

## The Japanese Learning Routine Worksheet & Guide

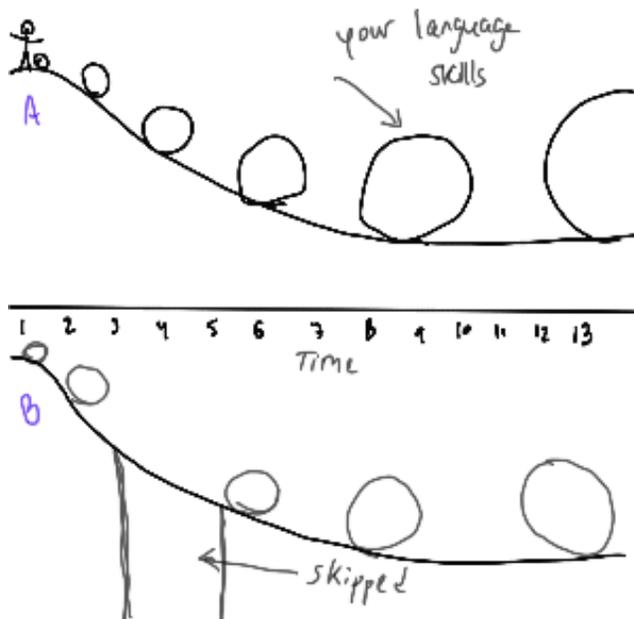
Imagine that learning Japanese was like rolling a snowball down a hill. What happens? The more you roll it, the bigger it gets. This a powerful metaphor for progress — the more you do it (keep it) and for longer, the better you get, (duh, right?).

But there's a flip side to it. When you stop rolling the snowball, a few things happen: 1) no progress is made, 2) your snowball starts melting, and 3) you lose out on ALL future progress that would've been built on if you had not skipped a few days/months.

Take a look at the (poorly drawn) example below. Person A rolls their snowball every, say day, and as a result it gets bigger and bigger. Person B skips days 3, 4, and 5, and because they skipped those days — their progress will never catch up to A or to the potential they could've achieved.

Now, you might say, "oh phooey," Japanese isn't snow, it won't melt. Wrong, friend. The brain, like a muscle, works on a **use it or lose it** basis. It can and will melt (i.e. get forgotten.)

Source for this claim: Shors TJ, Anderson ML, Curlik DM 2nd, Nokia MS. Use it or lose it: how neurogenesis keeps the brain fit for learning. *Behav Brain Res.* 2012;227(2):450-458. doi:10.1016/j.bbr.2011.04.023



### So, what does that mean for you?

It means the obvious — if you want to succeed with Japanese — you need to keep it it consistently and have a strong routine. It means you need to set a specific Japanese-study time and place. It means you have to say no to other things like YouTube, games, friends, alcohol, rock and roll and even staring at the wall for hours.

**Which is where this routine worksheet comes in!**

### Your Monthly Routine/Habit-Sticking Worksheet

Print this out every month to track and record your learning progress.

**Time:**

(write in the specific time when you'll learn Japanese. ex. 9PM-930PM. Don't overwhelm yourself, 10 or 15 minutes is OK too. It's important for your brain to know 1) when to start and 2) when to end. Don't just say "oh, I guess I'll study for 30 minutes. The more crystal clear you are with your approach, the better and the less confusion you'll have.)

**Duration:**

(write in the duration— 10 minutes, 30 minutes, etc.)

**Location:**

(write in the specific time when you'll learn Japanese.)

<a href="#">Monday</a>	<a href="#">Tuesday</a>	<a href="#">Wednesday</a>	<a href="#">Thursday</a>	<a href="#">Friday</a>	<a href="#">Saturday</a>	<a href="#">Sunday</a>

(Make sure to cross out every day that you've put into learning and don't break the chain).

**Your Monthly Goal:**

(What would you like to do this month? Finish the alphabet? Do 1 chapter fo your textbook? Hire a tutor? Write your goals here.)

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**Where You're Struggling:**

(It could be a certain grammar point or confidence with speaking. Write out all of your struggles on a monthly basis. Writing them out allows you to get a 3rd person perspective and approach with solutions. Once you're aware of your weaknesses, you can start improving on them.)