



# Before you study

The four things to do in the two minutes before you sit down: the ones that decide whether the session actually happens.

Whether a study session works is usually decided **before you learn a single word**, in the two minutes before you sit down. Here's the two-minute checklist.

1

## Be realistic about the time

Plan for the ten minutes you'll actually take, not the hour you won't. Ten focused minutes beat a vague hour every time.

2

## Choose one small aim

One clear thing you can tick off: "the imperfect of *conoscere*", not "the past tense". Write it down the night before.

3

## Decide where and when

Pick the place, the kitchen table or a favourite chair, and put the time in your diary like any other appointment.

4

## Have everything ready

Notebook out, episode downloaded, app open. Remove every little obstacle between you and the language.

### TRY IT THIS WEEK

Pick two or three sessions over the next few days and prepare each one the night before. Notice how different it feels to sit down already knowing exactly what you're doing.

### REMEMBER

**Get the two minutes before you sit down right, and the session looks after itself.**