



Getting past the plateau

Three ways to get moving again when intermediate feels flat and every week feels the same.

At the start, progress is loud, every day you can do something you couldn't yesterday. That can't last. **The plateau isn't your progress stopping, it's your progress going quiet.**

1

Change what you count

Stop counting words learned and start counting things you can now do: a phone call handled, a film understood, a joke you got.

2

Go deeper, not wider

Take something you half-know and make it automatic, instead of piling on new vocabulary. Fluency is using what you have without hesitating.

3

Get out of your depth, on purpose

Reach for something slightly too hard: a real conversation, a native podcast, a book written for adults. The discomfort is the climb.

TRY IT THIS WEEK

Write down three things you can do now that you couldn't a year ago. Then take one thing that's slightly too hard, and dive in.

REMEMBER

The plateau isn't your progress stopping. It's your progress going quiet.