



All Ears English Episode 190:

The 24-hour Challenge That Will Make Your English Awesome

Gabby: This is an All Ears English Podcast, Episode 190: “The 24-hour Challenge That Will Make Your English Awesome.”

[Instrumental]

Gabby: Welcome to the All Ears English Podcast, where you’ll finally get real, native English conversation with your hosts, Lindsay McMahon, the ‘English Adventurer’ and Gabby Wallace, the ‘Language Angel’, from Boston, USA.

[Instrumental]

Lindsay: In today’s episode, you’ll find out how to go from zero to a million with your English in 24 hours.

[Instrumental]

Gabby: Every day All Ears English listeners download our transcripts, and they get to read along with every word on every episode that they download.

Lindsay: Yeah, so if you guys haven’t gotten your transcripts yet, you’re missing out on half of the experience of All Ears English. And don’t forget that by November 1st, the prices on each transcript are going up. So go over there



today and get your transcript to get the full All Ears English experience. Go to...

Gabby: AllEarsEnglish.com/conversations. That's c-o-n-v-e-r-s-a-t-i-o-n-s. See you on the inside at the transcripts.

[Instrumental]

Gabby: Hey, Lindsay.

Lindsay: Hey Gabby.

Gabby: What's...?

Lindsay: What's shaking?

Gabby: What's happening?

Lindsay: Not...

Gabby: ...Not much.

Lindsay: ...a whole lot. I'm doing great here in Boston. How are you doing in Tokyo?

Gabby: (Uh), Tokyo is great. (You know), it's funny because it's morning there and it's night here. We're on completely opposite schedules now.

Lindsay: I know. It's so crazy.

Gabby: It is crazy. And I love it because that means that All Ears English is up and at 'em (them) 24 hours a day.

Lindsay: Up and at 'em (them). I like it. And I heard that you've been listening to webinars. You've been checking out a lot of webinars.

Gabby: Yeah, (you know), (uh), on my way to work or when I have free time, I love to educate myself. You know I'm not in school right now, but I believe in life-long education, and webinars are a great way to find that. So, I think you can go online and you can search for the kind of topics that you want to learn about. (You know), it could be English, it could be financial information. (Uh), it could be other information, whatever your interests



are. Now, I was watching a webinar that is about finances and more specifically about how to become a millionaire. So...

Lindsay: You wanna (want to) be a millionaire? Whoa!

Gabby: C'mon (come on)! Who doesn't wanna (want to) be a millionaire? I would like to ask our listeners right now, can you please comment on our blog or on our social media, "Do you want to become a millionaire, and why or why not?"

Lindsay: Yeah, go to AllEarsEnglish.com/190...

Gabby: Yeah.

Lindsay: ...and let us know.

Gabby: Yeah. I'd love to hear what you guys think. So, anyway, I would love to be a millionaire. And so I was listening to a webinar about this and I came away with one piece of advice. There were many pieces of advice, but I came away with one piece of advice that I really liked and I think that we can apply it to language learning or really any goal, any professional or personal goal that you have. So first of all, let's think about goal-setting. I think that you all have goals, we all have goals. For example, (you know), a lot of you say, "I wanna (want to) be fluent in English," or Lindsay, what's another goal that you've heard our audience tell you and what do they wanna (want to) do?

Lindsay: "Yeah, I wanna (want to) sound natural in English, (like) I wanna (want to) sound like a Native speaker."

Gabby: Totally.

Lindsay: That's really common.

Gabby: That's a great goal. Yeah. And so maybe that's your goal for the next year or maybe even two years.

Lindsay: (Uh-hm).



Gabby: So it's a pretty long-term goal, right, and so it's easy to say what you wanna (want to) do in the next couple of years or even a year, but where the challenge comes in is figuring out how to work on that goal on a day-to-day basis

Lindsay: Right. How do you link that to action, right?

Gabby: How do you get there? How do you get fluent in English? How do you become a more natural English speaker? I think that's where we get stuck.

Lindsay: (Mm).

Gabby: How do you become...

Lindsay: Absolutely.

Gabby: ...a millionaire?

Lindsay: So let's go back to the millionaire thing because...

Gabby: Yeah.

Lindsay: So, if I wanted to become a millionaire, what could I do in the next 24 hours to get closer to that goal?

Gabby: Right. That's exactly – the idea is to ask yourself that question. You need to think in small time frames. If you try to plan your goal out a year advance, without breaking it down, it's not gonna (going to) work. I don't mean to be negative, but you can't just go from zero to millionaire or from no English to fluent without having a plan. It's all about breaking down your goal into actionable steps that you can do over maybe six months, three months, one month, a week.

Lindsay: Or a day.

Gabby: A day.

Lindsay: Ooh, a day. I like the day-long goal.

Gabby: Yes.



- Lindsay:** Then you don't lose momentum, (right). You've got that day to take care of that, that thing you wanna (want to) do.
- Gabby:** Exactly. So I want you to think about your goal and what you could do in the next 24 hours ONLY. What could you do that would be related to your big goal, but is an action that you could complete within 24 hours. For example, Lindsay and I, we were, we were talking about a grammar goal. Maybe you have a goal in English to improve your grammar, okay. We don't focus a lot on grammar, but actually, yesterday in Episode 189, we did have a TOP 15 FIX, Number 9, (uh), TOP 15 FIX for your grammar. And we were talking about how to understand the 'present perfect' versus the 'simple past' tense. So if that was your goal, for example, to figure out the difference between those two tenses – because it's a big challenge for a lot of people, right.
- Lindsay:** It is a big challenge. Yeah.
- Gabby:** Yeah.
- Lindsay:** It's really confusing.
- Gabby:** But, (you know), it's a huge challenge, it's a huge problem for a lot of English learners, but yet, it's a small, focused area that I think you could understand within the next 24 hours. What do you think Lindsay?
- Lindsay:** Oh, absolutely. (You know), I think you could start by going back and listen to our episode again.
- Gabby:** Yes.
- Lindsay:** You could go to AllEarsEnglish.com/TOP15 and download that e-book to get a little more, more information...
- Gabby:** Yeah.
- Lindsay:** ...some more examples.
- Gabby:** (Uh) free e-book that includes all the TOP 15 FIXES. Very cool.



Lindsay: But focusing on the 'present perfect', (right), because we're dealing with...

Gabby: Yes.

Lindsay: ...one issue in these 24 hours.

Gabby: Absolutely. So the key is to focus and to make sure that the actions that you do in those 24 hours are related to your specific goal. Like Lindsay said, (you know), don't focus on the whole e-book in this 24 hour period. Just focus on your specific goal. You know what I just realized, is that today is September 24th, and we're talking about a 24-hour goal.

Lindsay: Oh, my god. I love it.

Gabby: We didn't even plan this out guys, but (uh), I think that's pretty cool. 24, 20 – the number today is 24.

Lindsay: Solid, even number. I like it.

Gabby: Absolutely.

Lindsay: 24-hour challenge, guys. That's what this is about.

Gabby: So I would also love to know – if you could comment on our blog or on our Facebook page, Facebook.com/AllEarsEnglish – if you could tell us what is your 24-hour goal that's related to your English language learning. I wanna (want to) know. Do you wanna (want to) know Lindsay?

Lindsay: I wanna (want to) know and I wanna (want to) go on Facebook and comment and interact with you guys on there to hear what it is that you're gonna (going to) challenge yourself to do...

Gabby: Yeah.

Lindsay: ...in the next 24 hours. So let's get over there guys.

Gabby: Yeah, that would be great. And it's difficult, I know it can be difficult to set a goal for 24 hours, but just think small, think what's doable, and let us know. We'd be happy to comment and, (you know), I think that our



community would be happy to help you out too. We have a really rocking community...

Lindsay: Yeah.

Gabby: ...on our Facebook page.

Lindsay: ...let's talk to each other guys. Maybe...

Gabby: Yeah

Lindsay: ...our community members can help each other with some ideas, some ways to implement those goals.

Gabby: Yeah, absolutely. So for your English goals, break it down, do something very specific, very focused over the next 24 hours, and remember the kinds of strategies that we talk about on All Ears English that help you out with language learning are strategies that you can apply in other areas of your life. So...

Lindsay: Oh, yeah.

Gabby: ...if you're like me and want to become a millionaire like me too, you can use this 24-hour challenge for your business and your financial life too. Why not?

Lindsay: Exactly. If you wanna (want to) become more of a traveler, you could set up, you could spend the next 24 hours and set up your next trip and book that, take care of that, (you know), commit to that.

Gabby: Absolutely, yeah. Think about...

Lindsay: There's (there are) a lot of things we could do, right Gabby?

Gabby: Totally. Yeah, I love this idea because it, it holds you accountable, it's very short-term. It makes you set your priority...

Lindsay: (Uh-huh).

Gabby: ...and stick to that. So...



Lindsay: Yeah. You can't lose steam because you're, you're gonna (going to) keep the energy up in 24 hours.

Gabby: Yeah. I think that's awesome.

Lindsay: Go to it guys.

Gabby: Yeah.

Lindsay: Time to make them happen.

Gabby: Do it. You got 24 hours. Let's go.

Lindsay: Do it!

Gabby: Thanks for listening guys. We'll talk soon.

[Instrumental]

Lindsay: If you wanna (want to) put your ears into English more often, be sure to subscribe to our podcast in iTunes on your computer or on your smartphone. Thanks so much for listening and see you next time.

