



# Eva's Tips to Think in Your Target Language

One of the biggest hurdles in language learning is the habit of mentally translating from your native language. The strategies below are designed to help you break that cycle and start **thinking directly in your target language**.

## 1: Create Immersion

The goal of this strategy is **passive learning** — surrounding yourself with the target language so your brain begins to absorb it naturally, even when you're not actively studying.

### How to do it:

- Place **sticky notes** around your home labelling everyday objects in the target language.
- Set your **phone, computer, and other devices** to the target language.
- Play **radio or TV** in the target language as background noise — you don't need to follow it closely.

*💡 Don't panic if you don't understand everything you hear. The aim is passive exposure — your brain is processing more than you realise!*

## 2: Train Your Brain into Thinking in the Target Language

Actively practise thinking in the target language by narrating your immediate environment and daily actions. Start simple, then build complexity over time.

- **Start Simple — Name things:** Look at objects around you and say or think their name in the target language.
- **Add Complexity over time:** Describe what is happening around you in simple sentences in the target language.

## Strategy 3 — Use Your Inner Monologue in the Target Language

You can reset your inner monologue to narrate your actions in the target language.

### How to build the habit:

- Routine, physical tasks are ideal: cooking, cleaning, exercising, your commute....
- **Set a reminder on your phone** (write the reminder itself in the target language!) to prompt you to switch to your inner target language voice.

1

*🌟 Remember: The key is consistency, not perfection. Even a few minutes of target language thinking each day will rewire your brain over time. Don't translate — just immerse!*

