

MOTIVATE YOURSELF TO STUDY ENGLISH

*We
develop a passion
for Teaching!*



ENGLISH PODCASTS TOP

Hi I'm AJ Hoge the author of
effortless
English learn to speak English like
a native and welcome to the
effortless English show a
common question a
common complaint I get
from students from effortless
English
members they want to know AJ
how can I
improve my motivation I'm bored
studying English I get tired I'm not
motivated I can't make myself
study and
learn every day what can I do - AJ
help
me help me this is one of the most
common questions I get
how can I improve my motivation
because
of course you need that motivation
every

day if you don't study no method
will

work even the best method even
effortless English if you're lazy and
you do nothing every day you will
not improve so how can you do it

what's the secret

good question because you want
the

opposite right you want high
motivation

you want to feel energized about
English

each day you want though to wake
up and

you today I'm going to focus on
English

today I'm going to listen to English
2 hours 3 hours or more I'm going
to enjoy

it I'm going to be excited about it
every day

that energy that motivation is really

the key to success in fact the truth
is
if your motivation is very very
high
you can succeed with almost any
method
even a bad method can work if
your
motivation is too hi and now a bad
method will take more time a bad
method
requires more motivation it's more
difficult it's less fun but still if
you've got super high motivation if
you
spend six seven eight hours a day
every day on English
then eventually even a bad method
will work
of course a great method works
much
faster and is easier so if you use all
that motivation with a great

method like
effortless English you're going to
get
very very fast success you can see
huge
improvements in a shorter time you
want that high level of motivation
but the
question is always how if you don't
feel
motivation if you don't feel that
energy how can you change that
this is the big problem the big
question
no sadly people don't teach you
this in
school they never teach you that in
fact
they teach you the opposite the
school
methods destroy motivation they
destroy
energy and this is why so many

English

learners are failing and failing and
failing why they are frustrated why
they

have low motivation because even
when

they're learning at home even
outside school they're trying to use
methods from school they're trying
to

repeat what they learned in school
and

they keep on failing and then they
can't

figure out they don't understand
why why

am i motivation so low why is my
energy so low

I'm going to give you one word the
one word secret to motivation
body

your body this is the third route it's
your body right we actually think

most
people think it's their mind they
have
to do some trick with their brain oh
if
I could just make myself think in a
different way then I would have
more
motivation and more energy but it's
your body this is one of the secrets
of the
effortless English method I talk
about
it a lot in my book effort of English
in my book I teach several
different
methods using your body to create
energy and higher motivation
so read my book get my book
effortless
English learn to speak English like
a native get that book if you want
all of

the different methods right now I'm
just
going to teach you a very general
idea about this think about school
think about so just the physical
what
are you doing with your body in
school well usually nothing
right you get you're in school all
day
six hours or more and what are you
doing
most of the time you're sitting on
your
butt not moving right you sit down
in a chair and
you listen to somebody talk you
listen
to the teacher talk and see what
you're
not moving your legs you're not
moving
you're sitting you're just in the

same
position for you know 45 minutes
or 50
minutes or 1 hour or even longer
and then maybe you get up when
one class is
finished maybe you walk for five
minutes
to the next class and then you sit
down
and then you don't move again
well as Jack LaLanne said use it or
lose
it means use your body or lose
your energy
see we actually get more energy as
we
move right you can do this write it
right now if you're sitting and you
don't move just don't move at all I
just sit like this no movement at all
for one hour or two hours or three
hours

does your energy go up or down
everybody knows it goes down
your energy
drops and drops and drops the
more you sit still
and see energy and motivation
they're connected they're connected
high motivation comes from high
energy
comes from feeling great see when
you
feel great we have high energy for
something when you're doing an
activity
you enjoy the activity and then you
want
to do it more we have low energy
during an activity
then you don't feel good and then
you
don't want to do it your motivation
goes
lower and lower and lower and so

you're
sitting in English class every day
and
you know what you do right you sit
there
and then some days you're just
tired so
you kind of and you put your hand
like
this and then sometimes you're
really
tired and bored and you'll you'll
look
down and you pretend like you're
looking
at your notes but actually your eyes
are
closed and you're kind of taking
like
almost a nap right here did that I
used to do that in class
I'll pretend like I'm listening but
actually my eyes are closed

that's right just think of that so low
energy
and because the energy is low your
motivation your enjoyment
drops drops drops
because the opposite let's say
dancing
you got your your favorite music
and
you're dancing around whoo now
that's
fun right the movement the
physical
movement moving your body in
that big
fun energetic way feels good your
energy
goes up your enjoyment goes up
and
therefore you want to do that
activity
again most people who enjoy
dancing they

like the dance they want the dance
they
don't have to force themselves
today I must force myself to dance
tonight I've got to do it they don't
need that kind of mental
motivation it's
so enjoyable they want to do it it's
easy
the motivation is automatic so how
do we
do this with English we got to learn
in a different way
school taught you a very bad way
to
learn which is sitting not moving
you've
got to do the opposite that's why in
my
event my effortless English event
in my courses in my classes you're
moving your
body a few tips number one is just

to go
for a walk that's the easiest thing
what
people think Oh to study English I
must
be inside I must be in a room no
you don't you can go outside go
outside but
we have fun we have iPods been
empty
three players we've got headphones
there's no reason to sit on your butt
indoors go outside and go walking
just walking it sure get your blood
moving if
your energy up your enjoyment
will go up your focus will go up
your motivation
will go up you'll enjoy it more and
because of that you'll want to do it
more and more you'll find your
motivation going up up up for
English

just by combining it doing it with
walking
now you can even go much bigger
than
that you can get yourself dancing
and
moving having fun while you're
listening to English
when you're listening to my
courses in
when I ask questions in the audio
you
can shout your answers or they say
them loudly but using your bodies
you don't
just say yes no I don't know maybe
right there's no energy in that you
use your
body yes no maybe I don't know
see just the big
exaggerated huge large movements
create energy that improves your
motivation

especially if you do it every time
every day
when you're walking don't just
walk

slowly with your shoulders down
like that get that chest up those
shoulders back I would say chest
up shoulders back

in my power English course chin
up not

looking down this is low energy
this is higher energy put a little
smile on your

face so when you walk walk with a
little speed right put some energy
in here walk

some physical energy move that
body more

the more you move your body the
higher

your energy goes your motivation
improves so don't just walk along
moods

walk like this right get those arms
moving move those legs well
quickly you
don't have to run it's not necessary
to run
but what quickly with energy
and good posture everything up
up it improves
your energy again your body is
the key to energy and
motivation not making some
mental trick
because
they oh I lost once English more
nouse your body make it feel good
physically
high energy high enjoyment then
you will want to do English
everyday.

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