



Activity 21 Keeping a Self-Compliment Diary

It is normal to feel unsure or lose confidence when learning a language. When this happens, try keeping a Self-Compliment Diary. For one week, write down good things about your language learning, even if they are small.

Examples:

I was able to focus for 20 minutes today.

I scored higher on my vocabulary test.

Even though I was not motivated, I studied and continued.

You can use the space below or the weekly planner in Part 2.

Write down things about your language learning that make you think, "I am proud of myself!"

Monday	>
Tuesday	>
Wednesday	>
Thursday	>
Friday	>
Saturday	>
Sunday	>