.

This is different from thinking about others out of consideration. Such desires can make us miss opportunities to form deeper relationships with people, hinder

language development, and even rob us of our true happiness. When we should be focusing on communication, we are busy worrying about how we appear, what questions to ask, what if we can't understand, etc., and because we are not staying present and interacting with others, the person feeling us feels the conversation is not being conducted sincerely.

Actions/thoughts made to gain favour from others also stem from being conscious of others and trying to meet our needs, and people can feel this and feel burdened or distance themselves from us. We need to be honest with ourselves and be proud to express such honest aspects and thoughts.

## **Rule #18. English is a tool to utilise**

Think of a new language as a tool. Not something that needs to be studied but something that can be used to achieve something. Find and remember which words or combinations yield what results.

When viewed as a tool, communication becomes smooth, and it becomes easier to achieve the desired results. As we 'succeed' in gaining something, we focus more on the world around us than confining our thoughts in our heads and reduce tension. When messages are naturally conveyed, you can receive feedback from the other person to distinguish what is right and what is wrong or whether you articulated yourself correctly. Mistakes and errors that arise from choosing the wrong specific word or expression stay long in the memory and can be owned.

## **Rule #19. Thinking about grammatical structure**

When you emphasize grammar and base your conversations with native speakers on the rules of grammar you have learned, you often see conversations not taking place naturally and getting stuck. It's slow and awkward. Linguists consider this phenomenon to be natural. Simply put, 'communication' is deeper and larger than 'language,' and 'language' is much broader than 'grammar.' Let go of grammar, make mistakes, and learn to speak.

## **Rule #20. Do not avoid**

One of the important rules to realise in learning a language is that if you really want to speak a language fluently, you need to talk to, listen to, and learn from native speakers face-to-face, one-on-one. This is an inevitable rule. You cannot be good at speaking and listening that you have not practised by just studying with a grammar book. You must speak every day. Don't expect your brain to practise at home alone and somehow magically be fluent in speaking to a native speaker one day. Participate in a community that uses English and be the person who actively engages in conversations.

## **Rule #21. A skill to acquire and master, not to study**

English is one of the skills that need to be mastered, not a concept that needs to be learned. You have to practice, practice, and practice again to master it. You should keep failing and improving until using English becomes easy. Number one rule of becoming confident in something is to do it and do it many many times. Everyday living abroad without getting better at speaking the language is losing. Time will not wait for you. If you want to be a winner, you have to take actions.

## **Rule #22. Accept the new world as it is**

Each language, not just Korean, has its own world. When we encounter such a different world, let's not waste unnecessary time trying to understand 'why', and instead accept and learn 'what' and 'how' as they are. For example, when learning English, why is it like this, why is it different from Korean? etc. From our standpoint of learning English, if we have logically understood something new, let's accept it as it is, like playing an "As if" game. This simple logical decision will save you a lot of time. Move on and spend time on what really matters.

# Rule #23. Create the environment

How can you learn English when you are too busy working and don't have time? How can you learn English effectively and quickly? Let me share my journey briefly to help you understand how building environments help you grow your language skills exponentially.

## **First 12 months in Australia.**

There was a time when I hadn't been in Australia long and worked 50-60 hours a week at a Korean sushi shop. After finishing work and coming home to study English, my eyelids were so heavy... I fell asleep as soon as I opened the book. Every single time I work, it was the same. On my day off, I do some cleaning, run errands, and have some dinner, I watch Korean shows and fall asleep or spend time calling friends in Korea.

Living like this for a few months in a row, I had not seen any progress. I wanted to be good at English. The English used at work was very basic and the same repetitive words. "What can I get you?" "Would you like tap water or sparkling water?". Since I didn't study at home, my English could never improve. I hated studying with a grammar book so much, so I started looking for another way. I started benchmarking people who are fluent in English and implementing what I can in my life right away.

Very first step I took was to replace Korean to English. I stopped watching Korean TV or stopped following Korean accounts on social media. I started watching only programs in English. The fields that I was interested in, talk shows, and American drama series. Along with English subtitles. Instead of Korean songs, I started to choose only foreign songs to listen to.

At the place where I worked, I started actively talking to employees who spoke English well, and among the customers who visited the shop frequently, people who I could talk to like friends. My English was messy, but my pure intentions must not have been bad, because I started to have customers who welcomed me and taught me. Among customers, one of them was very interested in K-pop, and liked the fact that I came from Korea. She and I exchanged messages. I had so many things I wanted to say, and almost every day I spent time searching for Google, dictionary, ways to express my thoughts and mind. I spent 6 months doing those every day. My pronunciation improved a lot, and I learned a lot of patterns in English used for expressions and questions necessary for getting to know each other between people. I remember googling with anger on days when we fought. At this time, I realised that although I didn't think I was studying English, all this time helped improve my English skills, and that by continuously listening to and using English, I could naturally improve without having to devote separate study time. That's how I learned beginner English.

## **Second Year**

I changed my workplace. I looked for a job at a foreign restaurant where I could use English more frequently than at a Korean restaurant. I had countless opportunities to meet diverse foreign friends.

I also moved. I deliberately chose a place where there were British, Canadian, and European roommates. I moved houses multiple times because the cultures were so different. But I kept trying to live with friends who used English.

I started going to school. I deliberately avoided Koreans and mingled with foreigners. I made friends from the Philippines and Greece who became my best friends. The assignments and exams given by the school were perfect practices that matched the advice of language geniuses to "use English as a tool."

I started meeting and hanging out with friends I met at school and work. Even then, my English was still poor, but meeting friends from all over the world was an opportunity to get used to various accents.

In addition, I changed everything in my life to English. The language setting on my phone, the pages I followed on social media, YouTube channels, all were changed to English. I tried to speak English with my Korean friends, and if it didn't go well, I included foreign friends to create an environment where we had to speak English.

Whenever I had time, I imagined expressing what I wanted to say in English in my head. I call this labelling but it's basically training your brain to get used to think in English rather than your mother language. You see things and think of them in English. Starting from labelling things in words to sentences. For example, I see someone playing the guitar on a street then I think to myself "This guy is playing the guitar on a street". Just as simple as it is but effective.

I also met a friend who could explain and correct the English expressions I didn't know well. Meeting friends whom you can call 'Language parents' is very important. Among the people you meet, there will be a kind of person who is extremely open-minded, understanding, and respectful towards you. They are typically enthusiastic towards learning a new culture and interested in knowing you. Even if you completely sound idiot trying to make a proper sentence, these people will listen to you with a smile and patience and help you learn the language.

On the other hand, there are types of people who would treat you badly or even rude just because you don't speak fluently. You'd probably distinguish them immediately. When you face this type of person, don't be discouraged. Don't blame yourself. It's their fault, not yours. Ignore and move on. There are heaps of people who will still welcome you with open arms.

### **Third to Fifth Year**

Time spent with friends = 30% Australian friends, 70% Korean friends

I changed all my internet activities, including reading articles, to Google. Korea has their own search engine called 'Naver', and every Korean use it. But changing searching engine brought a bigger impact than I thought. Google provided more information and was more helpful in finding the information I wanted than Naver. Also, encountering everything in English increased the number of new words I faced every day. When I came across an English word I didn't know, I first looked it up in an English dictionary, then if I still didn't understand, I looked it up in a Korean-English dictionary.

I had an opportunity to manage a restaurant. It was a Japanese semi-fine dining restaurant, and when I first got there, all 40 staff members were Koreans. I endorsed diversity, as soon as Korean employees leave, I hired people from different countries. Most were working holiday visa holders so the nationalities of the whole front of house team were completely changed in a few months. I hired well over 50 people in two years, they were from all over the world. I was grateful and had fun learning about a broader world through them.

While I manage the restaurant I tried to conduct everything in English. Marketing, customer management, staff training, etc., all in English, This change made me get fluent day by day. I learned all the necessary knowledge to run a restaurant through Google searching in English. Service, systems, operating policies and procedures of other restaurants, all the liquors and cocktails needed at the bar, studies about food, etc., all were studied in English. It was very slow and difficult at first. But as time pass, I had learned to acquire knowledge in English in no time. I was very fluent in having a casual conversation at this point.

### **Fifth to Tenth Year**

Time spent with friends = 90% Australian friends, 10% Korean friends

Friends who were on a working holiday or international students left. Almost everyone I knew moved. I naturally got to spend more time with Australian friends.

The expressions, pronunciations, and culture they used contrasted greatly with what I had known and felt like a whole new world.

I rented a penthouse. It was a stretch but I had a chance so I rented it. The people who chose to pay the rent to live there were mostly well-spoken and had good-paying jobs.

I lived with various people from Australia, the UK, and other English-speaking countries such as marketing managers, lawyers, accountants, businessmen, business development managers, car dealers, human resources managers, software developers, startup founders, fashion designers, and psychologists. My English improved naturally day by day living with such people.

Meeting lots of intelligent people, naturally led me to work on myself. Read self-development books, acquire knowledge and so on. I deliberately chose books written in English. Depending on the field, the difficulty varied, and so did my concentration. I didn't read well in difficult fields, so I learned by watching educational videos in English on YouTube. There were many words I didn't know, but the more I read, the more naturally my understanding improved. It wasn't hard to make it my own as I was exposed through various media. It was a time when the benefits of comprehensive input shined.

I created a LinkedIn account – social media for professionals. I made my profile look professional as much as I could and reached out to hundreds of strangers, asking about their journey and progression in careers. Few were happy to help and give guidance. Few even offered to grab coffee and lunch together as well.

After 8 years of working in hospitality, I decided to leave and find a job elsewhere. 6months later, I found a job at a bank that I had been looking for. Not as an entry-level position but as a business banker... It was a job dealing with loans and bank business for small business owners, and all of my colleagues had worked at the bank for over 10 years or were on elite courses at university. The first 6 months were

very tough. There were so many new terms and words, and I was hopeless with a formal way of speaking. But this put me through a lot of challenges. Over 2000 calls with customers, meetings, presentations, etc. I was learning the language at a whole new level than working as a restaurant manager.

I deliberately chose to go on dates with people who speak fluent English with the intention of learning more about the culture and started looking for people on dating apps like Tinder, Bumble, Coffee Meets Bagel etc. I met diverse people, starting from Asians who were born in Australia or migrated like myself or Australians and Europeans and so on. I experienced different cultures and learned their perspectives. It helped me broaden my view through their experiences.

### **Eleventh Year**

Time spent with friends = 95% Australian friends, 5% Korean friends

I left the bank and started a tech startup in real estate with entrepreneur friends. When talking to investors to pitch the business or people working in real estate and related business fields, I had to learn new technical terms and expressions, just like when I worked at the bank.

I conducted meetings, presentations, led my team. I read many books and studied about the field and business all in English instead of Korean. At this point, things started to get more comfortable in English.

My closest friends are Australians instead of Koreans. There are still a few slangs that I hear for the first time. When that happens, I always make sure to understand the meaning and when to use it. We share a lot of things, have deep and meaningful conversations, and challenge our philosophies in life.

I approach and study all specialized fields such as economics, current affairs, psychology, education, finance, business, and fitness in English. I have become able

to deliver more in-depth and accurate information in English than in Korean. At the beginning, I never even imagined that I would live such a life. It happened as I made choices every day to improve my English and make a better version of myself.

💡 Always keep these in your mind. Does what I think, do, and spend time on, helps my English and aligned with my life purpose? If not, what changes can I make to help my English skills grow? It's good to start with the goal of increasing the time you use English per day. Let's look at one of my students Hyunju's situation as an example to help you understand. And you can work your time schedule after.

### **Implementation for you**

Example) Previous Hyunju's daily schedule into hours. Total exposure to English = 1 hour

Time spent working at Korean workplace = 8 hours

Time spent talking with Korean partner = 30 minutes

Time spent at school = 1 hour

Time spent talking with Korean friends = 30 minutes

Time spent on watching media in Korean = 2hours

Current Hyunju's daily schedule. Total exposure to English = 12hours

Time spent working at Australian workplace = 8hours

Time spent talking with Australian partner = 30minutes

Time spent at school = 1hr

Time spent talking with Australian friends = 30 minutes

Time spent on watching media in English = 2 hours

# **Rule #24. Turning misunderstandings into opportunities**

Have you ever been nervous at a foreign airport, going through immigration procedures, worrying about what to answer in case you're asked certain questions? Why do we feel this way? Even if we don't know the answer, it would be better to answer confidently.

As we strive to speak English fluently, but there's an inevitable situation we can't avoid. That is, when the other person misunderstands or misinterprets something, because of miscommunication, a situation could make the other person angry, ruin relationships, or make conversations awkward. Through these experiences, we often tend to create fear in ourselves. The will to avoid mistakes and fear, which settles in us without having us realise it, can change our subconscious, and sometimes dominate us.

Once fear takes hold, we begin to avoid opportunities to use English. Because it's difficult, and uncomfortable, and we don't want to blush, it feels easier to ignore such opportunities altogether. If we avoid opportunities to use English every time, then when will we use English, and when will we improve our skills?

As I've often seen in students, they make the wrong decision from this point. Most realise that they now have fear of making mistakes, they are changed, unlike before. But to solve this problem they would choose to learn English by reading books or watching YouTube videos rather than go out and face the challenges again. It's a psychological belief that if we learn through studying, we won't be left in a difficult situation due to a mistake, therefore it's safe. It's a natural psychological phenomenon. However, the difference between those who consistently improve their English and those who do not start here.

Once we start avoiding it, it becomes endless. It's the same as the principle of success. If you want to be good at A, you must keep working on A. We need to be aware of this using our self-consciousness and strive not to avoid opportunities to use English. It is natural to make many mistakes as it's a process of learning a new language and culture. Misunderstandings or misinterpretations are opportunities that aid our growth.

### **Process of Misunderstanding:**

Let's assume that my intention towards the other person was good and positive. But no matter how good the intention was, my intention is only known to me.

On the other hand, what the other person sees are my actions, i.e., the results. Therefore, when a problem arises, the other person doesn't judge the situation based on my intention but solely on my actions. When problems arise from my mistake, it may appear as though I intended harm, regardless of my actual intentions. Of course, a deep and mature person would try to understand by thinking from the other person's perspective, but if not..

## **Rule #25. If you can't avoid it, enjoy it**

We need to learn how to flexibly handle situations where misunderstandings and misinterpretations occur, even if they make us uncomfortable.

What if you ordered the wrong food at a restaurant?

What if you made a fun joke but the other person couldn't understand it or took it wrong?

What if you met a person and chose the wrong word which might lead to a bad impression?

We must wisely address these situations, using our insufficient understanding of English and culture as an opportunity to clarify potential misunderstandings to the other person.

We must confidently make ourselves known. “I come from Korea and I'm still learning English. The culture is new to me, so depending on the situation, my understanding might be limited. If I choose the wrong word or make a mistake, please kindly assume that I didn't know and I'd appreciate it if you could correct me. My intention is for the good not to harm.”

If you mispronounce something, ask for immediate feedback, and if you miss the flow of context or can't understand, create a frame with a person where you can comfortably ask or request an explanation again. All these approaches are necessary for us to acquire English quickly, so even if it's awkward or embarrassing, let's push ourselves out of our comfort zone.

## **Rule #26. Learn how words form meaning**

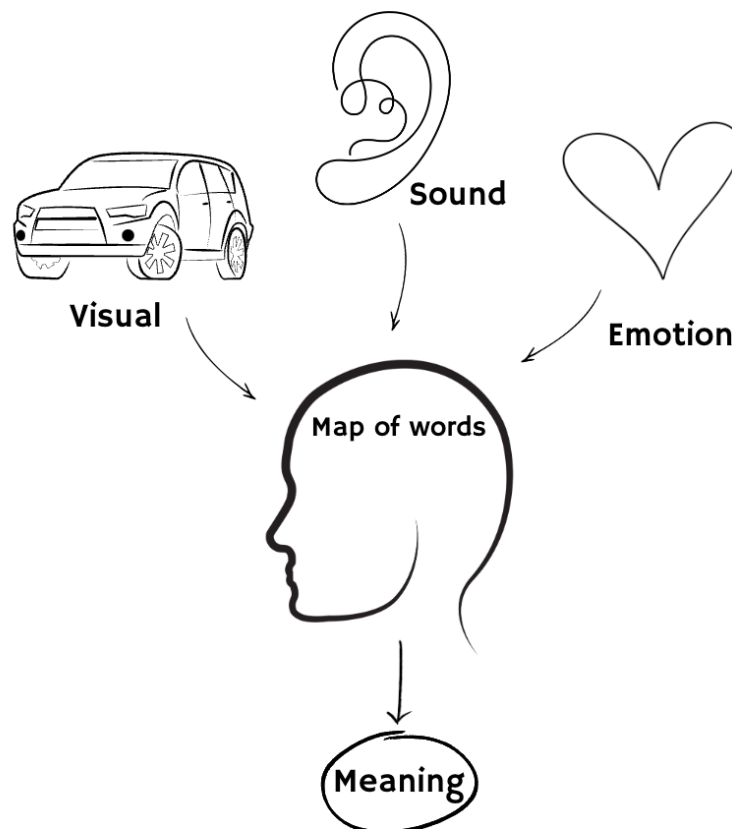
### **The Process of Forming the Meaning of New Words**

Audibol is very important when learning a new language. Understanding the concept of 'audibol' can effectively change our approach to listening and learning English. When we were young, even before we could speak, there was a time when everything in the world was new. Back then, we didn't know any words. If we felt a

sensation in a certain part of our face, like the nose, we didn't know where it was, what it was, or even the sound of the word that referred to that particular part. As time passed, we learned what a nose was called, what it looked like, and what it was for.

When we encountered the new word 'car' as children, we would have pictured a rather vague and deficient object, unlike the image that comes to mind when we say car now. As time passed, we connected the engine sound of a car, its specific exterior/interior design, functionality, and related emotions to form the meaning of the word 'car' that we think of when we hear it.

Throughout life, we draw our own map internally. One of the procedures of 'learning life' is to create our own world within the map, where sounds, images, smells, tastes, and feelings harmonize. As time passes, we add more layers and build up layers. In this way, by adding layers to the map, we form meanings within ourselves.



The meaning of the car we think of now is not formed in just one day, but over several years. It's through hearing, seeing, and encountering 'car' thousands of times that we have been able to define the concept well. Similarly, the new words and expressions we encounter when we go abroad are also heard, seen, experienced, and felt multiple times, and thousands of webs (neurons) are connected within us to create sensations and memories. Through this process, the meaning of words is formed.

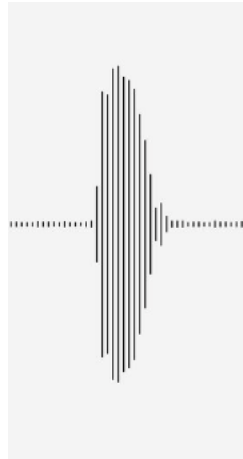
### **What is Audibol?**

Long before we learn to write symbols or characters that we can visually see, we used our voices to make different sounds and assign different meanings, distinguishing the meanings of things. We made a symbol corresponding to the sound with our mouths. A symbol of sound. Let's define this as a new word, 'audibol' - an auditory symbol.

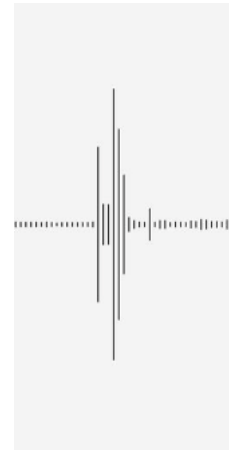
An audibol is a sound we make using our mouth, tongue, and throat to describe a specific object, feeling, thought, and concept. The image below is a visual image of the audibols we usually hear. These audibols are one thought - a cat, represented in various languages. The visible image is the frequency of the audibols. The languages are, in order, English, Korean, and Chinese.



Go Yang Yi



Mao



Cat

In fact, what we may not know is that we already have these 'audibols' stored somewhere in our brain. Both the sound and the meaning. The part where the sound is stored is similar to how a computer stores a sound file.

So, why is it important to know about audibols?

This is because, when we use the same language for over 20 years, we tend to think that the written words and words you hear are the same. When learning a new language, audibols need to evolve, so it's good to think of storing the sound as a concept of 'word' that helps shape the overall sound/write/meaning.

A point to note, The first thing to do in the process of learning English is to draw a map of sound to the meaning formed within us. After drawing an audibol, connect it with the meaning that people have assigned. The process of connecting the symbol (written letters) to the meaning and audibol should be done in the next step.

The most important message in this chapter is that, at the beginning stage of language learning, you should focus on listening to the sound rather than reading. It might seem obvious, but it is more effective to learn writing and reading in later stages. It's not too late.

There are problems that arise when you learn English through reading before connecting sound and meaning. Before you listen to the sufficient amount of English,

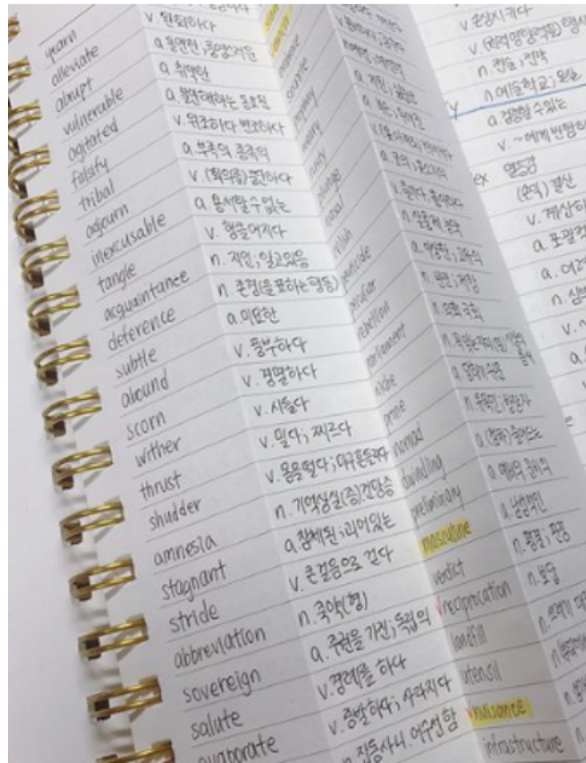
there are only the sound of your mother language exists in your system. The sound of English is different from the sound of Korean or your language, and if we read English using the sound of Korean, the sound of the audibol formed thereby differs from the unique sound that native speakers have, which can cause disruptions in communication later on. Like Konglish, even if we say the word we learned, the natives may not be able to communicate because the sound of the word does not match the sound they know.

Therefore, we must listen to the sound, try to make the sound, and try to form the same sound as close as possible to what we hear. If you focus on the sound and practice pronunciation for just a few weeks, you can make a sound that is 80-90% similar. It's good to start reading after that.

The reason we are able to speak our mother language fluently is because we have been using it for a long time since we were born and have made countless mistakes. As we learned from audibols, the meanings of everyday words were formed through years of experience. The same goes for learning English. However, this process can take a long time. We don't want to wait 10 years to form a meaning of all the words but we want to learn them quicker so we can go out there and use it tomorrow.

💡 In the Audibol, we learned that the poetic shape, meaning, and emotion of a word must come together to form meaning. If you reverse engineer this when learning English words, the brain can remember much more easily.

A commonly used method to memorize words in Korea:



Have you ever done this..? I still vividly remember the time in elementary, middle, and high school when I would hold a notebook with randomly written words and try to memorize them. I'd cover the meaning with one hand, read down the list of English words, and try to guess the meaning. I think the readers who are reading this book would have tried it at least once in their life.

It's boring, tough, and unsophisticated, but it can be effective for short-term memorization. However, this method was not training for conversation, but for grammar, translation, and explanation.

Have you ever had these experiences when talking with native speakers?

The time when you know the word but can't quickly think of it during a conversation, when native speakers can't understand because you can't accurately make the sound of the word, when native speakers understand a different meaning even though you used the word you learned, or when you forget the word quickly... These are all challenges that we all share... I hope you learn the correct way to learn words efficiently and effectively so you can get over these challenges.

# **Rule #27. What if you can't think of a word quickly?**

Have you ever been unable to think of a word you want to say while trying hard to have a conversation with a native speaker? Or have you ever felt that your conversation delivery suffers because it takes a long time to come up with words each time you talk? It's strange that you can think of the words well when you speak in your mother language, but when you speak English, although you have definitely learned the word, you're slow. Of course, English is a new language and it's part of a learning process, so it's natural to be slow. But can't we make English come to mind quickly like our native language?

Depending on how you recall a word while speaking in English can determine how fast you develop your language skills. I will give you an example using Korean. We first think of what we want to say in Korean and then translate it into English for use. In this case, communication efficiency drops. To put it simply, the reason is that time is wasted in the process of thinking of what you want to say in Korean and then translating it into English. If you think about it, when you try to say a word in your own native language, you don't go through another language but speak directly, English should be trained the same way.

In order for our brain to quickly recall the English words it wants to use, as we learned in Audibol, the unique meaning of English words, the sounds you perceive, images, and emotions must be combined. We also learned our native language in the same way. That's why our brains can think and communicate immediately without going through another language. So what should we do from here? We just need to change the way we learn words; over time the number of words we naturally acquire will increase.

To help the brain learn quickly, Pick a random word in your mother language. Visualise the meaning of the word in your imagination and then connect it to the English word.

For example, memorise that apple = 🍏. When reading "Apple", don't think of the word in your language like '사과=(apple)', but imagine the apple itself '🍏' and link it with the English word. You can simply connect the image that comes to mind when you think of an apple in you mother language and the sound it makes when you eat it to 'Apple'.



Using this method of association increases the connection of neurons and reduces the time required to recall English words. You will be able to recall the words quickly. Another example is, when reading "I workout", don't translate it in your head as "I exercise", but think of the image of 'exercising'.

# **Rule #28. If you don't understand the exact meaning of a word**

Language has been used and evolved over hundreds of years. The character of a language is determined by the color and culture of the region and changes under the influence of the locals' lives. Therefore, when learning and using words through a Korean-English dictionary, there are often cases where it differs from the exact expression used by locals. To overcome this, you can improve the way you find the meaning of the words you want to know. If you are a beginner, you can use a Korean-English dictionary for quick understanding. After understanding the meaning, search for the English word again and understand the meaning through example sentences and an English-English dictionary. If the meaning is the same, you can assume that you understood the exact meaning. However, if a completely different development takes place in the English-English dictionary and other sentences than in the Korean-English dictionary, more research is needed.

For example, let's look up the meaning of 'take out'. In Korea, it is commonly known as 'to pack and take food or drinks'. However, if you only look at the word itself, it can also be interpreted as taking something out. It is also used in various situations, such as taking someone on a date, expressing certain emotions, and killing someone.

Don't get discouraged and feel burdened about studying all these meanings every time you look up a word, just remember and use the meaning you consider necessary for the current situation. "I'm going to take my girlfriend out to dinner."

## **Rule #29. English words, where and how to start?**

There are over 650,000 words in English. However, when surveyed among general adults, the average number of words used by women per day was 20,000, and for men, it was only 7,000. Thus, we do not need to memorize the list of 650,000 words endlessly, and even if we do, we won't remember what we do not use.

Start by using the words you already know and keep adding associated words. This is an effective way to adopt how our brain's neurons form new information and memories. Have you ever heard the saying, "First form a tree, then attach the leaves"? First, grasp the core=tree. This becomes your foundation and then branch out and fill in the needed words=leaves.

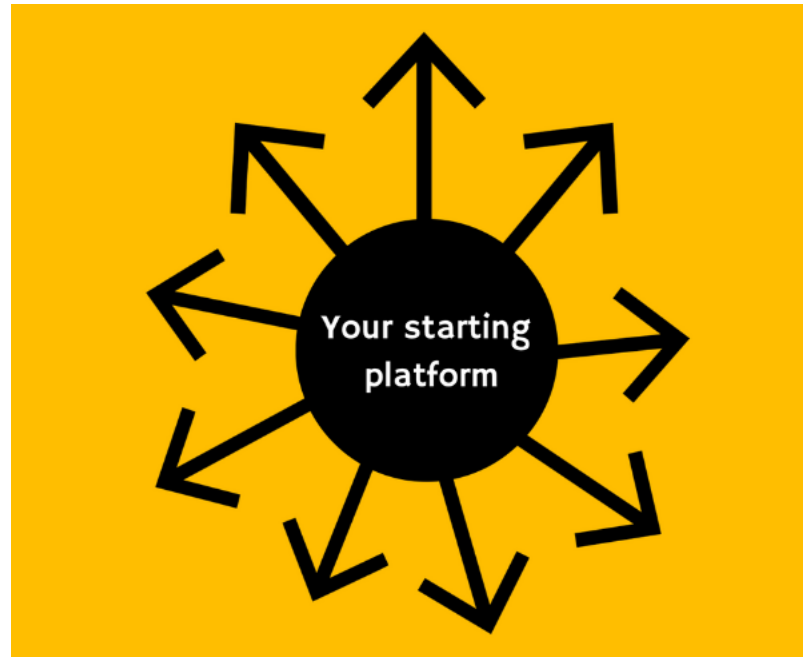
## **Rule #30. Which words should you study?**

Let's suppose you want to learn the words and you have randomly selected words from an app or website or even articles. And let's say these words are on the list for you to study. 'Today', 'Believe', 'Abstract', 'Neuroplasticity'.

These range from commonly used words in daily life to infrequently used technical terms.

If we assume that we memorize such words randomly, which words can we remember for a long time and use effectively?

Unless you're studying neuroscience, the unfamiliar term 'neuroplasticity' will not be memorized at once, and its value for use is relatively low. Words like 'today' and 'believe' are used much more frequently in everyday life. They are words of high value for use and hence, of high necessity for learning.

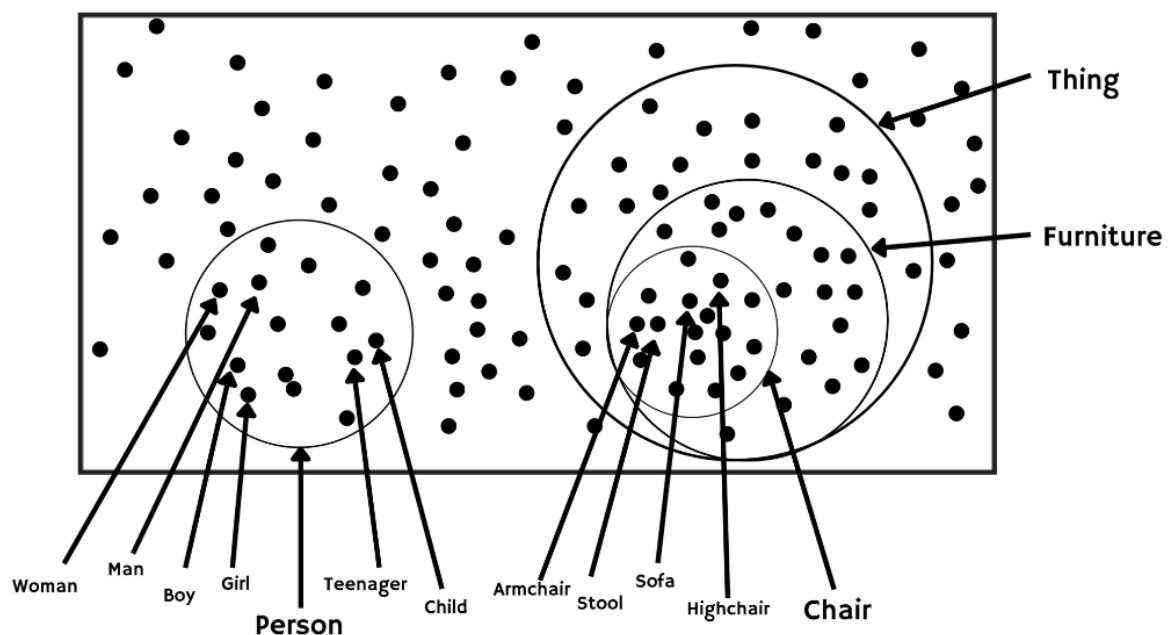


Focus on learning and repeatedly using words that are needed in your current environment and situation. Studying words randomly and learning words that are not used is a waste of brain energy. For example, if you are working at a restaurant, it's good to start with words primarily needed for service, food, drinks, and simple greetings and introductions. It's an obvious thing but a lot of people surprisingly don't do this. Just go off the 5,000 list of words to learn. If you are a parent staying in Australia to provide your children with a good environment and education, choose the words that are related to what your child is learning at school or your interests. Words that are not used tend to be forgotten.

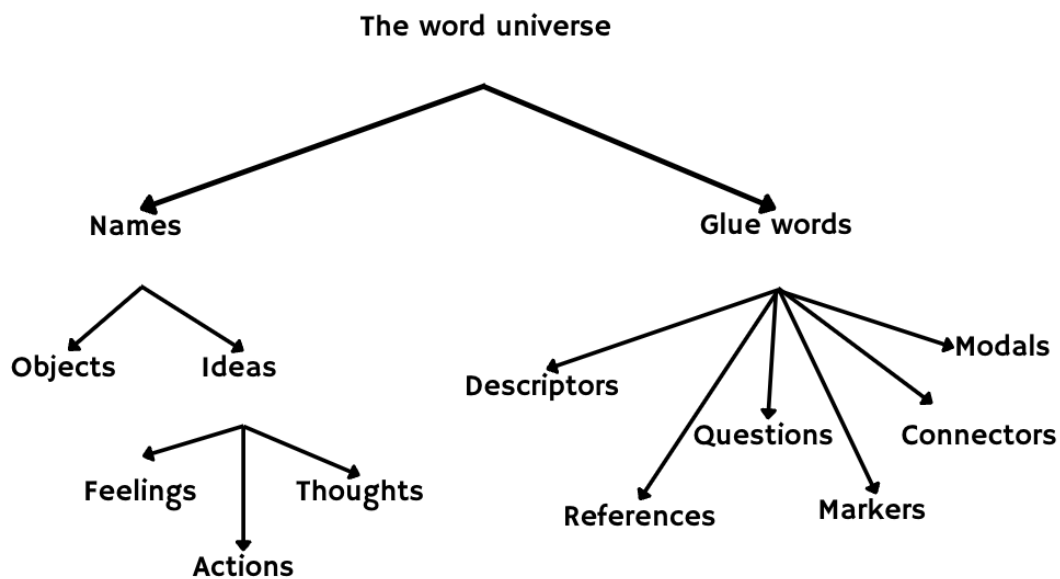
# Rule #31. More effective word acquisition, ‘Chunking’

According to research, for our brains to remember for a long time and effectively, we should associate memories with places, emotions, colors, sounds, smells, shapes, times, etc. This is used by world memory champions. So how can we use this in learning a language?

Divide the learned words by category. By further dividing these words into smaller categories, they can be remembered longer and acquired faster.



Categorize the subject words, fill in words related or included, and then create a place in your mind. Chunking not only helps us to remember well but also gives other leverages. It helps us learn multiplier words, which allows us to communicate effectively in a short period.



**A shortcut to fluency:** There are not many categories that play the role of "Glue words". Regardless of the language, there are descriptors, references, questions, markers, connectors, and modals. These are the six main categories. We just need to group the words used by these categories.

<b>Language Category</b>	<b>Sub Category</b>	<b>Example</b>
Descriptors	Size	Big, Small, Long, Short, Tall
	Shape	Round, Square, Flat
	Colour	Red, Orange, Yellow, Green, Blue
	Intensity	Loud, Quiet, Hard, Soft, Strong Weak, Hot, Cold
	Number	1-9, then some rule
	Texture	Rough, Smooth
	Position	Left, Right, On top, Below, In front, Behind

<b>Language Category</b>	<b>Sub Category</b>	<b>Example</b>
Connectors		So, Because, And, But, Although, However
Questions		Who, What, When, Where, Why, How
Modals		Can/Can't, Should/Shouldn't, Must, Sometimes, Never, Always
Markers		-ing, -ed
References		This, That, Here, There, Him, Her, They, Them, It, I, Me

## **Rule #32. From short-term memory to long-term memory**

When we study a new word, the information gets stored in our short-term memory via our working memory. However, this memory does not stay in our heads forever. If the word learned in very creative, impressive, dangerous, or thrilling context, it may stay in our memory for a long time. But in most cases, it's forgotten after a few days. So how can we remember the words for a long time without forgetting everything we learned?

Simply put, our brains require repeated use or study to change short-term memory into long-term memory.

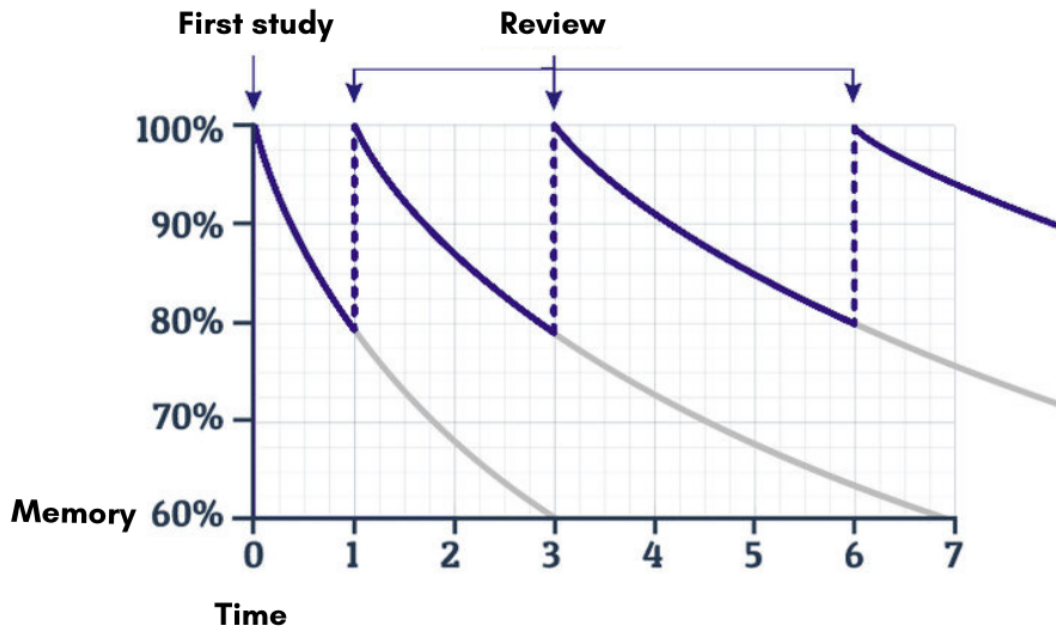
For example, if you learned the word "workout" today, you should try to use this word continuously for the next 1-2 weeks. Ask a friend when they're going for a

workout, what kind of workout they're doing, and maybe write down the word in your journal. Connect the meaning deeply into your brain by using it in different situations and messages.

Language geniuses have a good habit to make new words completely their own. After seeing a new word, they use it repeatedly in many different situations to find the overall meaning of the word and make it their own by using it. That's right. They use it. And use it again without completely understanding the meaning. They are creating the opportunities for brain to form a meaning of a new word. Whenever they feel like it's the time that they might be able to use the word, then they use it. Through this, the effects of repetitive learning, proper pronunciation, situations, and accurate messages can all be learned.

There are also apps designed to help convert to long-term memory, such as the AnkiApp or AnkiPro, where you can create flashcards and set reminders to review them.

## Short-term $\longrightarrow$ Long-term



Review for this Chapter:

1. Connect the English words you want to learn directly to images in your mind. Translation doesn't help.
2. When starting, it's good to first learn words that have a high chance of use.
3. Remembering 10-20 words associated with you is much more effective and useful than translating and memorizing 100 random words.
4. Always try to find opportunities to use the words you have learned.
5. Through repeated use, make them completely your own.
6. If you can't say what you want to say, learn the words needed to express it.
7. Once you learn how to use a pattern, the number of phrases you can create with it is countless.

# **Rule #33. Misuse of translation tools can be poisonous**

Good examples of translation or dictionary use:

- When an important word doesn't come to mind while speaking in English and you can't explain it well
- Searching for synonyms or antonyms
- Searching for examples and other meanings to accurately understand the meaning of the word you want to use

Bad example of the translation:

- Translating an entire sentence to express what you want to say

## **Why is translating an entire sentence bad?**

1. You miss the opportunity to learn. Every moment of speech is a crucial opportunity for us to learn a language. By borrowing the power of translation tools to solve the moment's crisis, you might avoid the immediate difficulty, but the words and sentence structure used then do not become yours. It's more effective if you ask another person to help you find the right word.

2. The translation is used temporarily and doesn't stick in memory. Our brain's neurons like to connect with existing information. Add various senses, emotions, and experiences to create stronger memories. Use body language, and words that you already know and find the word with a person you are speaking to.

3. The message is often not accurate. Due to cultural differences, the meanings carried by words can get diluted and the context of the sentence can become distorted. Different cultures require different expressions. The best way to

learn this isn't through a dictionary, but by talking to locals and learning their language.

4. If you don't create a perfect sentence structure typed into the translation tool, you're likely to create a mess in another language as well.

Most regrettably, you lose the opportunity to enjoy learning English... It's natural to make mistakes and not be able to use a new language perfectly in the learning process. When you look at what the roadblock is and why many people learning English can't grow quickly, many of them fear making mistakes in English. Therefore, they avoid it and stop using it. But as it turns out, it's not that hard, and there's no need to struggle. Growth naturally follows the moment you start learning with fun. It's entirely natural for us to make mistakes. I hope you will find the joy of learning.

"What do you call that?" "How do you say that?" "Please repeat that." "Please speak more slowly." "Can you help me please, I'm new here." "I have just started learning your language." "I am sorry, but I don't understand that."

Tell them your situation, and make the others help you understand and communicate better. If you try to hide it or fake your reaction because you are afraid to show that you didn't understand, others will recognise it.

## **Rule #34. How much should you listen to English?**

Let's look at the stages of growth from when a baby is born.

- 7 months to 1 year: They can understand basic words. They can respond to simple requests and communicate using their hands. Towards the end of this period, they can say a few words.
- 1–2 years: They understand basic questions. They can follow a conversation and pick up new words quickly. They also combine words to ask questions or express needs.
- 2–3 years: They start forming sentences and begin to speak logically. They can mainly describe or talk about most things around them.
- 3–4 years: They can explain activities. They can use more complex sentences and speak more fluently.
- 4–5 years: They can use detailed sentences. They can tell stories and communicate easily with others. Isn't it amazing?

Assuming a toddler listens and tries to speak for an average of 6 hours a day, excluding sleep and downtime, and repeats this for 365 days, that equals  $6 \times 365 = 3390$  hours, and over 5 years, it totals 16950 hours.

By using the advantage of being an adult, we can learn and grow faster. I thought it was fast to be fluent in English in just 2 years. However, language prodigies reach the level of a 5-year-old child within a year, and some very fast learners even achieve it in less than 6 months.

Assuming the amount of exposure to English and fluency are proportional, the time it takes for a child to become capable of basic listening is between 3390-6780 hours. Since we are adults and assume we learn much faster, let's say we need at least 3390 hours.

If you spend more time with English, you'll get better at it. For a child to understand basic English, they might need between 3390 to 6780 hours. But as adults, who usually learn faster, we may only need 3390 hours.

Imagine you are around English for 2 hours each day. This would take around 4.6 years to reach 3390 hours. But in this case, you're mostly living your life in Korean, doing all your work and personal stuff in Korean, and only studying English on your own at home. It's very hard to increase this 2 hours to 6 hours in the same way.

But, if you surround yourself with English, things can be different. This means you're challenging yourself to work and live more in English, moving away from what's comfortable for you. If you do this well, you could even be around English for 10 hours a day.

Find a workplace with people who speak English. Be in an environment where you can make friends and socialise in English.

The aim is to try to use English more each day. To make it clearer, let's look at how Kayla is doing it.

Example) Kayla's Daily Schedule:

Time spent working = 8 hours (from Korean restaurant to foreign cafe + restaurant)

Time spent talking to a partner = 30 minutes (foreign partner)

Time spent talking to friends = 30 minutes (foreign friends)

Time spent at school = 1 hour (focusing on classes, networking with foreigners)

Time spent on media = 2 hours (switching all YouTube, Instagram, Facebook content to English)

Time spent on self-development = 30 minutes (studying necessary English words)

Originally, she only came into contact with English for 1 hour a day studying, but now with this change in environment, she is exposed to English for over 12 hours a day and naturally acquires English. Simple but the most effective method!

## Rule #35. Use the context

People who grew up speaking English depend on the situation to understand what's being said. Without this, they can get confused. The person speaking might have a different background, a unique way of speaking, or might not be speaking clearly due to being tired. They might speak softly, unclearly, or have features like a lisp or very flexible lips that make it hard to understand them.

But, the situation or context helps English speakers understand each other, even with these differences. They might not hear every word clearly, but they can understand the overall meaning from what they do hear. Without this context, and if they can't hear the words clearly, it's very hard to figure out what's being said.

The sounds we make when we speak can be a little different from person to person. Just like no one can say every word exactly the same way, we need to accept that there are small differences in how sounds are made, like how different people might say 'butterfly' a little differently.

Usually, people who grew up speaking English have a smaller range of sounds they understand compared to people who learned English later. Often, they're used to a certain set of sounds. So, if we don't make sounds that fall within this set, they might not understand us. Sometimes, there are English speakers who understand a larger range of sounds. These people have been around many different ways of speaking, or are open to different ways of speaking English. It's helpful to learn English from these people.

# **Rule #36. Make your sound the same as theirs**

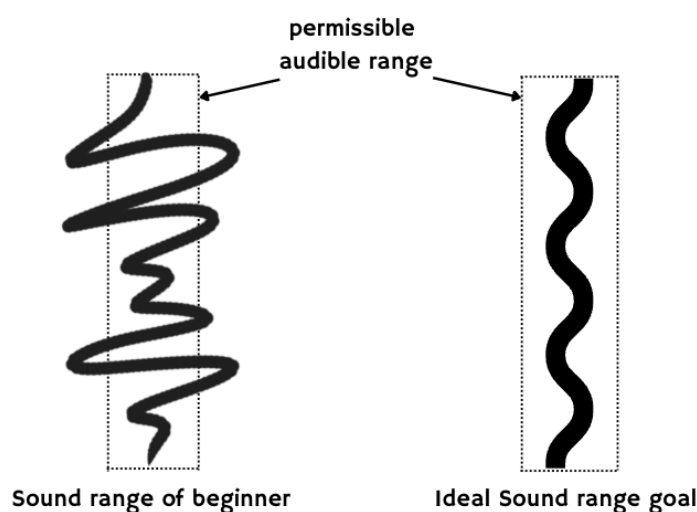
Learning English can be tough for all of us. Most local people we meet while learning English only know their own way of speaking and understand a limited range of sounds. Our aim is to make our sounds just like theirs, so they can understand us. We need to make sounds that they can hear and recognize.

Once they can understand our sounds, they'll think of us as part of their group. The way we speak and our accent can show where we're from and which group we fit into. It's up to us to decide if we want to stay outsiders - people who are understood, or become fully part of the new community. It's a big choice to make.

When I first moved to Australia, I decided to speak in a way that was similar to the local people so I could be part of their community. Just like me, everyone who has successfully learned English and has done well in Australia made the same choice.

To do this, we need a way to get feedback. It's about checking how we pronounce words by speaking and listening to our own sounds.

I have a clear idea of how I want my sounds to be. So, when I speak, I compare what I say with the sound I'm aiming for, and check if it's close enough. I practice until my sound matches or is very close to the sound I want.



For example, I am tired and want to sleep. So, I say to someone else, "I want to go to bad." I listen and analyze what I've said. I realise I've made a mistake. Bad.. Bead..bade.. bed! Bed! I want to go to bed! If I am not sure or if the sound is determined not to be the same as a native speaker, I pick that sound and practice until I can sound it out perfectly. If I cannot realise it myself, I inform those around me that I want to perfect my pronunciation and ask for their help. When I was learning English, my school friends, foreign partners I met, my manager at work, and my friends often became my teachers.

## **Rule #37. Learn to pronounce all phonemes correctly**

There are 26 alphabets in English.

- Vowels: a, e, i, o, u
- Consonants: b, c, d, f, g, h, j, k, l, m, n, p, q, r, s, t, v, w, x, y, z

And with these 26 alphabets, there are 44 phonemes. Among these phonemes, there are pronunciations that do not exist in our Korean language. Therefore, we need to learn the exact sound of these phonemes, the necessary muscle training, tongue position, mouth shape, and where to put the accent. If you read English phonemes with Korean pronunciation a hundred times, foreigners will not understand because of the incorrect accent and pronunciation. The chart below lists the various sounds that can be made for each phoneme and examples of words using those sounds.

1. Read the words out loud as accurately and confidently as possible.
2. If the sound of the read word is deemed natural and clear, move on to the next word.
3. If the sound of the word is not clear, use Google and YouTube to find the correct sound. There will likely be videos on YouTube explaining how to pronounce correctly. I hope you find the correct sound and pronunciation, even if it requires over a hundred practices. If you cannot find it yourself, you may ask acquaintances, foreign friends around you.

**CONSONANTS: B, C, D, F, G, H, J, K, L, M, N, P, Q, R, S, T, V, W, X, Y, Z**

	<b>Phonemes</b>	<b>Sounds</b>	<b>Words</b>
1	b	b, bb	bug, bubble
2	d	d, dd, ed	dad, add, milled
3	f	f, ff, ph, gh, lf, ft	fat, cliff, phone, enough, half, often, swift, draft,
4	g	g, gg, gh,gu,gue	gun, egg, ghost, guest, prologue
5	h	h, wh	hop, who
6	dʒ	j, ge, g, dge, di, gg	jam, wage, giraffe, edge, soldier, exaggerate
7	k	k, c, ch, cc, lk, qu ,q(u), ck, x	kit, cat, chris, accent, folk, bouquet, queen, rack, box
8	l	l, ll	live, well

	Phonemes	Sounds	Words
9	m	m, mm, mb, mn, lm	man, summer, comb, column, palm
10	n	n, nn, kn, gn, pn	net, funny, know, gnat, pneumatic
11	p	p, pp	pin, dippy
12	r	r, rr, wr, rh	run, carrot, wrench, rhyme
13	s	s, ss, c, sc, ps, st, ce, se	sit, sheep, less, circle, scene, psycho, listen, pace, course
14	t	t, tt, th, ed	tip, matter, thomas, ripped
15	v	v, f, ph, ve	vine, wine, of, stephen, five, often, very
16	w	w, wh, u, o	wit, why, quick, choir
17	z	z, zz, s, ss, x, ze, se	zed, buzz, his, scissors, xylophone, craze
18	ʒ	s, si, z	treasure, division, azure
19	tʃ	ch, tch, tu, ti, te	chip, watch, future, action, righteous
20	ʃ	sh, ce, s, ci, si, ch, sci, ti	sham, ocean, sure, special, pension, machine, conscience, station
21	θ	th	thongs
22	ð	th	leather
23	ŋ	ng, n, ngue	ring, pink, tongue
24	j	y, i, j	you, onion, hallelujah

### VOWELS: A, E, I, O, U

25	æ	a, ai, au	cat, plaid, laugh
26	eɪ	a, ai, eigh, aigh, ay, er, et, ei, au, a_e, ea, ey	bay, maid, weigh, straight, pay, foyer, filet, eight, gauge, mate, break, they
27	e	e, ea, u, ie, ai, a, eo, ei, ae	end, bread, bury, friend, said, many, leopard, heifer, aesthetic

25	æ	a, ai, au	cat, plaid, laugh
28	i:	e, ee, ea, y, ey, oe, ie, i, ei, eo, ay	be, bee, meat, lady, key, phoenix, grief, ski, deceive, people, quay
29	ɪ	i, e, o, u, ui, y, ie	it, england, women, busy, guild, gym, sieve
30	aɪ	i, y, igh, ie, uy, ye, ai, is, eigh, i_e	spider, sky, night, pie, guy, stye, aisle, island, height, kite
31	ɒ	a, ho, au, aw, ough	swan, honest, maul, slaw, fought
32	oʊ	o, oa, o_e, oe, ow, ough, eau, oo, ew	open, moat, bone, toe, sow, dough, beau, brooch, sew
33	ʊ	o, oo, u,ou	wolf, look, bush, would,
34	ʌ	u, o, oo, ou	lug, monkey, blood, double
35	u:	o, oo, ew, ue, u_e, oe, ough, ui, oew, ou	who, loon, dew, blue, flute, shoe, through, fruit, manoeuvre, group
36	ɔɪ	oi, oy, uoy	join, boy, buoy
37	aʊ	ow, ou, ough	now, shout, bough
38	ə	a, er, i, ar, our, ur	about, ladder, pencil, dollar, honour, augur
39	eəʳ	air, are, ear, ere, eir, ayer	chair, dare, pear, where, their, prayer
40	ɑ:	a	arm
41	ɜ:ʳ	ir, er, ur, ear, or, our, yr	bird, term, burn, pearl, word, world journey, myrtle
42	ɔ:	aw, a, or, oor, ore, oar, our, augh, ar, ough, au	paw, saw, claw, ball, fork, poor, fore, board, Four, taught, war, bought, sauce
43	ɪəʳ	ear, eer, ere, ier	ear, steer, here, tier
44	ʊəʳ	ure, our	cure, tourist