

## Activity 1

Spend some time thinking about the following questions. You do not need to write down your answers, but spend some time “pondering” them (thinking about them carefully).

1. Have you ever felt like you couldn't learn English because you didn't have time to go to classes? How will iEnglish change this? Do you think you will have enough discipline to become your own teacher (this means: Will you set a time and place, and actually sit down and work, or will you say, “I'll do it tomorrow”)?
  
2. Why did you decide to start on this “iEnglish journey”? What are your end goals? How will you make sure that you meet these goals?
  
3. What are some ways you have been successful in learning English? What can you do to continue having success in English?

## Activity 2

There is a saying in English: "Sometimes, we are our own worst enemy." This means that sometimes, we prevent ourselves from getting what we want. Because you are studying alone, and there is no one except you to keep you focused, it is important to take action to make sure you stay on track.

Choose one of the following activities to keep yourself focused:

1. Write a contract that says how much time each week you will spend studying. Sign it, and keep it in a place where you will see it often. This is your contract with yourself: don't break it .
2. Tell someone that you are starting the iEnglish program. If someone else knows, and might ask you about your progress, you are more likely to continue the program.
3. Write a post on an online community page, announcing that you are starting the program, and some reasons why. The other members of this group can support you and keep you motivated!