

FREE 7-DAY PLAN · ANY LANGUAGE

The 7-Day Language *Kickstart Plan*

One short lesson a day to build a study routine that sticks, whether you're learning Spanish, French, Japanese, or any other language.

7

daily lessons, step by step

20 min

a day is all you need

30-day

habit plan to keep going

START HERE

Your week at a glance

Most people quit a new language in the first two weeks, not because it's too hard, but because they never build a routine. This plan gives you a small, clear task each day, so by Day 7 you can greet people, introduce yourself, ask questions, and study daily without thinking about it.

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Review & habit

The language I'm learning

Why I want to learn it

Travel, family, work, a move abroad? Your reason keeps you going on busy days.

What I want to be able to do in 3 months

Be specific, e.g. "Order food and chat with the waiter on my trip in March."

When I'll study each day

Pick a time you can protect, even 15–20 minutes.

What you'll need

- ☐ A notebook or this printed plan
- ☐ Your phone, to record your voice and use a free flashcard app
- ☐ Headphones, for listening practice

DAY
1

ABOUT 20 MINUTES

Sounds & first words

Today's goal: Get comfortable with how your language sounds, and say your first greetings.

Every word you'll ever learn is built from the same small set of sounds. Ten minutes on sounds today saves you hours of confusion later.

Step by step

- 1 Find a short pronunciation guide or video for your language and listen to every sound twice.
- 2 Learn 10 greetings and polite words: hello, goodbye, please, thank you, yes, no, sorry, excuse me, good morning, good night.
- 3 Say each one out loud 5 times, copying the audio as closely as you can.
- 4 Record yourself saying all 10 on your phone. Keep the recording; you'll compare it on Day 7.

Done today?

- ☐ Listened to the sound guide
- ☐ Learned 10 greetings and polite words
- ☐ Recorded my first voice note

Notes / new words

Tip: Don't aim for a perfect accent. Aim to be understood. Clear and slow beats fast and fancy.

DAY
2

ABOUT 25 MINUTES

Your first 50 words

Today's goal: Learn the 50 most useful everyday words, the ones that appear in almost every conversation.

A small set of very common words makes up a large share of everyday speech. Learn them first and everything else gets easier.

Step by step

- 1 Make a list of 50 core words: I, you, he/she, we, is/are, have, want, go, eat, drink, where, what, how much, here, there, today, numbers 1–10, and similar basics.
- 2 Put them into a free flashcard app that uses spaced repetition, or onto paper cards.
- 3 Study in two short sessions of about 10 minutes, one in the morning and one in the evening.
- 4 Say each word in a tiny phrase, not alone: "I want water," "Where is...?"

Done today?

- ☐ Wrote my 50–word list
- ☐ Set up flashcards (app or paper)
- ☐ Did a morning and an evening review

Notes / new words

Tip: Spaced repetition shows you each word just before you'd forget it. A few minutes a day beats one long session a week.

DAY

3

ABOUT 20 MINUTES

Introduce yourself

Today's goal: Build and memorize a short self-introduction you can use with anyone.

Introductions are the first real conversation you'll have. Having yours ready gives you instant confidence.

Step by step

- 1 Write 5 simple sentences in your language: your name, where you're from, where you live, what you do, and why you're learning.
- 2 Check them with a translation tool, a dictionary, or a native speaker online.
- 3 Read your script out loud 5 times, then say it without looking.
- 4 Learn the 3 replies you'll hear most: "Nice to meet you," "Where are you from?" and "How are you?"

My introduction

Done today?

- ☐ Wrote my 5-sentence introduction
- ☐ Checked it for mistakes
- ☐ Said it from memory

Notes / new words

Tip: Keep sentences short and simple. "I am from Canada. I live in Toronto." is perfect at this stage.

DAY

4

ABOUT 20 MINUTES

Questions that keep you talking

Today's goal: Learn the question words and 10 survival questions so you can start, and keep, a conversation.

If you can ask good questions, the other person does most of the talking, and you get free listening practice.

Step by step

- 1 Learn the 6 question words: who, what, where, when, why, and how (plus "how much").
- 2 Build 10 survival questions: Where is the bathroom? How much does it cost? Can you speak more slowly? What does this mean? and so on.
- 3 Practice each question out loud with a real place or object in mind.
- 4 Add all 10 questions to your flashcards.

Done today?

- ☐ Learned the question words
- ☐ Built 10 survival questions
- ☐ Added them to my flashcards

Notes / new words

Tip: "Can you repeat that, please?" and "More slowly, please" are the two most useful phrases for any beginner. Learn them by heart.

DAY
5

ABOUT 20 MINUTES

Listening day

Today's goal: Train your ear by listening to real, slow speech, and start understanding the rhythm of the language.

Most beginners practice reading and speaking but skip listening. Yet listening is how you'll understand people answering you.

Step by step

- 1 Find 15 minutes of beginner-level audio: a podcast for learners, a slow news show, or a cartoon in your language.
- 2 Listen once just for the feel. Don't worry about understanding everything.
- 3 Listen again and write down every word you recognize.
- 4 Try shadowing: play a short sentence, pause, and repeat it aloud, copying the speed and tone.

Need good beginner audio? Structured audio lessons make listening practice much easier. Rocket Languages includes audio conversations for beginners, and you can try the first lessons free: [Try Rocket Languages free](#) →

Done today?

- ☐ Listened to 15 minutes of audio
- ☐ Wrote down words I recognized
- ☐ Shadowed at least 5 sentences

Notes / new words

Tip: Understanding 10–20% at first is normal. Your ear adjusts quickly with daily practice.

DAY

6

ABOUT 25 MINUTES

Speak out loud

Today's goal: Turn what you know into speech, and find someone to practice with.

Speaking feels uncomfortable at first for everyone. The only way past that feeling is to speak, little and often.

Step by step

- 1 Warm up by saying your Day 3 introduction and Day 4 questions out loud.
- 2 Talk to yourself for 2 minutes in your language: describe your room, your day, or your plans. Use simple words and guess the rest.
- 3 Record a 1-minute voice note on any topic.
- 4 Look for a language exchange partner: there are free apps and websites where you help someone with your language and they help you with theirs.

Done today?

- ☐ Practiced my introduction and questions
- ☐ Talked to myself for 2 minutes
- ☐ Recorded a 1-minute voice note

Notes / new words

Tip: Mistakes are proof you're trying. Native speakers usually appreciate the effort far more than a perfect sentence.

DAY

7

ABOUT 25 MINUTES

Review & build your habit

Today's goal: See how far you've come, and set up a simple habit to keep learning after today.

Progress in a language comes from consistency, not intensity. Today you'll make learning part of your normal routine.

Step by step

- 1 Run through all your flashcards and set aside the ones you still miss.
- 2 Record yourself saying your Day 1 greetings again, then compare it with your Day 1 recording.
- 3 Pick a daily trigger: "After my morning tea, I study for 15 minutes."
- 4 Fill in your 30-day plan on the next page.

Done today?

- ☐ Reviewed all my flashcards
- ☐ Compared my Day 1 and Day 7 recordings
- ☐ Chose my daily study trigger

Notes / new words

Tip: Set a minimum so small you can't fail, even 5 minutes. Most days you'll do more, and you'll never break the chain.

Your 30-day habit plan

You've built the foundation. Now keep the chain going: tick a box every day you study, even for 5 minutes. Thirty days of small sessions will take you further than a few long weekends.

My 30-day streak

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

Daily (15–20 min)

What I'll do every day

Weekly (once)

A longer listening or speaking session

My trigger

"After I _____, I study."

My 30-day goal

What I'll be able to do by Day 30

Tip: if you miss a day, never miss two. One missed day is a pause; two in a row starts a new (bad) habit.

YOUR NEXT STEP

Keep going with a structured course

This week you built the habit. The fastest way to keep improving is a course that gives you the next lesson every day, with real audio to listen to and speaking practice built in, so you never have to wonder "what should I study today?"

TRY IT FREE

Learn your language with Rocket Languages

Audio lessons

Real conversations to listen to anywhere, perfect for daily practice.

Speaking practice

Voice recognition helps you check your pronunciation.

Many languages

Courses for popular languages such as Spanish, French, German, Japanese, and more.

Step-by-step

A clear path from beginner upward, at your own pace.

You can try the first lessons free before deciding whether the full course is right for you.

Try Rocket Languages free →

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