

How To Learn English On Your Own Faster

By Avoiding The **Five**
Most Common English Learning Mistakes



Sam Pealing

English For Study

Introduction

Thank you for downloading this guide and for taking the first steps in becoming the **better you**.

In this guide, you're going to discover the FIVE most common English self study mistakes.

This guide is the result of hours and hours of working with high level English speakers.

When I work with a new student, I dig deep into how they currently learn English and what their goals are. I also find what their biggest barriers are (the things that are stopping them from reaching their potential).

After hours of research, I took the most common mistakes and created stories around them.

The result?

This guide that you are currently reading.

Now, I've been told not to share this information for free. The information in this guide is "*too good to be free*".

But... whatever...

I believe that everyone should read this.

So, let's start with a story.

Your story.

Your Self Study Journey

Once you hit the middle/upper intermediate stage in English, you suddenly notice that textbooks do nothing for you. They're boring, they're slow and they don't help you get to where you want to go.

Nope...

Instead you want to learn English so you can **use it**...

You want to be able to watch the news and TV shows, you want to join in conversations with English speakers and you want to further your education or career.

You don't want to wait for it to happen by using outdated textbooks.

And so you decide to learn English on your own.

You watch YouTube videos, listen to podcasts, read articles and try to make English your real second language.

The only problem is no-one ever taught you how to learn...

Learn English On Your Own Faster:
The Five Big Self Study Mistakes You Need To Avoid

And learning on your own is tough.

You have no-one to correct you, you have no-one to talk to, and you never know what to study.

You have no study routine and you never seem to have time.

You might even start to lose hope... feeling that you'll never be able to speak English well.

Well, your story could turn out like that...

Or, you could decide to take control of your English.

Everyone has the ability to reach a high level of English, but not everyone will.

They just don't have ***what it takes***.

Do you have what it takes to reach an *elite* level of English?

I think you do... You've proven it by downloading this guide.

You see, everyone can learn to use English well, but many people lack the passion that drives them to do it.

But I think that you might have what it takes to become really great.

In this guide, I'm going to help you take the first steps towards being at the top of your game by showing you FIVE of the biggest English learning mistakes that most non-native English speakers make when they study on their own.

Excited?

I know I am!

About the Author

If you've never heard of me before, you're probably wondering who I am...

Well, I'm **Sam Pealing** – the English Learning Strategiser.

I'm the founder of **English For Study**, and I'm a lecturer in English For Academic Purposes at a university in England.

My passion is creating high **level non-native English speakers who impress everyone they speak to**.

I do that by helping non-native English speakers to overcome the barriers that are stopping them from being great, so that they can achieve their potential.

If you feel like you've tried everything to improve, but nothing works...

Or if you feel like your head is full of confusion when it comes to English...

Or if you are trying to learn something very specialised...

Or if you need to improve, but you don't know how...

Then I can help.

I specialise in helping high level and specialised English learners reach their potential, so they can have better professional and social lives.

I occasionally have spaces for personalised coaching, you can learn more [here](#).



IMPORTANT

Before you start this guide here are a few pointers:

- **Print out this guide.** This is more than an ebook. You will have some tasks to complete while you read this guide. Also, when you read this on paper you can make notes and highlight your favourite bits.
- **Write a response.** At the end of each chapter, there is a space for you to write your own response. *Do This.* Your response will help you to change the way you learn.
- **Share your responses with me.** I read every email that I get, and I'd love to read your responses. Send me an email with the subject "5 Reasons Responses".

Type your responses out completely and send me an email. I'll pick some of the best ones to share.

- **UPGRADE.** I've created a special upgrade pack for this guide. You get the cheat sheet (for making this stick in your head!) and the audio book version of this guide, so you can practise your listening. [Click here to Upgrade for only \\$2.99](#)

Mistake 1

Believing that Motivation is Your Friend

When you first started learning English, I bet you were full of motivation. You loved going to class and opening your textbook to learn something new.

When you think about it, motivation is an interesting concept. Motivation is the energy that makes people do things. Motivation was one of the reasons you decided to learn English.

Motivation is what makes people want to lose weight. One day, they look in the mirror and see the reflection of their soft body. So, they decide to do something about it. Their motivation makes them get up early, go for a run and eat fruit for breakfast and lunch. Their motivation is to look good on the beach.

So, if you think about it, the motivations in that example are **feeling healthier** and **having a good beach body**.

But, what happens when the motivation disappears?

What happens when you don't *feel* like doing anything?

What happens when you're not seeing any improvements?

What happens when you reach your goal?

All of these things can destroy your motivation. When your motivation has gone, what do you do?

Well, you can do nothing. The people who choose this option never truly become great. They always stay at 'okay'

Or you can do what many successful business people have done:

Don't Rely On Motivation, Rely On Habits

Successful people enjoy motivation while they have it. But when aren't feeling motivated, they don't care! They rely on habits because habits work.

For example, before I go to bed (every night) I write down three things that I want to do the next day. I do that so even if I wake up feeling terrible, I still have three things that I can do to keep myself moving forward.

Your response:

What motivates you to learn English now? What is the #1 thing that drives you to learn English?

Mistake 2

Letting Other People Do All The Work

Let's be honest... we all wish we could get someone else to do the hard work for us.

But it ain't gonna happen!

Learning English is something that you can only do for yourself. It's like losing weight.

No-one can do it for you.

You can have a great trainer, fantastic supplements, a perfect diet plan, but you're still the only one who can lose the weight.

It's the same with English: You could have the best teacher, the best learning materials, and the best learning facilities, but **if you don't do the work, you won't improve.**

So, what can you do to make sure that you are actually learning English for yourself?

Take Responsibility For Your Learning And Your Success

By owning and taking control of your learning, **you become the boss.** You will realise that learning English is something that **you** are doing for **yourself** and **your** future.

And, while people can help you, you are the only one who can learn the language.

The good news is that most people eventually love learning English. When they 'figure out' what they're doing, they start to enjoy the process.

Did I ever tell you about the time I lifted 260kg with my hands? Yup 260kg (that's about 570lbs).

When I did it, I felt a massive sense of achievement. I felt like a superhero.

Do you know why? Because I worked hard for it. I trained in my small, cold gym 4x a week in the rain, snow and sun.

This is the same as you and your English. Work so hard that you land an awesome position in a great company, or you get amazing grades at university, or that you impress everyone who hears you speaking English – because that sense of achievement is one of the best feelings in the world.

Your response:

What would be the best '**sense of achievement**' feeling for you?

Mistake 3 Trying To Learn Everything

I'm a qualified lecturer. In the UK, I'm a lecturer in EAP (English for Academic Purposes). I teach people how to present and write academic papers in English. I was really lucky to get this position because the competition is quite fierce.

But something that helped me was my Master's dissertation.

My Master's dissertation was on quite a new area of English language learning: language learning strategies. Language learning strategies are the 'things' you do to learn a language – such as finding vocabulary from a TV show or using new words in sentences.

Now, when I was researching these strategies, I became so engaged with the topic that I kept having new ideas.

The problem was I had too many ideas, and I didn't know where to start.

Do you know what that feels like?

When you have so many ideas that you don't know where to start?

Well, I was lost and the deadline was getting closer and closer.

But my mentor gave me some of the most valuable advice I've ever received:

"Don't try to answer every question about your topic. Find the one or two most important questions and focus on answering those really well."

That advice changed my research, and it will change your English learning too:

When You Try To Learn And Do Everything, You Won't Improve Very Quickly.

This happens all the time. One of the BIGGEST reasons why non-native English speakers just can't improve their English is because they try to learn too many things at one time.

They see blog titled "100 phrasal verbs", and they try to learn it all...

... but really they should just sloooow down, choose a few things to focus on and learn those really well.

Your response:

What do you need to slow down and focus on?

Mistake 4 Relying on Random

I've got a quick question for you.

How many times have you done this:

You've decided to study, so you sit down at your computer or you open a textbook and **do nothing**.

You sit there for 10 minutes trying to do something, **but nothing happens**.

So you give up, and do something else.

I'm guessing it's happened a few times. And I guess that because it happens to all of us.

Honestly, studying languages is difficult. There are a lot of things that you need to learn, and I'm sure you have a few weak areas that you want to work on.

But, just expecting learning to happen doesn't work. You need to **prepare** for learning to happen.

One of the world's greatest inventors, Benjamin Franklin, once said:

"By failing to prepare, you are preparing to fail"

In the most basic sense, it means: if you don't have a plan, then you're not going to succeed.

This also applies if you do Random Learning...

Random Learning is where you focus on learning "what's new". Maybe today you'll learn 10 weather idioms, and tomorrow you'll learn 5 ways to use the word 'get'.

The problem is you'll never improve because you'll always be moving from one new thing to the next new thing.

So, how can you solve all of these issues in one go?

Easy! By creating a plan:

By Having A Plan, You Can Learn And Improve Faster

Having a plan will not only help you to stay focused on your goals, but it will also help you to know what you need to do. Make it easy to study, and some of your English learning problems will disappear.

There's no response for you to write here, but watch this video I made on how to make a quick and effective learning plan by using **three simple questions**:

<https://youtu.be/4oAwqubDn5E>

Mistake 5 Doing It When You Feel Like It

Are you like most people?

Most people think that success just happens. They think you can go to sleep listening to an English language CD and wake up speaking English!

(If it was that easy, I wouldn't have a job!)

Most people only see top athletes, singers, business people and movie stars after they've worked hard consistently for years. Most people don't see the hard work which created the success.

Most people only see the end result: **success**. And they think that this person became successful overnight...

... which most of the time isn't true.

Most successful people aren't like **normal** people. Successful people become obsessed with what they do. Successful English speakers know that:

If You Want Your English To Improve, You Need To Do Something Every Day

Consistency is the act of doing something again and again and again. It's how actors create the perfect movie scene. It's how Cristiano Ronaldo scores 200 goals a season.

But you don't have to do it hard every day. Small efforts can also equal something big.

The main thing is that you never stop. You always keep going.

When you do finally reach an advanced level of English, people will ask you for advice & ask you how you did it. And you know what you can tell them?

By practising every day.

So, it's time for your response once again. This time, complete the two sentences:

My big English wish is _____

If I practised my English every day for 30 days, I would be able to _____

Conclusion

To sum up, we've talked about: motivation, taking ownership of your learning, being focused, having a plan and doing something every day.

If you applied these five concepts to your English learning today, I'm sure you'd start improving your English quicker than ever before.

Before you go, I want you to do *four* things:

1. **Send me your responses.** Type up your responses for each mistake (put a header for each one) and email it me. I'd love to read your responses to each mistake. Email me at: sam@englishforstudy.com
2. **Share** this guide with an English learning friend. Just email it to them, or share this page:
3. **Join the English For Study Community on Facebook.** We're a growing community of English learners all working towards better English. You can join here: <https://englishforstudy.com/facebook>
4. **Subscribe to me on YouTube.** I upload videos to YouTube with advanced English learning advice and language regularly. Subscribe so you don't miss anything. [Click here to subscribe.](#)

If you want ***EVEN*** more English learning goodness, **upgrade this guide for \$2.99.**

You'll get the **Audio Book** version of this guide, a useful **cheat sheet** that will help you to apply these important concepts to your English learning, and a special report with the ***sixth and seventh most common mistakes*** to avoid.

[Click here to upgrade](#)

Finally, thank you for choosing, downloading and reading this guide all the way to the end. I hope that it can help you to become the English speaker you dream to be.

To your English speaking success,

Sam Peeling

English For Study

Ps. Don't miss out on the [upgrade for this guide!](#) The cheat sheet and the audio book for just \$2.99