



# How to Learn

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## Part I. Introduction.

This guide will contain little of actual Bulgarian. **You should know this right now so you can quit reading.**

Or, you can keep reading.

It also won't be very long or "in-depth." Why?

Because learning about learning shouldn't take long. This PDF is all about learning how to learn. You need to take these rules, apply them and keep running. Not sit here and read for entertainment.

If reading this is the only thing you do, you're a dummy.

Because learning about learning is like researching running shoes without actually ever running. You're not doing the damn thing. You need to do the damn thing.

What you can and should do is... review the guide, remind yourself and put ideas into action.

Action. Movement. Making mistakes.

### **Doing SOMETHING.**

That's only thing that will help you learn Bulgarian fast... above anything else.

While I say you shouldn't, I do recommend you come back and re-read this everyone

Okay, we're done with that. Let's move on.

## **Part 2. Do you need to be smart to learn Bulgarian?**

Easy answer – No.

You don't need a higher IQ. You don't need much intelligence. If you think you're not "talented" or "smart enough" to learn, you're only stopping yourself.

Learning Bulgarian does not require brains or talent.

It requires patience, consistency, perseverance... how ever you want to phrase it – it requires not quitting and keeping on.

But, if you're one of those self-proclaimed "smart" people that are also **lazy**... oh, boy. Yes, you will fail.

Because if you were truly "smart" – but couldn't get your butt up despite all that you know – how smart are you really? Not very.

Those that do not act and move are dumb as bricks.

End of story.

## Part 3. Motivation to Learn.

You want to learn Bulgarian. You feel excited. Great. You ran out to buy a book. You say you're motivated.

Two weeks later, the book is under your bed and...

...thats it.

### **Don't get excited or motivated.**

Sure, enthusiasm helps a LOT but what will you do when you run out of it? When you're tired? When it's 2:30AM? When you're sick? When you have "other" things to do?

When "*I can do it tomorrow instead...*"

Here's a no-nonsense answer: Do it regardless of how you feel.

Everyone can want and start.

Few continue.

**Forget motivation.** You don't need it.

It's great at the start but...

It will fail you after a month.

You don't need to think you "need" some magical, invisible feeling just to sit down and get started. What you need to do is lift your hands up... push yourself up... and Stand up. Movement. Action.

You need to stop reading this, sit down, get a pen, and do work.

**Done.**

## Part 4. The Best Mindset To Learning.

Shut up. Yes, I said it. I want you to shut up and read this story because it'll give you a great mindset of **how to learn**.

*Nan-in, a Japanese master during the Meiji era, received a university professor who came to inquire about Zen.*

*Nan-in served tea. He poured his visitor's cup full, and then kept on pouring. The professor watched the overflow until he no longer could restrain himself.  
"It is overfull. No more will go in!"*

*Like this cup, Nan-in said, you are full of your own opinions and speculations. How can I show you Zen unless you first empty your cup?*

**Throw away whatever you think you know** about "best learning practices." Don't read people's opinions (**even take mine with a grain of salt**). Let go of your opinions.

Have an open mind to everything and look for value in everything.

Here's what I mean.

- Some people say textbooks are a bad way to learn – you can't learn to speak with them. **Yes, well, if you were smart and openminded enough to look for value, you'd realize their strength is elsewhere – in reading, grammar, learning to write and boosting your vocab.**
- Someone said classes are bad for learning languages. **Yes, sure... but you have a REAL LIFE speaker in front of you. Are you raising your hand at every opportunity? Are you asking for more practice? No? You might as well complain your jeans don't cover your arms and that your umbrella doesn't keep the wind away.**
- Someone told you that \_\_\_\_\_ is a bad learning resource because \_\_\_\_\_. **But have you looked for what VALUE you can pull out of it? Think to yourself.. "what are the good points here that I can USE?"**

**Get it? Think to yourself..**

**"what are the good points here that I can USE?"**

Force yourself to find good points. And you WILL get value out of any resource.

Let go of opinions.

## Part 5. Where should you start?

**It doesn't matter.**

Pick one or two resources.

Did you read that right? You did.

As long as you start...and more importantly continue.

Momentum is everything. Movement. Again...

**The most important part of language is continuing and never quitting.** Success comes to those that don't stop.

Failure comes to those that slack off, get lazy and stop.

Pick one or two resources. Do NOT overload yourself with too much. Rule of life: Too much choices slow you down, keep it simple.

**So pick one or two:**

- Google online for free lessons
- Try [BulgarianPod101.com](http://BulgarianPod101.com) - [Click Here to Visit Them](#). It's an online Bulgarian learning program with 1,000+ audio and video courses and lessons. Good for self learners & beginners.
- Get [Bulgarian textbooks on Amazon](#) - [Click Here](#). This is useful for everyone.
- Or whatever you just bought/borrowed/already have.

What are my recommendations? I posted them above but it doesn't matter. One start is as good as another.

## Part 6. The Resources & the Learning

Whichever resource you picked...

There are some rules of life that you need to drill into your head about learning Bulgarian (or anything.)

### **A. You're going to forget what you learn.**

This is normal. Don't panic.

Expect that you'll forget the new words you come across...

And once you accept this fact, you won't stress about not remembering anything. Forgetting is normal.

But if you're learning consistently... you will come across that word or grammar rule again. And again and again.

And that repetition will ingrain that word into your brain.

### **B. For every minute you spend learning and taking in new information...**

**You should spend the same amount of time practicing.**

"Taking in new info" is only 1/2 of learning.

The other 1/2 is practice.

If you just read textbooks and watch videos... but don't immediately jump to practice what you've learned...

...you're missing the 1/2 of the battle...

...and just like 1/2 a bridge is not a full bridge...

...neither is a half-attempt at learning — you'll forget everything.

So, learn and practice, learn and practice.

### **C. It's okay to not understand.**

You're going to struggle with conjugating some word...

Or remembering some grammar pattern.

Don't worry. Just like it's normal to forget, it's also OKAY to not get something immediately. You'll get it eventually.

And you'll get it if you keep on going and learning.

#### **D. You get used to a language.**

The more you learn...

The more you come across certain words and sentence patterns...

And eventually, you get used to em.

Just like riding a bike, you get used to it.

So, make sure that you spend enough time (take as much time as you need) to get used certain parts of Bulgarian that you struggle with.

How?

- Repetition
- Retaking old lessons
- Practicing and doing exercises
- coming up with your own sentences
- Asking a teacher to speak with you and practice a certain point

And doing that enough times over a span of time.

So don't worry about "not getting it" now.

You get used to it.

## **Part 7. On "Success" & Fluency**

Very similar to the part about the "excitement."

Stop thinking about success.

Put it out of your mind.

It'll only stress you out and burn you out.

The only guarantee of success comes from never quitting and continuing. Movement. Action.

Want to be obsessed about something? Be obsessed learning and doing it daily, not the end goal/final destination.

Fluency is too much of a big, vague goal

**But yes... it's good to have goals, right?**

- *"A goal is not always meant to be reached, it often serves simply as something to aim at." — Bruce Lee*
- *You should set goals beyond your reach so you always have something to live for. — Ted Turner*
- *Setting goals is the first step in turning the invisible into the visible. — Tony Robbins*
- *You are never too old to set another goal or to dream a new dream. — C. S. Lewis*

**This is where the next part comes in.**

## Part 8. How To Set Successful Goals

Yes, it's good to set goals. So, I won't leave you hanging and tell you an easy way...

...on how to set successful goals.

Look...

The problem of aiming for "success" and "fluency" is that you don't have a specific definition. The words are vague and don't tell you...

- how to study
- what to study
- when to study



- until when...
- when you'll arrive at your destination
- etc., etc.

This is where 99% of learners fail – they aim for the goal of fluency – they don't realize how much time/effort/work it takes – and they get tired, quit... or "life" gets in the way.

And when you are arguably fluent, you'll still be thinking "*ah, I'm still not good enough.*" Ok, enough of that.

### So, what do you do?

**Set Small, Measurable, Monthly Goals with a Deadline.** Let me explain why.

- **Small:** Small enough for you to realistically hit them them and not feel overwhelmed.
- **Measurable:** Measurable so that you know how far you need to go to reach them. You'll know how close you are and you'll know when to stop and celebrate hitting your first goal.
  - *"What gets measured, gets improved" - Peter Drucker*
- **Monthly:** Monthly so you're always adjusting and improving every month. As a beginner, your goals have to be realistic (and hence, small, time-wise)...and doing a yearly routine will be too tough.
- **Deadline:** Deadline because... when? Deadlines got you to finish your homework, your work tasks and deadlines work for goals as well. In short, deadlines make things happen. Either you did it by (deadline) or you didn't.

Point is, your goals now became 1) easy/realistic/small enough to do, are 2) measurable so you're never wondering if you're making progress or not and 3) have a deadline so you know when to reach it by.

**And importantly, you can aim HIGHER and HIGHER every month. That's true progress.**

**Here are some examples:**

- Learn 100 words by the end of this month (that's 25 words a week or 5 words a day – see how manageable that is?)
- Finish 1 chapter (15 pages total) of your textbook by the end of this month.
- Finish 25 lessons at [BulgarianPod101.com](http://BulgarianPod101.com) by the end of this month.
- Memorize 50 Bulgarian phrases by the end of this month.

**Look...** 100 words, 1 chapter, 25 lessons, 50 phrases – these are all measurable. End of the month? That's your deadline – so either you hit the goals or you fail. And again, 100 words... that's a small, easy goal. Not a big, vague goal like "fluency.. someday."

**If you can stick with this...** your goals will grow every month. 100 words for the first month. 100 words for the second month. (now you know 200). 200 words for the third month (now you know 400).

Or, if your goal is to speak... 3 minutes of Bulgarian conversation for the first month, 6 minutes for the second month, 8 minutes for the third month... and so on.

**And look... 100 words for a month - that's 5 measly words a day!** You're probably thinking "way too low, I can do more." Of course you can! But right now you're all talk and no action. And if you don't have a track record of learning Bulgarian, put aside your pride (remember the story about the overflowing tea cup?)... and do it.

Then, when you realize "YES, I can do more," aim higher.

**Now, stop everything you're doing.** Stop reading this. Pick up a pen and paper... and write down your small, measurable, monthly goal.

Add a deadline.

Yes, If you want to get into the habit of **learning Bulgarian** you need to ... sit down... and write these goals down. Get used to writing them out. Let them be imprinted in your muscle memory.

Write your goals down.

## Part 9. Create A Daily Routine.

You've made your goal, let's talk routines – daily routines.

Let's take the goal of *"Learn 100 words by the end of this month."*

Take your goal and ask yourself -

### **How can this be broken down into weeks and days?**

So, 100 words for a month - that can be 25 words a week. Now, you know that every week, you need to master 25 words.

And in a day? Let's say you only study for 5/7 days of the week, that's just 5 measly words a day.

See how small and realistic this goal truly becomes? 5 words!!

Okay, now take your schedule/paper and pen and write down:

- When will you study for how long? Weeknights: 9 to 930PM.
- How will you study? Your textbook.
- Goal for the day? Learn 5 Bulgarian words.

Again, if you want to get into the habit of learning Bulgarian, you need to write this down. You need to let this stuff simmer in your brain. And you need to get used to writing it out and planning your goals...

### **Wrote it down?**

Now stick to it daily. I can't help you here. Only you can. But, coming back to this guide can be a reminder of what to do.

## Part 10. On Failure.

Failure is quitting.

If you didn't reach your monthly goal and failed...

Maybe the goal is too unrealistic for you. Maybe you wanted to learn 500 words in a month but realized you can't do it with your schedule.

What do you do?

Aim lower. Aim for 300 words. Aim so low that you **can hit it** and so that **you can get on track**.

Remember in school - where you had to make up the homework you missed AND do the ones that are currently assigned? Double the work!?!

**That doesn't work in real life.**

So, if you fail - if you don't hit 500 words or 5 minutes of Bulgarian conversation - DO NOT aim for a bigger goal next time.

If you couldn't do 500 or 5 minutes, how do you expect to do even more?!

**Aim lower. That's a smart way to bounce back and keep going.**

But that's all I have to say about failure.

**The most important part of learning Bulgarian is continuing and never quitting.** Success comes to those that don't stop.

Failure comes to those that slack off, get lazy and stop.

**Don't stop.**

**Conclusion:** I hope this guide serves you well. Remember, if reading this is the only thing you do, you're a dummy. Action and movement will get you results, not reading about this.

My site is [www.linguajunkie.com](http://www.linguajunkie.com) if you want to get in contact.

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- The Main Junkie

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