

VOLUME 1 • ISSUE NO. 1

Language Delight *Journal*



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Letter from the Founder



Hello there! In case you don't know me, I'm Sofía, the founder of Blissogirl, a brand dedicated to helping autonomous language learners to organize their practice, learn to immerse in their target language on a daily basis and find meaning + delight while they do it.

I wanted this project to reflect all my work during the past 4 years, so I hope it makes a lot of sense to you and that I can help you with my tips, strategies and recommendations.

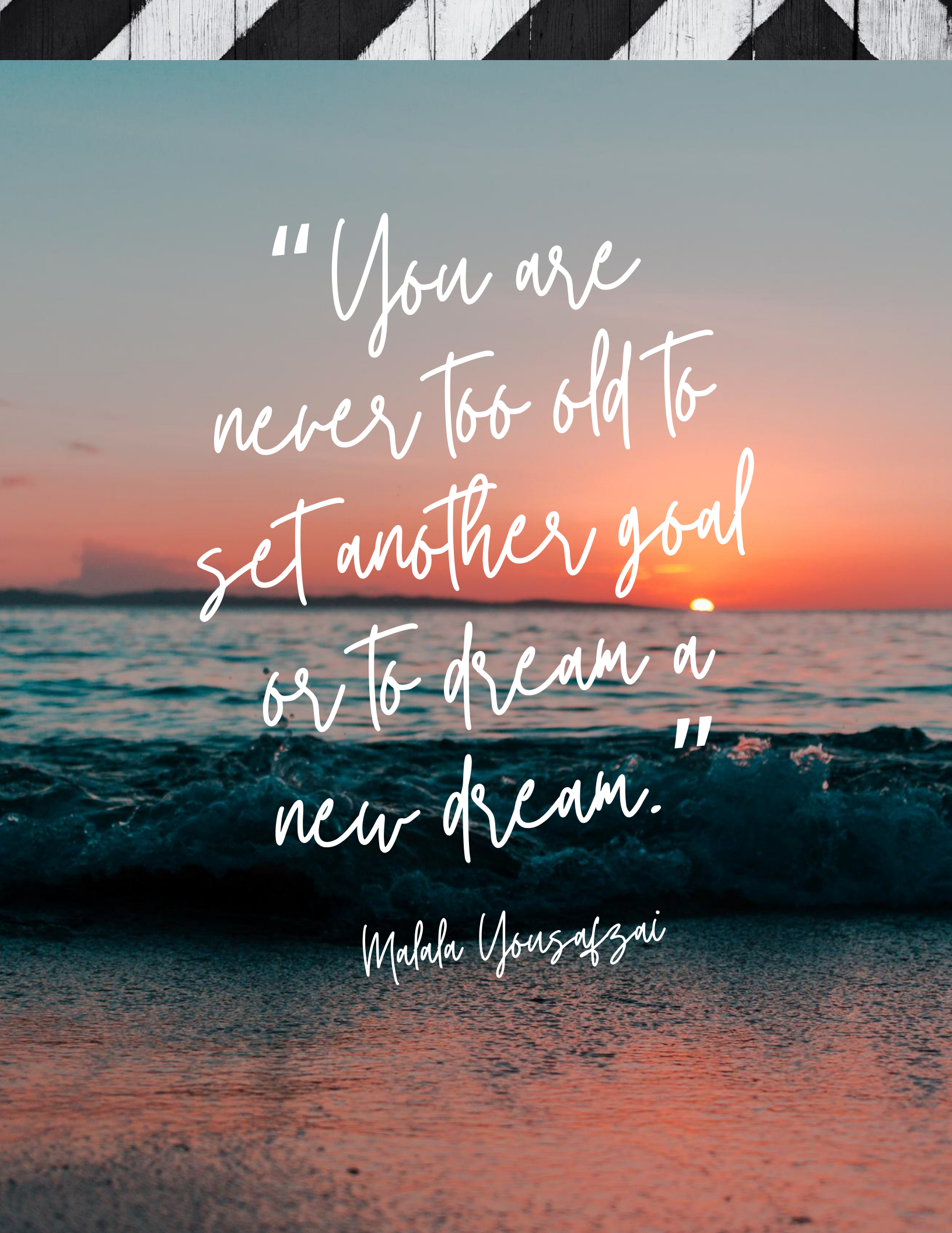
I wanted this journal to be fun also, so I infused some more personal pages here and there together with my (sometimes eclectic) style. I hope you find this interesting!

This Language Delight Journal includes exciting links through its pages so I recommend you to digest each piece of content as it comes. I don't want you to collect many tabs that you'll forget to check out later (that is me btw 😊 so I know that feeling). Just take this journal easy and make the best out of its pages.

I hope you enjoy this magazine-ish experience all the way to the end

Have a wonderful day ahead and a happy read!

xo,
Sofia

The background of the image is a sunset over the ocean. The sun is a small, bright orange circle on the horizon, casting a warm glow across the sky. The sky transitions from a deep orange near the horizon to a pale blue at the top. The ocean is dark blue with white-capped waves breaking in the foreground. At the very top of the image, there is a horizontal strip showing a wooden fence with dark, triangular shadows cast upon it.

"You are
never too old to
set another goal
or to dream a
new dream."

Malala Yousafzai

What I've

I read...

Lately I've been into mystery novels, the kind that have a suspense story with a crime involved. During the last days of 2021 I read **The Girl Before** by JP Delaney. It's about a woman who is renting a modern house designed by a mysterious architect. The narration of the protagonist intertwines with the story of the woman who lived there before. The plot twist will blow your mind.

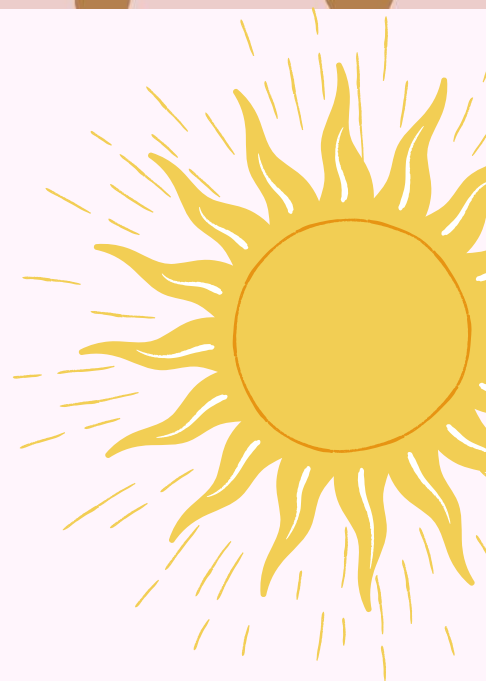


I watched...

I always loved watching reality shows when I was a child and teenager, but when I discovered Asian ones, I realized these are much better than the ones in my country. **Single's inferno** is the new Korean dating show of Netflix and I cannot recommend it enough.



I've been enjoying



I listened...

I was going to talk about the new album of Abba in this section, but recently watched **Encanto** from Disney and wow, the music. I simply loved the story but the songs made everything even more beautiful. My favourites: *We don't talk about Bruno* and *Surface pressure*.



I tried...

The last couple of years I've been very reluctant to use language learning apps, but on 2022 I wanted to give a new try to **Duolingo**. I finally started learning Korean and Dutch again! As I don't want to lose streak I'm being very consistent and feel motivated to come back to the app every day.



How to create your own autonomous language class



By Sofia Muñoz

Anyone who is a teacher can tell you that one popular way to divide a lesson plan is in three main parts: the **warming up** activity, the **development section** and a **wrap up** activity.

Following this organization technique we could create our own autonomous language class just as if we were taking it in a school or academy.

First, let's think about the **warming up** activity. It should be something fun and easy to do that at the same time allows you to review and remember the previous content you learnt in the language. It can be something as quick as listening to one song and trying to find all the verbs you last learnt, or more complex like a game about the conjugation you studied last week. When I planned for school classes of English in my internship I used to set in between 10-15 minutes for this part of the lesson plan, but of course in your case this can only last 5.



Next we have the **development section**. This is where the majority of a lesson plan exists. In this part you are generally taught new content. Immediately after that you are asked to do some easy exercises which gradually increase in difficulty. In a normal class of 80 minutes this section can last for almost an hour. But if you're doing a short study session you can do it for 20 minutes or less.

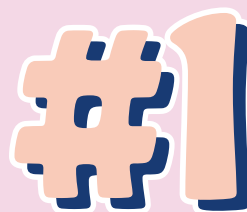
Finally we have the **wrap up** of a lesson plan. In schools I used to create fun final activities for the students in a way they could apply the content without noticing it. So it can be watching a short scene of a popular movie and answering some quick questions, it can also be an oral game to practice speaking skills without pressure. This section of the lesson plan can last 10 minutes but you can cut it to only 5 or less.

So if you do a 5 min warming up + 20 min development + 5 min wrap up, you'll have a 30-minute language study session.

Of course, as an autonomous language student you don't need to create a lesson plan like teachers do at schools. Just set a timer and decide on the moment what you'd like to do.

Do you have my interactive ebook with 144 language activities?

If you have my ebook on your phone you can make this easier!



Warming up

*Just click on the **start button** and pick the **5 minute** time availability. Then choose on the **skill** you want to practice during your warming up activity (I recommend you do a passive one like **listening or reading**) and the **mood** you have at that moment. Choose and do one out of the three activities at the page you'll be taken to.*

2

Development

Then, for your development activities, go to **Youtube** and learn a topic in your target language using a video of 10 minutes or so. You can **take notes in a notebook** if you want. After that, go back to the interactive ebook and **click on the go back button**. For time availability pick the **10 minutes** one (or a higher amount if you prefer). Then choose a **skill** you want to practice (ideally an active one like **speaking or writing**). Also choose the **mood** you have and then pick one of the three activities you'll see in the page to do it.

Remember that creating your own lesson plan has more to do with what works best for you and what motivates you, rather than what other people recommend you to do.

3

Wrap up

Finally, for your wrap up activity **click on the go back button**. Then choose the **5 minutes** in time availability. Next, choose a **skill** of your preference but ideally an active one (perhaps a different skill of the one you chose for the development activity). Then pick your **mood** and do one of the activities presented.

If you don't have the interactive ebook yet you can still get it on my etsy store, just **click here**.



What is stopping you from improving in a foreign language?

Discover your language
student archetype!

TAKE THE QUIZ



Language Study Organization BOOTCAMP



Your takeaway 📌

The **Language Study Organization Bootcamp** gives you a practical *roadmap* of strategies and new habits to apply right away so that you *enjoy* your language practice in a constant and non-overwhelming way.

Check this video if you want to know
what the course is about:



Do you want to
read more about
the course?

[CLICK HERE](#)

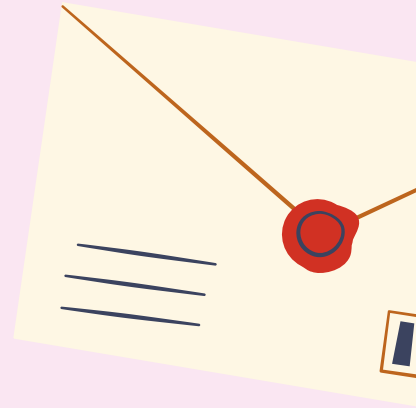
TOUR



A letter from 2021



By Sofia Muñoz




Hey there! It's Sofía from the past. 2021 is already over for you, but for me it's still December.

I'm writing this beforehand because today I felt the need to do it. I've been having so many **aha moments** and important thoughts that I truly wanted to share with you that I couldn't wait any longer, so let's get to it right away!

Learning a foreign language is a beautiful opportunity not only to know another culture and reach a bilingual or polyglot goal we have, but also to learn about ourselves.

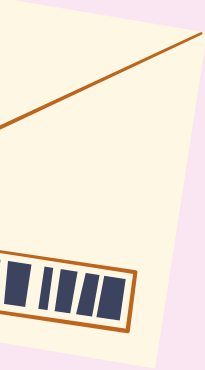
We can learn more about our limits and our priorities in life. We can realize how we are in terms of consistency and how we react when facing each up and down of the learning process.

We can learn how to manage our emotions and be resilient. *It's because we make mistakes that we can learn and it's because we thrive that we get more motivated.*



Today I wanted to let you know that as in every single thing in life, language learning can occupy a space in your routine depending on the season you're in, and you shouldn't feel guilty if you're not prioritizing it at this moment.

It's totally fine if you are not in the mood for learning grammar.



It's completely ok if you don't even want to immerse yourself in the language.

You may be experiencing a really tough period in your life right now and you may need to step back from your hobbies and interests, like language learning.

Even if you're not going through a hard time, you may also be in need of some time for yourself.

“

**Some seasons are for rest.
Some seasons are to take action.
Some seasons are for healing
and reflection...**

”

What I'm trying to say here, is that no matter how your life looks like right now or the amount of available time you have to spend learning a foreign language, if that's not your priority at the moment, you don't need to force it.

If whenever you have free time you think you should use it to practice or study but deep down you know you don't want to, then choose YOU over learning.

Feeling guilty because you're not doing something you're not even obligated to do is very common (it has happened to me so many times!) but that doesn't mean you're doing something wrong.

"Yeah but I always say I want to get better at *insert language* and whenever I have the time to study I just don't do it! ☹"

I understand, I truly do, but *you need to honour your energy and the season you currently are in.*

Some seasons are for rest.

Some seasons are to take action.

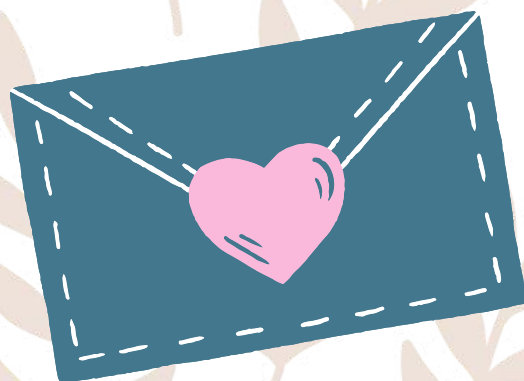
Some seasons are for healing and reflection.

Other seasons are all about starting new things and building habits.

Then once again you can face a resting season and the cycle repeats.

If after reflecting about this you still think it is not a matter of prioritization but something to do with your organization and procrastination level, then you can look back at the **Your Language to Bloom** series and see how to manage your practice better.

But if after reading this letter you realize that indeed this current season in your life is not for language learning, accept the thought and let go of any pressure you've been putting on your shoulders.



Right now (December 6th 2021)
I'm not feeling like learning
languages.
I haven't felt like it for a while
during this year.

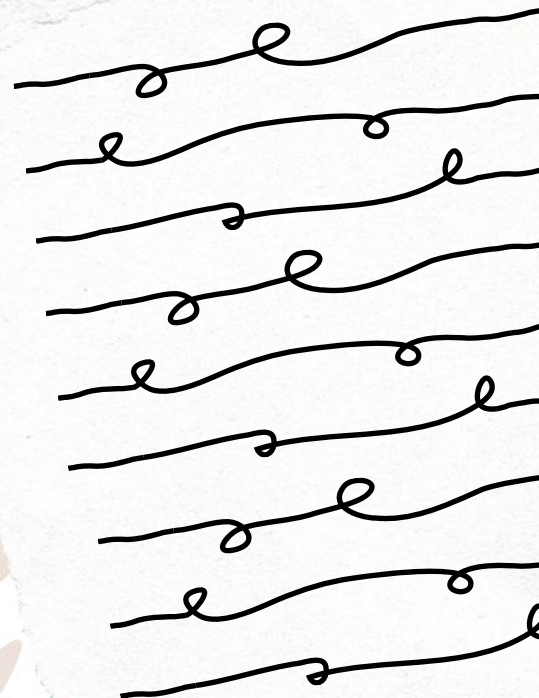
As I've experienced some really
hard moments and mental
breakdowns, I haven't been able
to focus on a couple of my
hobbies, including language
learning.

I know it's not going to be
forever. I know that sooner than
later I may come back to
studying and practicing, and
getting better. I know that
because every time I stop
something I like doing, I come
back to it again one day.

Sometimes it takes a change of
season, quarter or year.
Sometimes it takes longer. But
the truth is that your passions
can wait for you all the time you
need to put things in order in
your life.

So don't judge yourself for
letting something go for a while
if that's what you ultimately
need.

I'm sending you much love and a
big hug



Turn your lang

With this man

I'm releasing all
resistance to
learning a foreign
language. I'm
talented enough and
I know I'll make it
in the end.



I'm manifesting my
language abilities
to improve with
every study session
and immersion
activity I do.



Language magic up

festation phrases



Me? Oh I'm already a polyglot. I'm fluent in all the languages I was trying to learn. I'm so proud of myself.



I'm already so close to where I want to be. It's all a matter of perspective. If we look at it as a circle, the beginning of a language journey is right next to the goal.





Do you like cute printables

Plan your language practice using

My language goals TIME FRAME: _____

Level	Grammar	Vocabulary
Listening skills	Reading skills	Speaking skills
Writing skills	Pronunciation	Language organization

Blissgirl.com

Language plan in the year YEAR: _____

January	February	March	April
May	June	July	August
September	October	November	December

Blissgirl.com

MY SHORT & LONG TERM language goals

CATEGORY	DAILY	WEEKLY	MONTHLY	YEARLY

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LANGUAGE planner

THE LANGUAGE: _____ MY WHY: _____

REASON: _____

BIG STEPS

LITTLE STEPS

Notes

Blissgirl.com

MY LANGUAGE FUN LISTS

NAME OF MY FAVORITE LANGUAGE I WANT TO LEARN: _____

HOW MUCH TIME DO I WANT TO SPEND ON THIS LANGUAGE? _____

HOW MUCH TIME DO I WANT TO SPEND ON THIS LANGUAGE? _____

Blissgirl.com

LANGUAGE COURSES TRACKER

NAME OF THE COURSE	WHAT IS IT ABOUT?	HOW'S IT GOING (Y/N)?

Blissgirl.com

Daily language routine

YOUR DAILY SCHEDULE

IMMERSION ACTIVITIES

TOP 3 GOALS

NOTES

Blissgirl.com

Yearly language snapshot YEAR: _____

January	February	March	April
GOAL	GOAL	GOAL	GOAL
REALITY	REALITY	REALITY	REALITY
HOW DO YOU FEEL?	HOW DO YOU FEEL?	HOW DO YOU FEEL?	HOW DO YOU FEEL?

Blissgirl.com



CLICK

...les to get organized?

my new Yearly Language Planner!



The planner is divided in seasons

HERE

My experience with Duolingo

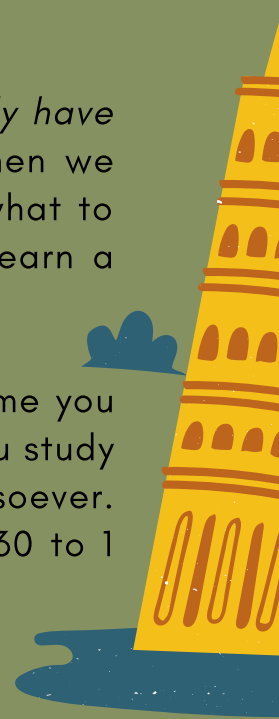


By Felipe Reyes, Linguist

When it comes to learning languages, one is likely to wonder: which language? What for? Do I have time? And, at times the latter, immediately jettisons our willingness to do it. “Time” a magic term that may have “the last word” of your decision, but is it really an impediment? If you had asked me a month ago, I would have definitely said “YES”, but after seriously taking into account “**Duolingo**” it made me ponder again, the conception of “time” when studying a second or third language.

How much time do you spend when getting to work? Do you usually have short breaks? What do you do when waiting in a long queue? When we add up those minutes that we spend by waiting, or not knowing what to do is when we should seriously consider using those in order to learn a target language.

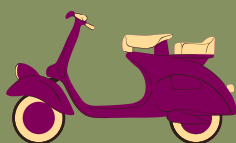
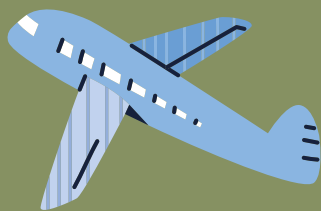
There seems to be a misconception in regards to the amount of time you spend when studying a new language. Some people think that if you study 5-10 minutes a day, you will not be able to communicate whatsoever. Instead, the expected or “correct” time you should spend is from 30 to 1 hour (approximately) every day in order to progress.



Truth is that if you spend a long and fixated amount of time to learn, you may also distract, get bored or stressed because you need to fulfill the aforementioned minutes in order to success. Therefore, if one of the previous arguments recalled any familiar situation in your own language learning experience, **let me show a much better and doable way to accomplish your language goals.**

I started learning Italian 34 days ago, by the influence of having watched a soap opera on Netflix because I got really excited about the main character's mother tongue, so I said, let's give it a go.

So I installed Duolingo. When initiating it, that friendly owl shows you different daily goals, respecting your language learning rhythm, it has four levels: 1.- relaxing: 5 minutes, normal: 10 minutes, serious: 15 minutes, and Intense: 20 minutes per day, and **since I work as an English teacher, my time is quite limited (again time... it's funny right?)**, but *this didn't interfere with my willingness to learn a new language.*



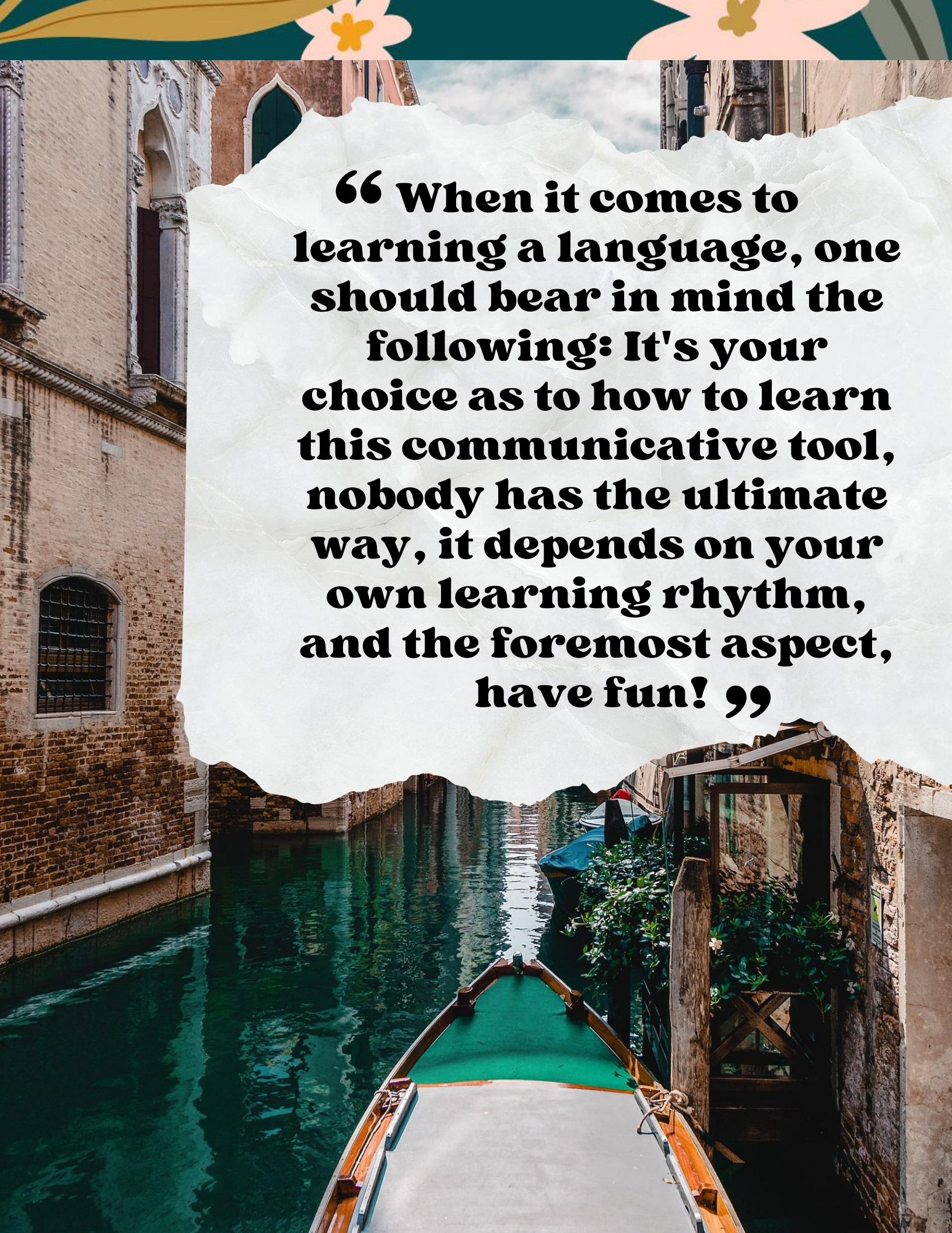
I said, let's start with 5 minutes, and believe me, it has been more than enough to learn vocabulary, grammar, and every-day expressions.

I am now able to describe things around me, utter certain phrases to communicate ideas, and it has developed my listening skill a lot! *Along with the work of Duolingo, I started to investigate the sounds of the language, the rhythm of it, and the combination of consonants and vowel sounds.* Duolingo has boosted my motivation to learn a third language, which as I said before, I would have never imagined doing it by "my lack of time", but I have learned to wisely use those 5 minutes that, in the past, might have been spent on scrolling on Instagram, Facebook, or TikTok.

So, when considering the chances of learning a language, ask yourself again the following questions: Which one? What for? Do I have time? The answer should be an immediate YES 😊!

Arrivederci, futuri poliglotti!





“ When it comes to learning a language, one should bear in mind the following: It's your choice as to how to learn this communicative tool, nobody has the ultimate way, it depends on your own learning rhythm, and the foremost aspect, have fun! ”

Language learn

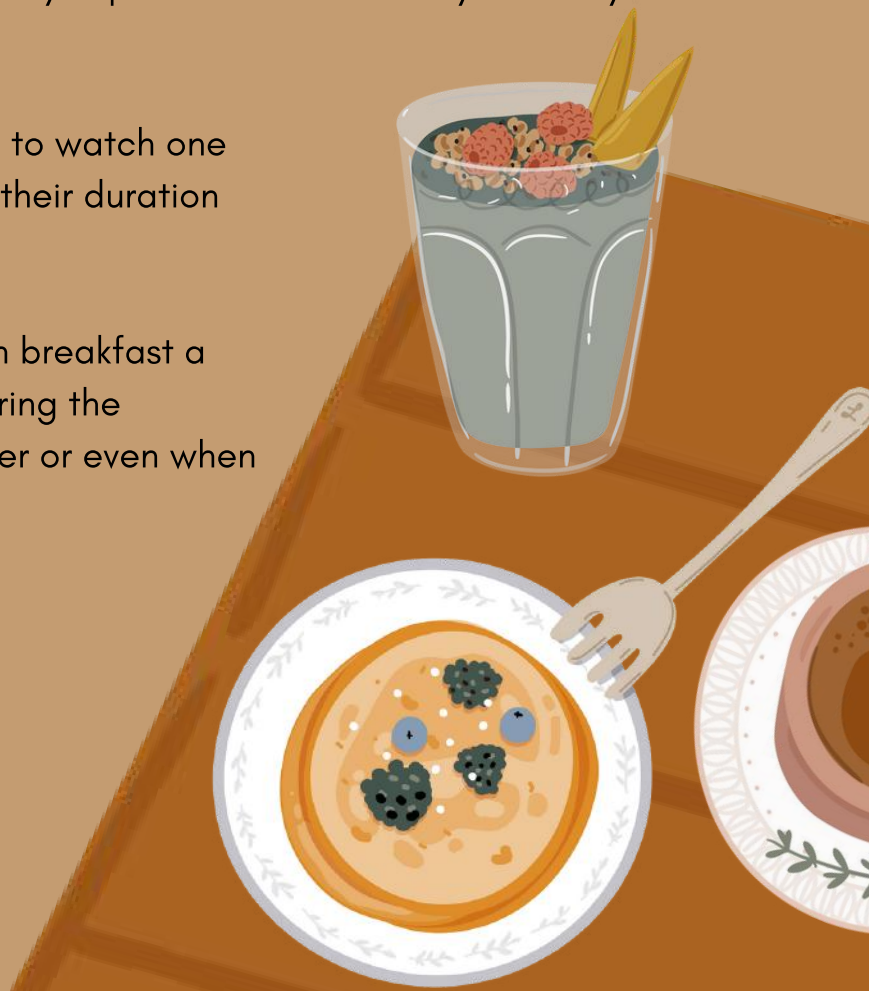
Lack of time is a big issue for us, autonomous language learners. Even if you are going to classes and don't study on your own, you may want to put into practice the different skills autonomously sometimes, in order to get more progress.

The thing is, with our busy schedules we often tend to leave our autonomous language practice behind.

For me, my time at breakfast has been very important to immerse myself in my target languages.

I make my favourite meals and sit down to watch one or more than one video -depending on their duration and the time I have available.

Use this as inspiration to make your own breakfast a moment to immerse. If you don't eat during the morning, you can do this for lunch, dinner or even when you're eating some snacks.



Breakfast



Sofía's Vegan Latte

*Vegan milk of your preference
Decaffeinated coffee
Sweetener of your preference
Boiled water*

- 1) Pour some vegan milk in a mug (I always do 1/3). My favourites for a latte are the coconut or rice ones.
- 2) Add two teaspoons of decaffeinated coffee and mix.
- 3) After that you can either microwave it for half a minute or not, it depends on how hot you'd like your latte.
- 4) Pour some boiled water in the mug and add the sweetener of your preference.
- 5) Mix everything again and enjoy.

Note: for extra flavour you can also add some cinnamon or any spices that you like.

Banana pancakes

*1 big banana or 2 small ones.
2 eggs.
Oat flour.
Vanilla scent.
Cinnamon.*

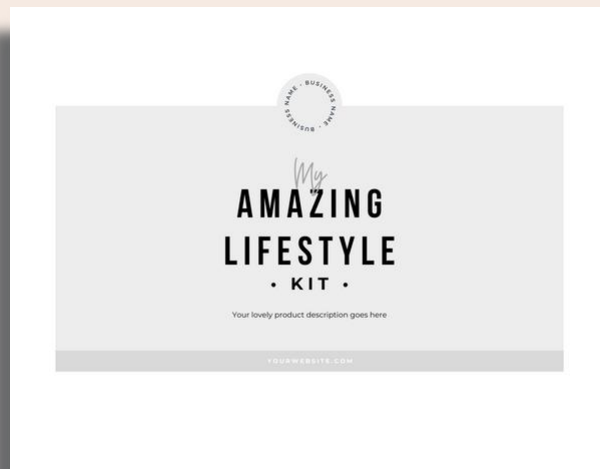
- 1) Smash the banana(s) inside a mug. The pancakes get tastier if they are ripe bananas.
- 2) Then, add the 2 eggs and mix.
- 3) Next, add as much oat flour as you like. Make sure that the mixture has some texture but also feels smooth.
- 4) Add some vanilla scent and cinnamon (this is just optional). Mix everything in the mug.
- 5) Pour some oil on a pan or skillet. Then, add a little bit of the mixture making medium-size circles just like in regular pancakes.
- 6) Use a spatula to take them out of the pan.

Put on a plate and decorate as you wish. I like to eat my pancakes with marmalade or some strawberries on the side.

Grab your phone, laptop or tablet and set it up in front of where you'll be eating your breakfast. Search for a youtube video or show you'd like to watch in your target language. You could also have a playlist ready beforehand.
Get cozy and enjoy your immersion experience!



Did you know Yearly Language using this



If you're interested on creating your own life planners even sell on Etsy, but don't know where to start, I can help you. This kit includes 19 pages of templates in both vertical and landscape orientation, 10 Etsy banner templates, 92 Pinterest templates. Click the link below to purchase. If you purchase through my link, I'll receive a % of the sale. If you, you'll receive as a gift my



I designed the Page Planner template?

[illegible]

VISION *mapping*

START DATE: _____

CATEGORY	30 DAYS	60 DAYS	90 DAYS
HEALTH			
FAMILY			
SOCIAL			
FINANCES			
CAREER			
LIFESTYLE			

yourwebsite.com

Language Quarterly

over time

Year	Quarter

GOAL 1	GOAL 2	GOAL 3	GOALS

LANGUAGE LEARNING TO DO LIST

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Month 1	Month 2	Month 3

Blissogirl.com

Language vision mapping

START DATE: _____

CATEGORY	30 days	60 days	90 days
GRAMMAR			
VOCABULARY			
SPEAKING & PRONUNCIATION			
LISTENING			
READING			
WRITING			




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s or planners for any topic you like that you can use or cannot stop recommending the Canva Template Kit. It landscape orientation, 99 etsy graphics templates, 66 below if you'd like to know more about this Kit. *Note: the sale at no extra cost to you. As a way to say thank you Interactive Language Ebook.*

HERE



Lacking consistency vs having other priorities



By Sofia Muñoz




One of the things that made me think I was failing at language learning last year was feeling I wasn't consistent.

Lacking consistency is an issue many language learners experience on a yearly basis. January arrives and we set plenty of goals for ourselves, including the level we want to reach at a foreign language.

We may be very consistent during one month, but then as the first 31 days of the year end, we start losing motivation, hence why we stop being consistent.

We get to the middle of the year with a sense of disappointment in ourselves **and then in December we are blaming our daily choices, promising that next year we'll do much better.**

But honestly, are we really lacking consistency or is there something else in the bag?



I had to do a lot of reflection to realize that actually, my problem wasn't consistency. I knew exactly what to do to practice my target languages, I am very organized and believe I can totally fit a little bit of language immersion in my schedule, nevertheless I wasn't studying nor practicing.

The thing is, I had other priorities at that moment. I was struggling with anxiety and other personal issues that I couldn't ignore. I needed to heal in different aspects of my life and so I couldn't focus my attention on language learning.

I've recently heard other language learners' reasons why they are not focusing so much on getting better: burnout, depression, a lot of work, seniors in their final year projects, and I bet there are some who also have to take care of their children or elder family members.

Life is like that, it's made out of seasons (I'll talk to you about this in another article of this journal), and we *cannot be all the time available for every hobby we have*.

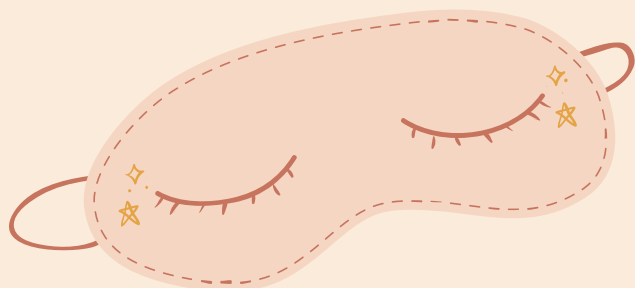
Yes, that would be desirable. **Who wouldn't want to be in a neutral mood and schedule every day?** But we know it's not like that in real life. There are very busy days and also some free ones where we just want to do nothing.

In previous years I would do a lot of language practice on my resting times, but last year? I would barely immerse myself in Korean and Italian some days of the week.

So, how do you know if you're lacking consistency or you're just simply prioritizing something more important in your life?

You just know it.

I was going to give you a full list (as in a v/s kind of thing) so that you could tick off and see where you're located, but with all honesty I think that would have been a mistake.



Maybe the question is not 'are you not consistent or do you have other priorities in life?'. The real question you need to ask yourself is **'Am I being inconsistent because I'm disorganized or because I'm going through something more important that I need to handle right now?'**

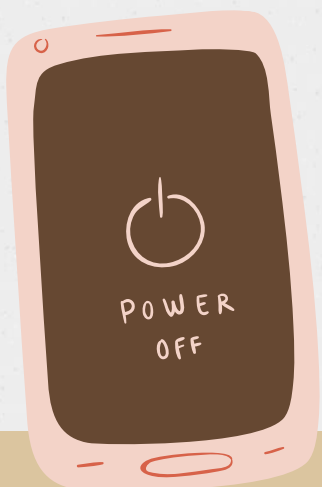
I won't be telling you how to know which option is better for you, because I'm sure that deep down you know the answer.

And I want you to know that whatever the answer is, that's totally fine. You need to respect what you feel like doing in each moment of your life, not judge you nor put pressure above your shoulders with something as beautiful as language learning.

As I always say, you need to enjoy the journey, not only the final destination. That means, if you're not in the mood for learning or you're going through something that needs your attention more, avoid pushing yourself. Instead, wait until you want and can study again.



“You need to respect what you feel like doing in each moment of your life, not judge you nor put pressure above your shoulders”



**Would you like to experience
the interactive Language
Ebook with 144 activities?**



Click Here



Language Learning the Myers-Briggs Type

I love personality tests and getting to know more about myself, so I'll give you some language learning tips according to your Myers-Briggs Type Indicator.

If you haven't taken the test, go do it now! Just go to [Myers-Briggs.org](#) and come back to this article and read the tips for your type.

ESTJ

Create a simple but productive language learning system for you

ESFJ

Join a foreign language club and learn while teaching other students

ISTJ

Create a schedule with your daily language practice

ISFJ

Teach someone what you're learning so that you learn it by heart

ISTP

Analyze why words and sentences are written the way they are

ISFP

Use practical material to study that you also think is beautiful

ESTP

Talk with others and express your opinion in different topics you like

ESFP

Find a group of friends with whom to practice the language



8 Tips According to Type Indicator Test

more about me and others. So I decided to give
to the 16 personalities from the Myers Briggs
indicator.

st type '16 personalities test' on Google. Then
d the tip for your personality type.

ENFJ

Create an Ig or Twitter
account where you
share what you learn

INFJ

Try challenging topics
that make you want to
learn more about them

INFP

Create visual board
that inspires you to
achieve your goals

ENFP

Look for online games
or board games to
practice the language

ENTJ

Use a planner to write
your language goals
and track your progress

INTJ

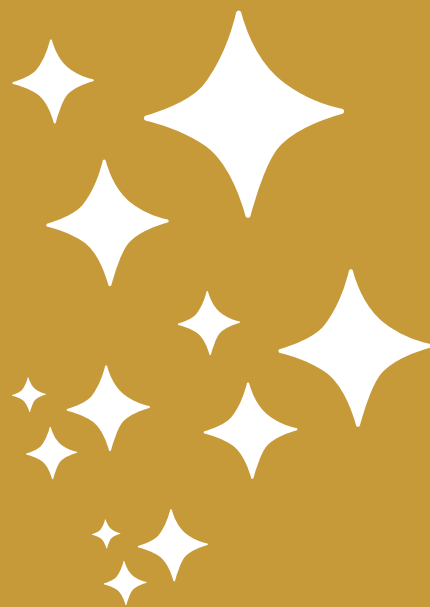
Find logic in grammar
patterns and practice
in creative ways

INTP

Use fun apps and play
games to practice
grammar and vocab.

ENTP

Find inspiration in other
language students and
try different challenges



Language printables to help



Do you know the concept of the Ikigai? I used this Japanese way of finding what your purpose is in order to create a strategy to help you learn a foreign language on your own terms. If you're into doing things that are in alignment with who you are and what you enjoy, this printable workbook will guide you into discovering which aspect of your language Ikigai you need to start paying attention to more right now.



[CLICK HERE](#)

help you fix your mindset



If you're struggling with impostor syndrome in your target language I have this Bundle of two workbooks that will help you reflect towards issues like comparing yourself to other students (specially those who are already polyglots) and feeling unsatisfied with your progress. You'll be able to discover your main impostor syndrome type in relation to your language practice by doing a quick test. I also give you my tips according to the results you get.

CLICK HERE

Declutter your language practice like in the Konmari method




By Sofia Muñoz

For a long time I've had the dream of becoming a polyglot. It was this dream that led me to choose many languages that I wanted to learn. I've tried learning Italian, Korean, Russian, Chinese, Japanese, Arabic, Dutch, French, German...

The thing with trying to learn it all is that *you either get overwhelmed and end up giving up...or you rely on your organization and structure your daily routine so as to be able to learn all the languages you want.*

But sometimes that also makes you feel overwhelmed and eventually you give up too.

If there's something I'm learning during 2022 is to minimize and declutter. Last year I had plenty of goals with four different languages. I was consistent for a while but then I couldn't keep on going at that pace. This time I'm giving myself the space to practice foreign languages little by little, taking into consideration my wellbeing.




If you're the type of person who is trying to learn more than 2 languages and you already feel stressed by EVERYTHING you want to achieve during this year, I'll help you to ease your practice.

You may have heard of the **Konmari method**. Marie Kondo, a Japanese woman, created this concept where you declutter your things (clothes, books, cd's, etc) and only keep those that spark joy in you.

Yes, a lot of memes and jokes were made after this. People make fun of the concept saying that you'll end up with almost no objects in your house 🤖

I've tried this method many times and believe me, I always end up with less things but those I keep are still enough for me to live a normal life, and most importantly, they spark joy in my daily routine.



Now, back to language learning. I think there's a way where we can use this same decluttering method in our language practice.

Imagine your ideal lifestyle

This is one of the first basic rules of tidying up, according to Marie. I want you to imagine yourself living your ideal daily routine. Are you surrounded by language books and practicing all day? Are you doing other hobbies and just learning during one hour or less? Think about what you'd like your days to look like.

Detach from some languages

You need to reflect and decide if there are some languages which you need to 'declutter' from your life. Sometimes we get attached to a foreign language we wanted to learn in school, but is this something we really want to keep on learning? Maybe you're only learning 1 or 2 languages right now. If that's the case and you like both of them, just keep them. But what if you are trying to learn 10 languages at the same time? Maybe some of them can be taken to the 'learn in the future' imaginary box until you get more fluent with some languages and have time again to learn new ones.

Ask yourself if the language (or the activity) sparks joy in you

According to Marie Kondo, when something sparks joy in you, you feel a certain emotion, like your cells get bigger out of happiness. You feel something nice in your body. On the contrary, when something doesn't spark any joy in you, you feel your body heavier.

*Try listening to music in the different languages you're learning. Watch a video, do a lesson, read a sentence. **Do you feel joy? Do you feel excitement? Or do you feel heavier and without positive emotions coming from your body?*** If you decide to let go of some foreign languages, thank them for being in your life during a period of time. And know that you can always learn them again if you feel like you want to.

In relation to language activities, I'm sure you already know which ones you enjoy doing and which ones you find totally boring and hate. Yes, it's important to practice the four skills, but instead of doing it performing tasks you hate, do it **ONLY** with the ones that you're excited to try. If you don't like reading short tales, why push yourself to do it? If you love reading song's lyrics, do that instead and have fun.



The sentence 'It could be useful' is taboo

According to Marie Kondo, you can always replace an object with another one. I would have thought that was crazy until I moved from my parents' house. Every single thing I still don't have in my house, I have been able to replace it with another object.

In language learning this can look like learning a language because MAYBE it will be needed for a job, even though there's no joy attached to it. Yes, if you want to increase your job opportunities with a skill you may use in the future, that's fine, but can you replace that language for another one you'd enjoy learning more?

Decluttering is an art, just like language learning. Make sure to always choose with your heart and I bet that you'll end up with more time and space to learn what you truly enjoy.



Turn your zone of genius

Would you like to create a planner about a subject you're passionate about? I have a guide for you.



0

Catching the vision.
Mindset work.

1

Tapping into
your zone of genius

8

Holding Space for
Your Super Fans

7

Step into Abundance
with Affiliates

6

Create Your Quick
& Dirty Mini Course



Click here to
read more

What your
Passive Income
Will

into a beautiful planner!

specific language you're learning or any other
have the perfect program for you...



In what season are you right now?



By Sofia Muñoz

The other day I was talking to a friend about language learning and the fact that there are times I don't feel like practicing at all. On the other hand, there are times where I feel so motivated and make a lot of progress.

She reminded me of a concept called 'seasons in life'. I immediately remembered what I learned from **Michelle Rohr** in her coaching program, **The Magic is You**.

Each quarter we had a theme, so that meant we would focus on that during some months. One season was for decluttering, for example.

Right now I wanted to share this concept with you because I think *it is much better to embrace the season you are in your life at each point of the year, and together with that face your language practice in a way that feels gentle to you.*

Instead of seeing the year as a whole and doing every day the same thing thinking that no matter how you feel or what you're going through your mind has to react the same way to learning, let's try this approach:

Season of doing

This is the moment to set goals, plan your practice, and start taking action. In this season you may feel super motivated to try learning new languages, experiment with new workbooks and activities. You'll be looking upwards with excitement and you probably will be making more progress than in the other seasons.



Season of slowing down

At this moment you may continue with your learning habits of the previous season but something in you may be asking yourself to slow down. Perhaps you have less motivation and you want to keep doing your practice but in less time. If your mind wants to slow down the learning process you need to listen to it.

Season of quitting for a while

Sometimes we face situations where our biggest priority cannot be other than ourselves. We may want to quit learning languages all of a sudden, or we may decrease our practice time little by little. Maybe you are going through something hard at this moment or you need to do some inner healing. Maybe your job requires more of your attention. Perhaps you're doing an important project at university or your side hustle. Whatever it is, know that it is fine to stop doing something if you're not at your best.

Season of reflection

Your life starts looking brighter. Suddenly you see the light at the end of the tunnel or you have your time back to practice foreign languages. Allow yourself to reflect about how you're going to embrace the new cycle beginning. Remember that you don't need to push yourself beyond your limits to get into one season forever. The cycle will keep on rolling as you move from season to season. In this one particularly, try to reflect whether you'd like to keep practicing the languages you were learning before. How many of them would you like to learn? How much time? In which area of your schedule? Reflect and get ready to start with the first season whenever you feel excited again!



If you're into the different seasons in life concept, today I want to recommend you *The Magic is You* program

This is a personal development program that gives you the framework to embrace the inner work of becoming the fullest expression of who you really are and letting go of whatever does not serve the highest expression of you.



Each quarter you'll work in a different season

- ✦ **Cultivate your best mindset**
- ✦ **Step into your higher self**
- ✦ **Make fear your compass**
- ✦ **Declutter and lighten up**

If you want to check this program out and see if you'd like to join, click the link below. **Note:** When you purchase through my link I'll receive a % of commission at no extra cost to you. As a way to say thank you, you'll also receive as a gift my Interactive Language Ebook.

CLICK HERE

Recipe

Your Language Trifle



3) Topping

This is your immersion experience: listening to music, watching vlogs, movies, tv shows, reading novels, etc.

2) Filling

This is your personal practice, like journaling, creating sentences, taking quizzes, recording yourself, reading comprehension.

1) Base

This is the structure of your language routine: the lessons you do, the courses you take, the content you learn.

The Language student Hub



Get your golden ticket to have fulltime access

When you purchase anything from my ETSY STORE you'll get exclusive access to the Language Student Hub! Full of free goodies plus a mini course just for you for being my customer.

Tapping for confidence at language learning

Recently I've been using a technique called tapping on a daily basis and it has been a game changer in my life.

I got to know this technique when I was trying to manifest more abundance. There are many videos on Youtube about tapping to manifest more money, and I did some of them.

But then I realized I had some blocks in other areas, so I started tapping for anxiety relief, trauma healing, releasing body pain and other similar topics.

If you've never heard about tapping you may be wondering what is all of this about.

Well, tapping is a technique that is related to acupuncture but with no needles. You have to tap certain parts of your face, hands and body while saying some affirmations.

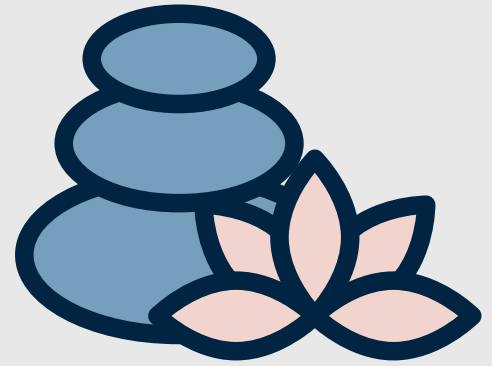
You start with sentences that follow this structure: 'Even though I...I love and accept myself.'

Let's see an example: Even though right now I don't feel confident, I love and accept myself.



The order in relation to the points you need to tap change from video to video, but this is the one I see repeated the most.

1. Your crown.
2. In your forehead, right above your eyes.
3. In your temples.
4. Under your eyes.
5. In between your nose and mouth.
6. In your chin.
7. In your clavicle.
8. Under your armpits.
9. In the last cycle you incorporate tapping in the side of your hand.



Here is a Youtube playlist I made for you to try tapping for confidence 

Once you get used to this practice and understand well how it works, you can incorporate the following affirmations at the beginning of a tapping session in order to unblock your confidence for language learning:

"Even though I feel like I'll never be able to be a polyglot or at least learn *insert target language*, I still love and accept myself"

"Even when other people seem to have it all figured out about learning a foreign language, and I keep on feeling lost and not good enough, I still love and accept myself."

"I've been trying to learn *insert target language* for a long time with no apparent results, but I choose today to love and accept myself fully"



Find out which Blissogirl journal

START

Are you just starting your language learning journey?

YES

Choose one of the two options

I want to start with just the basic tools for my language practice

I want some feminine workbooks and stationery to use during my language practice.



Beginner's journey Kit

Start your language learning journey with a basic workbook and my Ebook with tips for autonomous language learners.

CLICK HERE



Girly journey Kit

Learn a foreign language using some girly printables that you can incorporate in your autonomous practice every day.

CLICK HERE

What is best for you right now

CLICK HERE

language learning journey?

NO

Would you like to get more organized in your language practice?

NO

Do you like doing challenges to improve at different skills?

NO

YES



Adventure Seeker Kit

Challenge yourself to do different language activities and improve the different skills while you also have some fun and get consistent.

CLICK HERE



YES



Nailing language routine

Learn how to fit your language practice in your everyday schedule so that you can practice more frequently and achieve your goals.

CLICK HERE

Words of e



One day
AT A Time

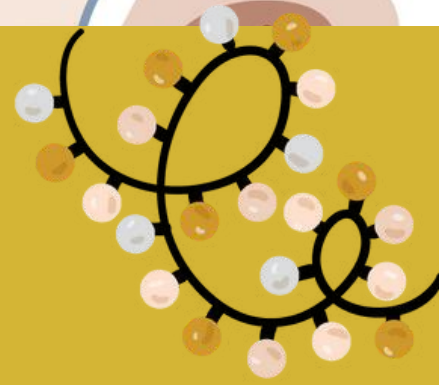


enjoy
every
moment.



take
of you

encouragement



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