



So you want
to improve your
English?

How to take the pain out of learning

Great!

You have come to the right place to get some insights into what could be negatively influencing your improvement and what could also be possible for you and your English.

Well... Let's leave improving English for a moment and consider another of life's "wants". The "I want to lose weight and be slim".

What do we need to do to lose weight?

I am sure you have the answer. Yes..... eat less than you currently do and move more than you currently do! It is not a very scientific answer but I think you'll agree that "eat less and move more" is basically it!



And there are so many different recipes for eating less and eating fewer calories. And all of them are free on the internet. Have you noticed that there is **NOT A LACK OF INFORMATION** on eating healthily; especially in relation to losing weight. In fact, we have so much information on losing weight that it can be difficult to choose.

And it's the same with "moving more" or fitness and exercise. The internet is **FULL OF INFORMATION, ADVICE AND VIDEOS** on exactly what to do to increase your movement. There is **NO LACK OF INFORMATION**.



But there's often a problem.

We usually know exactly what to do but..... we just don't do it! We get motivated to do something; we gather the information, we watch the videos, we choose the recipes but, somehow, don't take action. And if we do take action; how long do we stay with the "eat less and move more" regime? How often have you started something and then **LOST MOTIVATION?**

Now let's go back to improving your English. Do you know what you need to do to improve your speaking and understanding? Yes you know, don't you? And there is **SO MUCH INFORMATION, SO MANY VIDEOS AND GRAMMATICAL EXPLANATIONS FREE ON THE INTERNET.**

This is so different to 40 years ago when there was no easily accessible information at your fingertips. But today a lack of information is certainly not the problem but can be used as an excuse.

So.... Improving your English is not a problem of lack of information, advice, methods or opportunity.

So what is missing? There must be something that could make a difference to you improving and growing your English.

What follows is our experience of what is missing based on the hundreds of people who have been to Pilgrims to transform their English

What is missing for most people is self acceptance, **self-belief and self-appreciation** for their English and their ability to learn it.

'self-belief and self-appreciation'

How do we know this?

Well... every week in Pilgrims we ask people 3 questions on Monday morning.

Question 1: How much, out of 10, do you like English – the language? And typically people say on average 9/10.

Question 2: How much, out of 10, do you like England, the culture and the people? Again, typically, people say on average 9/10.

Question 3: How much do you like **YOUR** English? And here's what people typically say. On average people say **"I like MY English 3/10"!!!!**



So this revelation is a first step in revealing, or unconcealing" what is missing. What is missing is actually **LIKING** their English.

Now, imagine you have work colleague that you like 3/10. And imagine a work colleague you like 10/10. Which work colleague would you interact with more? Which one would you accept for their mistakes? Which colleague would you appreciate being with and share experiences with? With which colleague do you have the better relationship with? What is possible with each of them?

Now consider that you have a relationship between **YOU** and **YOUR** English – just like you have a relationship between **YOU** and a **WORK COLLEAGUE**. What is possible for you if you don't like your English? What is possible for you if you actually like your English?



Liking your English.

Liking your English is not the first place we usually look for answers to improving English. In fact, not liking your English is a “blind spot” - and you may not be aware of the hidden constraint that this “not liking” has on your motivation, inspiration, freedom and confidence to actually get the English level that you want. The usual course of action is to look for more information, resources, answers and more lessons and trying different teachers.

Having worked with hundreds of people on transforming their relationship with their English we have learned that when a person likes their English 10/10 a sudden, spectacular and immediate shift happens in their ability and confidence to actually speak English and **ENJOY** the process of learning more!

So what could be possible for you if you experienced a transformative process leading to the possibility of **LIKING YOUR ENGLISH 10/10?**



‘enjoy the process of learning’

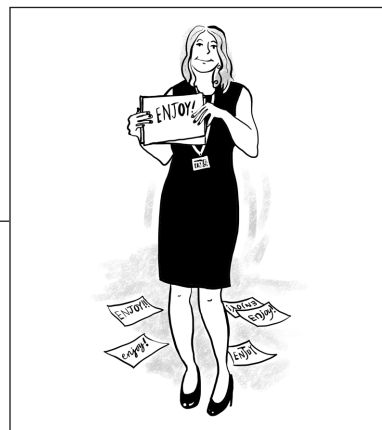
Here's what's possible.

So what could be possible for you if you experienced a transformative process leading to the possibility of **LIKING YOUR ENGLISH 10/10?**

Here's what's possible:

1. Being confident
2. Being powerful
3. Being courageous
4. Being joyful
5. Being relaxed
6. Being self-trusting
7. Being free to express yourself fully
8. Being motivated when something is “difficult”
9. Being self-accepting
10. Being fully present to others
11. Being free from translation between English and your first language
12. Being open to possibilities for yourself and your English

Einstein said that we live in the world of the relative and relationship – everything is related to everything else. We probably all know this but the one relationship we easily forget is the relationship with ourselves. In our opinion at Pilgrims, the relationship we have with ourselves is probably the most important relationship of all.

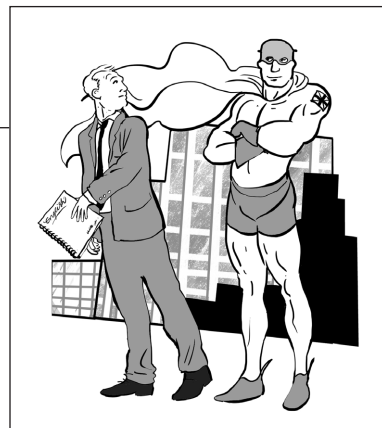


Take Action!

So what are the actions you could take?

What could you do?

1. Give up comparing yourself with other people. And **STOP** comparing your English with others. When we compare ourselves and find that we are lower or less in some way we feel bad about who we are and what we are capable of. It's just like comparing your body with some super model or super hero – you just feel worthless and less – so give that up!



2. Let go of your own self judgement and self criticism. Unless self judgement and criticism positively motivates you, what's the point? Self judgement **CHANGES NOTHING** – it's just an opinion. Next time you want to criticise yourself go out in the street and shout your opinion to the sky – and see how nothing changes!

3. Separate **YOU** from **YOUR** English. If you had been born in a different country you would speak a different language. You would still be the same person but with a different language. You would not change – you would still be you. English is **NOT** something you are – it is something you **HAVE!** If you have more or less English you are still the same person. Your level of English **SAYS NOTHING** about who you are. So.... You are not your English. Even if you didn't speak any English you would still be perfect and wonderful and amazing and a fabulous, unique human being.



'you are amazing and unique'

Anything is possible!

4. Set small daily goals to achieve something or learn something that you didn't know or didn't do before. This can be anything that you **ENJOY** doing – and the key is to **ENJOY** doing it!

Just imagine if you really liked **YOU** and **YOUR ENGLISH!!**

If you want some help to put our advice into **ACTION** and to get some coaching on liking your English 10/10 then contact us.



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Please remember that at Pilgrims “Anything is possible”.

