



Activity 19 Creating an Action Plan

Let's make a plan for what you will do in the next three months to reach the goals you set in the previous activities.

What do you want to achieve in three months? (See Activity 10 and 18)

Resources, Time, Place, and Pace to Work On (See Activity 13 and 16)



Resources



Time



Place



Pace to work on

Resources	Time	Place	Pace to work on
[Your Target Language] Textbook	Right after waking up	At my desk at home	One chapter per week
Hobby SNS Group	During my commute	On the train	Check posts and write my post once a day
Movies	At night, before bed	In my living room or at the theater	One movie per week

Reflection and adjustment time

Example: Visit my favorite café on weekends to review my notes and plan for the upcoming week.



Tips to stay motivated and continue

Example: Use a small notebook or my phone's memo app to write down new words, useful phrases, or memorable expressions.

Start a morning activity group with friends to share progress and support each other.



Reward yourself after 3 months

Example: Have a celebration with my family at a restaurant. Buy something I have wanted, like a new outfit.



After setting your goals, schedule, and daily tasks, use the "Task Calendar" in Part 2. Write down your tasks and check them off when you complete them.

For example: "Listen for 15 minutes on the train in the morning" or "Review vocabulary for 10 minutes before bed."

Remember to mark the days you complete your tasks. You can also add non-study tasks, like "Cook meals at home" or "Stretch before bed."