Set Clear Goals

Don't say, "I will be better at English." Start with, "I will be better at English listening." Also, how are you going to reach your goal? Don't just say, "I will be better at English listening." Make a clear goal. Say, "I will be better by listening to English songs every day."

Make Easier Goals

You really want to speak English better. You say, "I will study English five hours every day." Stop! The goal is too difficult. Make an easier goal. Say, "I will study English 30 minutes every day."

Break Down Goals

You want to know a lot of English words. You say, "I will learn 300 words." That is a lot of words. Break down your goal. Say, "I will learn 10 words every day." Then, you will learn 300 words in one month.

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