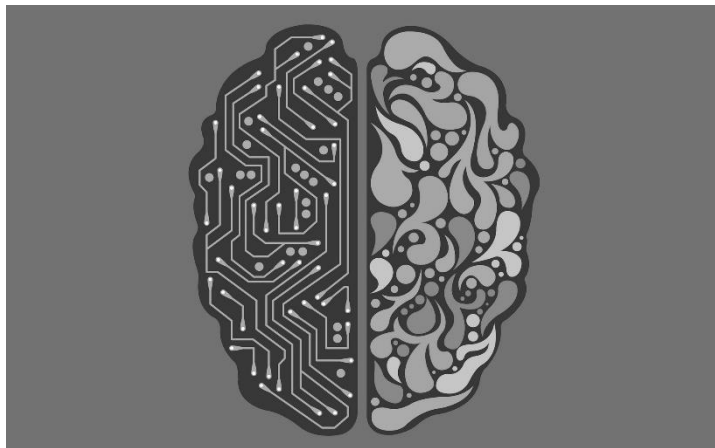


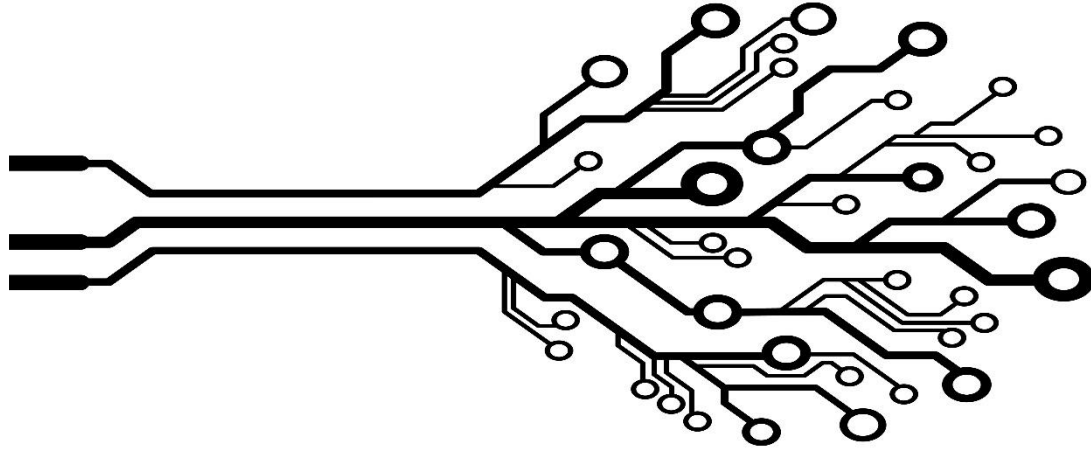
THE DAWAY TRANSFORMATION

Part 2: the method

PART 2

- How to **change** your brain
- The Daway **method** and why it works





[Neuroplasticity](#): the more you do and reinforce something, the stronger the connections in your brain

WHAT MAKES STRONG CONNECTIONS

- Real situations with natives
- Learning about the real culture
- Using the language 24/7
- Getting out of your comfort zone
- Repetition and consolidation of grammar and vocabulary





"Your English level is a muscle: no pain, no gain"

HOW TO TRAIN YOUR ENGLISH MUSCLE

- Like exercise, you will need to have a **daily routine** and **be consistent**
- The more **you take action**, the more natural and the stronger the English connections in your brain:
 - *You won't have to memorise*
 - *Pronunciation will be easier*
 - *You won't have to think about grammar rules*
 - *You will enjoy using the language more and more*

YOUR INNER ENGINE

Motivation comes **after action, never before**. Be proactive and get momentum with your English muscle:

- We spend our lives passively **“waiting for” motivation**
We are always looking for something external
- Examples of this phenomenon:
 - *People wait for love to appear*
 - *People wait for a job to come easily*
 - *People wait for motivation to happen magically*
 - *Students wait for the confidence to speak to come*



YOUR INNER ENGINE

- We are always looking for something outside ourselves, instead of **looking inside**
- Motivation, energy, passion...they all come as **momentum**: the more you do, the easier it gets
- There is no secret or magic activity. Only deciding to **do something** proactively and getting momentum
- This is true for so many things in life: *learning to play an instrument, doing sport, loving, driving, meeting people, etc...*





*"Your fuel is not outside **but** inside yourself. You just need to break that first moment **and** remember your big why"*

WHAT RESOURCES SHOULD I USE?

- Apart from this course, you will need to use [external resources](#) to practise
- There are millions of websites and resources you can choose from online
- What are the best resources?



9 $\frac{3}{4}$



HOGWARTS EXPRESS

*"Choose a job you love and you will never have to
work a day in your life"*

LINK ENGLISH TO YOUR PASSIONS

- Think about **what you love the most** and try to find **a connection** with the English language. Examples:
 - *If you love cinema, watch films in original version*
 - *If you enjoy reading, read books in English*
 - *If you're passionate about fitness, research about fitness in English*
 - *If you love to travel, look for information about English speaking countries and prepare a trip*
 - *If you love video games, play your favourite one with Americans or English people*
 - *If you love stupid cat videos, find clips where the owners speak English!!*

HOW TO CHOOSE RESOURCES

- Use the [cultural immersion section](#) on this platform to find things you love in English
- Be [100% specific and plan it in advance](#)
- Choose things you can do in a very short time, [max 30-60 minutes](#) (like the steps in this course) to use dead time or do 2 things at the same time
- You will do the “stressful/pain” part with [the speaking classes and mini-missions](#)

DO THE 2nd PART OF THE PLAN

Fill in [the second section](#) of the document “My Daway Transformation Plan” with your resources and English habit