

30-Day Language Starter Plan

The first month decides whether a language sticks. Most people spend it on the alphabet, grammar tables and app streaks — and quit with nothing they can say.

This plan spends the first 30 days on the 300 highest-frequency words, a spaced-repetition routine, daily comprehensible input and speaking from day one. Language-agnostic.

The core resource stack

- Words: a frequency list or frequency-ordered deck for your language.
- Input: one podcast, video channel or graded reader at your level.
- Speaking: a tutor, exchange partner or, failing that, recording yourself daily.
- Rule: no new apps for 30 days.

Week 1 (days 1–7)

- Daily: 10 new frequency words into flashcards + review (10 min).
- Daily: 10 minutes listening to your input source, even if you understand little.
- Day 1: learn the eight speaking-script sentences below out loud.
- Day 3 and 7: say the script to a person or a recording.

Weeks 2–4 (days 8–30)

- Daily: 10 new words + review (12 min).
- Daily: 15 minutes input; from week 3, shadow (repeat aloud) one minute of audio.
- Every other day: a 5–10 minute conversation or self-recorded monologue on a set topic.
- Weekly: write 5 sentences using the week's words; get them corrected.

Day-one speaking script

- Hello / Goodbye.
- My name is ...
- I am learning [language].
- I speak a little.
- Can you repeat that, please?
- What does ... mean?
- How do you say ... ?
- Thank you.

Day 30 self-check

- [] I can introduce myself and ask three questions.
- [] I recognise 250+ of my 300 words on sight.
- [] I can follow the gist of one minute of my input source.
- [] I have spoken with a person (or recording) at least 10 times.
- [] I know what next month's plan is.

Go further: **Learn a Language Faster** — <https://skillstacksuite.com/learn-a-language-faster/>

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