

# **5-Day Challenge**

## **"Find Your Motivation in Learning Swedish"**

**by SwedishAnyDay**



## Hej! Welcome to the Challenge!

It's hard to find long-term motivation in language learning. We totally got you there. Sometimes it may even seem like learning a language is more work than it's worth. But we all understand that most likely it's not true.

Your success in learning a language doesn't depend on whether you have trouble getting motivated or not. It depends on your ability to fight back and bounce back to where you were before you got troubles with motivation.

This **5-Day Challenge "Find Your Motivation in Learning Swedish"** will make it easier for you to get back on track and rock it. Let's get right into it!

*Enjoy!*



## How to work with this file

You may:

1. Print this file and write the answers by hand.
2. Write the answers in pdf and save your file.

You may save it via:

- a) "File" -> "Save as" and rename the file, or
- b) "File" -> "Save" if you just want to save changes.

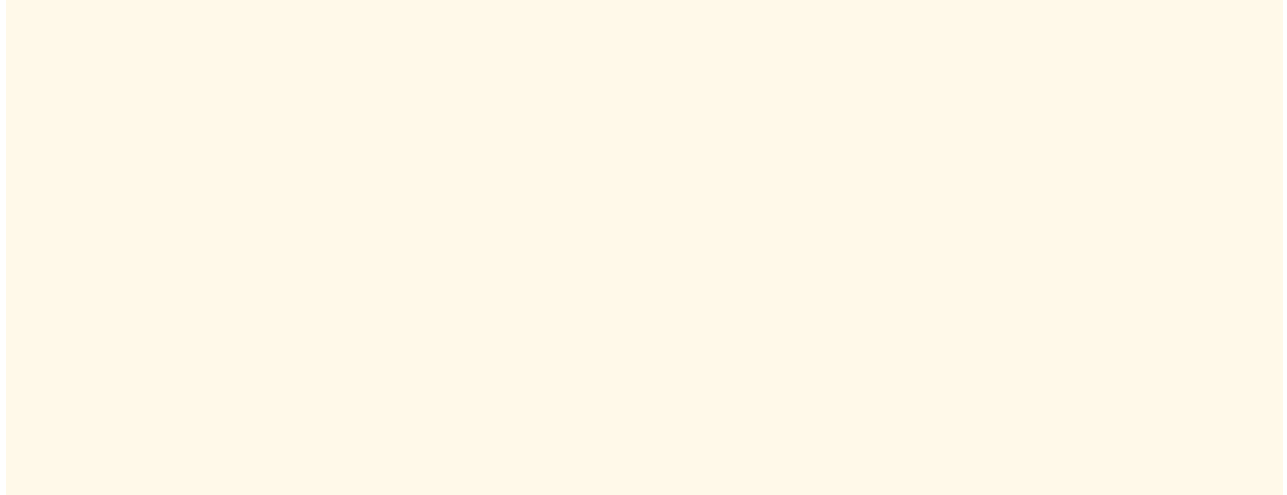
You may come back to this file, work with it again and then save changes via "File" -> "Save".





## Day 1

1) Where do you want to use Swedish?



For inspiration:

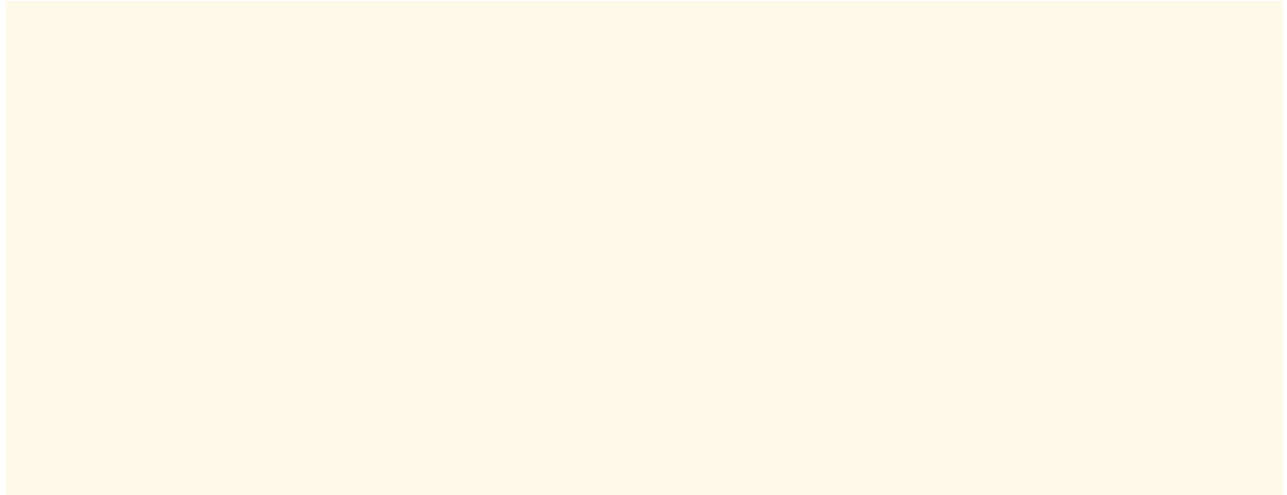
- Everyday life
- Studies
- Work
- Family (talking to my husband, relatives)
- Reading books in Swedish
- Listening to music in Swedish
- Watching films in Swedish
- Traveling to Sweden
- Following Swedish bloggers
- Watching YouTube videos in Swedish





## Day 1

2) What are you interested in regarding Swedish culture and Sweden?  
What sparks your interest?



For inspiration:

- Movies
- Cities
- Countryside
- Literature
- Culture as a whole
- Architecture and Design
- Lifestyle
- Mentality
- Music
- Food
- Holidays
- Travel opportunities
- Work opportunities
- Study opportunities
- Other: you may specify something else that sparks your interest and curiosity about the country and its culture.



## Day 1

### 3) Your background in language learning

Where did you learn languages? (school, courses, university, at home, in a public library, etc.)

How did you learn languages? (with someone, on your own, taking 1-on-1 lessons, taking online courses, taking in-class courses, reading books, listening to the radio, watching videos on YouTube, etc.)

What worked best for you?

What did you like to do among learning activities?



## Day 1

### 4) Your interests

What activities do you like?

What hobbies do you have?

What can you do for hours?

What makes you happy?



## Day 2

### 5) Your skills and knowledge

What skills make you stand out?

What are you good at?

What do people say that you are good at?

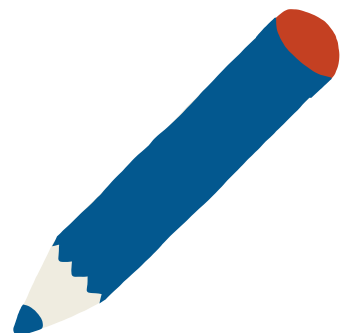
What do people ask you to help them with?



Why are you good at your work or at what you do?

What school subject was your favorite?

What subject or area of knowledge are you good at? (Chemistry, Literature, Writing, Speaking, Languages, Networking, etc.)





## Day 2

### 6) Your personality traits

If it is hard for you to find the words to describe your personality traits, check this free personality test <https://www.16personalities.com/>

The description after the test will give you some clues.

What 5-10 positive traits can you write about yourself?

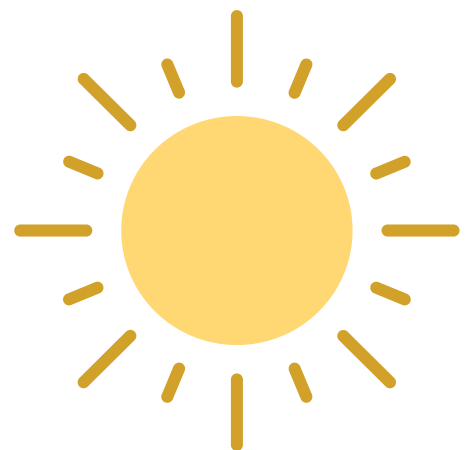
What 5-10 negative traits can you write about yourself?

What 3 positive traits do other people point you at?



What traits helped you the most in achieving incredible or high results in your life?

What is one thing you may spontaneously say about yourself? An adjective, a noun, a verb, or a phrase?





## Day 3

### 7) Your environment

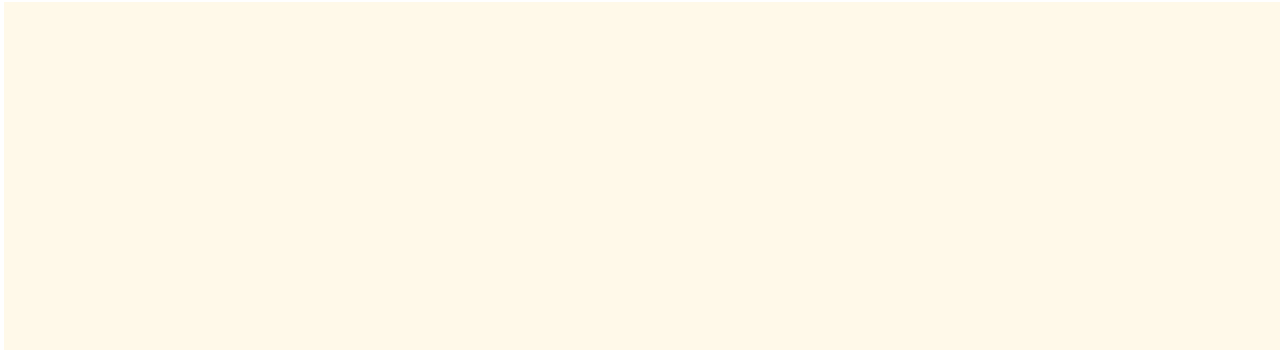
How would you describe your environment and the people around you?  
Are they friendly and supportive?

How do you approach obstacles in your life? What do you do? What plan of action do you have?

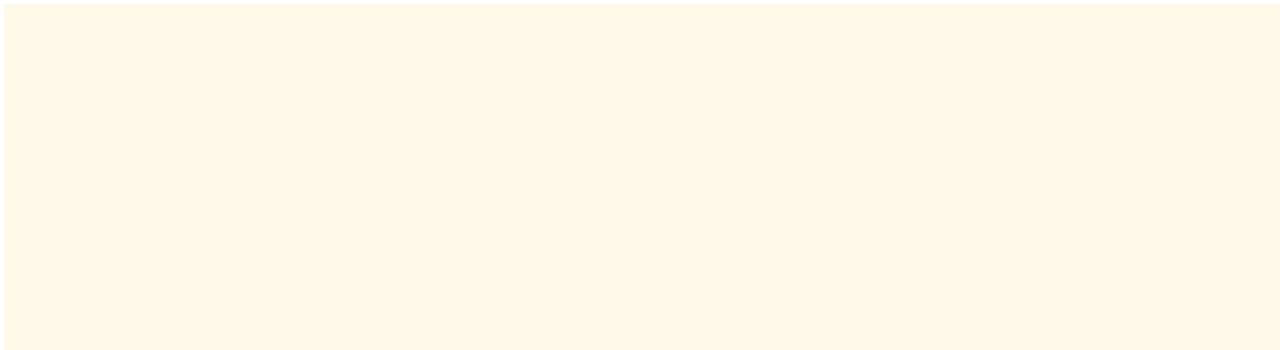
Write 5 words that describe you best. (Examples: mom, motivation, entrepreneur, children, family, goals, learning, languages, Swedish, etc.)



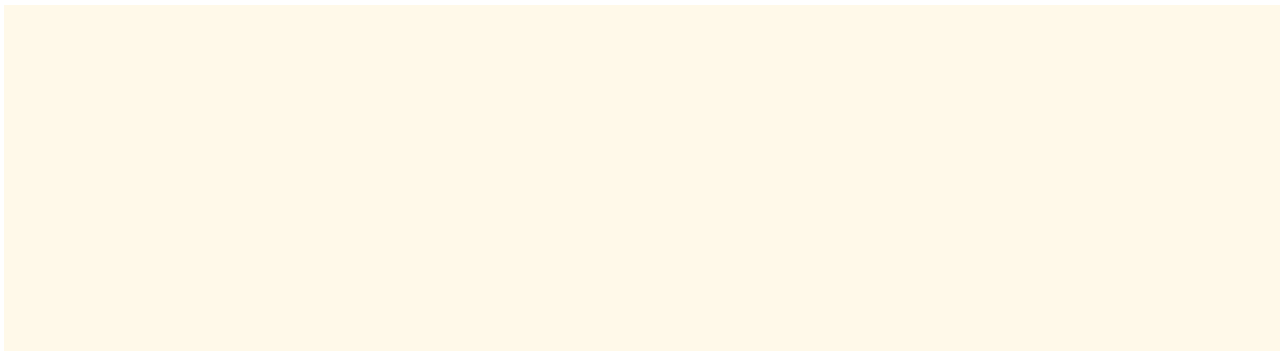
Write 5 words that describe the closest people to you.



Write 5 words that describe your colleagues or classmates.



What person or persons support you most in achieving your goals?



friends



## Day 3

### 8) Your day

Do you have a structured/rather structured day?

Do you like to plan your day?

Do you make to-do lists for yourself? How do you feel crossing out the things on your to-do list?



How do you feel if you don't have a plan for the day? Do you feel anxious or not?

How do you feel when you planned your day, but it didn't work out?

How do you feel when you accomplish the most important activities during the day?



## Day 4

### 9) Problem Solving

Think of the problem you solved at some point in the past.  
(Choose the problem that was connected to learning or studies.)

Did it take a lot of time to resolve it?

Did it take a lot of energy?



How did you feel when the problem was solved and it was over?

What did it open for you? What new opportunities? What reward did you get?

What things do you have in your life that remind you about successful problem-solving? (school or university grades, diplomas, degrees, job titles, testimonials, thank-you messages, gifts, awards, etc.)



## Day 4

10) Read through your answers to the questions for Day 1, Day 2, and Day 3 of the challenge.

*Let's revise!*



## Day 5

**Let's connect it all and find what your motivation and strength are:**

1. I will learn Swedish because I want to \_\_\_\_\_ .

(check part #1 for ideas)

By learning Swedish I will be able to \_\_\_\_\_ .

(check part #1 and your answer above for ideas)

2. By learning Swedish I will know more about \_\_\_\_\_ .

(check part #2 for ideas)



3. What things from your language learning background can help learn Swedish? What things do you know will or can work for you?  
(check part #3 for ideas)

4. Can you connect your interests to Swedish?  
(check part #4 for ideas)

If you like cooking, you can check recipes in Swedish. If you like taking photos, you may watch or read about taking nice photos in Swedish. If you like business or career topics, you may read about business or career in Swedish.

5. What skills and knowledge will help you in learning Swedish? (check part #5 for ideas)

For example, you concentrate really well, you are good at drawing, you are good at reading and structuring, etc. Get creative here!



6. What personality traits will help you in learning Swedish? (check part #6 for ideas)

For example:

You are responsible, so you may stick to your plan and do homework on time.

You are creative, so you may think of creative ways of learning a new vocabulary or making interesting post-it notes, etc.

You are very structured and like structure, so you can structure what you learn and put it into a system.

You are good at organizing your time, so you can always find a little bit of time to study, even if you are very busy.

7. How will your environment and people around you help you in learning Swedish? Will you feel inspired? Will you feel motivated? Will you feel supported?

(check part #7 for ideas)



8. Can you organize your day so that you'll find time for learning Swedish, at least 20 or 30 minutes per day? Will it be possible for you?  
(check the parts #8 and #9 for ideas)

9. How would you feel when you learn Swedish to the level you need/ want to learn it? Will it open something new for you? Some new opportunities?



10. How would your life/day look like when you learn Swedish to the level you want? Where would you be able to use Swedish? Imagine something real, some real situations.

Examples: You can imagine yourself sitting in a cafe and speaking Swedish to a waiter, watching a movie in Swedish, being on a subway in Stockholm and listening to the names of the stations, being at an event and listening to presentations in Swedish, attending a course and learning something in Swedish.





You may go through this challenge several times while you are learning Swedish, because your goals and interests may change over time. This way you will identify relevant motivation points for you at the exact time or the exact step of your language learning journey.

Regularly check out our SwedishAnyDay blog for more content about Swedish and language learning motivation to stay motivated and on track!

*Good luck  
with learning  
Swedish!*