

## VOCABULARY · EPISODE 33

# Can You Really Learn English in 90 Days

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

1

## a timeframe

un plazo de tiempo · un marco temporal

## DEF

a period of time within which something is expected to happen or be completed

*Timeframes in language learning are almost always unrealistic — '90 days to fluency' sells books, but language acquisition is a long journey. Understanding timeframes helps learners set realistic expectations.*

## ES

Un período de tiempo dentro del cual se espera que algo suceda o se complete.

Los plazos en el aprendizaje de idiomas son casi siempre poco realistas.

**Ninety days is a great timeframe to build a habit — but not enough to become fluent.**

Ninety days is a great timeframe to build a habit — but not enough to become fluent. -&gt; Noventa días es un buen plazo de tiempo para construir un hábito — pero no suficiente para ser fluido.

**Set a timeframe for your goal, but don't measure fluency by it — measure consistency.**

Set a timeframe for your goal, but don't measure fluency by it. -&gt; Establece un marco temporal para tu objetivo, pero no midas la fluidez con él.

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## to set realistic expectations

fijar expectativas realistas · tener unas metas alcanzables de verdad

## DEF

to form an accurate understanding of what is likely to happen, based on what is genuinely achievable

*Unrealistic expectations are the biggest cause of language learning dropout. If you expect fluency in 90 days and get comprehension in 90 days, you feel you've failed — even though you've succeeded.*

## ES

Formarse una comprensión precisa de lo que es probable que suceda, basada en lo que es realmente alcanzable.

Las expectativas poco realistas son la mayor causa de abandono del aprendizaje de idiomas.

**Set realistic expectations — in 90 days you can build solid foundations, not fluency.**

Set realistic expectations — in 90 days you can build solid foundations, not fluency. -&gt; Fija expectativas realistas — en 90 días puedes construir bases sólidas, no la fluidez.

**He set realistic expectations from the start, which meant every small win felt like progress.**

He set realistic expectations from the start, which meant every small win felt like progress. -&gt; Tuvo unas metas alcanzables de verdad desde el principio, lo que significó que cada pequeña victoria parecía un progreso.

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## a solid foundation

una base sólida · unos cimientos fuertes

### DEF

a strong, well-built base that will support everything built on top of it; the essential basics done right

*In language learning, a solid foundation is listening comprehension, core vocabulary, and pronunciation — the elements that must be strong before advanced skills can grow. Without it, fluency is unstable.*

### ES

Una base fuerte y bien construida que soportará todo lo que se construya encima; los fundamentos esenciales bien hechos.

En el aprendizaje de idiomas, una base sólida es la comprensión auditiva, el vocabulario básico y la pronunciación.

***Ninety days of consistent daily practice can give you a solid foundation in English.***

Ninety days of consistent daily practice can give you a solid foundation in English. -> Noventa días de práctica diaria constante pueden darte una base sólida en inglés.

***Don't skip the basics — they are your solid foundation, and everything else rests on them.***

Don't skip the basics — they are your solid foundation. -> No te saltes los fundamentos — son tus cimientos fuertes.

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## to be consistent

ser constante · mantener la regularidad

### DEF

to do something regularly and steadily over time, maintaining the same level of quality or effort

*Consistency beats intensity in language learning — thirty minutes every day will always outperform three hours on Sundays. Being consistent creates the neural pathways that convert studying into automatic speaking.*

### ES

Hacer algo de forma regular y sostenida en el tiempo, manteniendo el mismo nivel de calidad o esfuerzo.

La constancia supera a la intensidad en el aprendizaje de idiomas.

***Be consistent above all — show up every day, even when you don't feel like it.***

Be consistent above all — show up every day, even when you don't feel like it. -> Sé constante ante todo — aparece cada día, incluso cuando no tengas ganas.

***It isn't the students who study hardest who succeed — it is the ones who are most consistent.***

It isn't the students who study hardest who succeed — it is the ones who are most consistent. -> No son los estudiantes que estudian más duro los que tienen éxito — son los que mantienen la regularidad.

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## to show up

**presentarse · aparecer y dar lo mejor de ti aunque no tengas ganas**

### DEF

to appear, be present, or put in the effort consistently — even when you do not feel like it

*Show up is about reliability and consistency — the willingness to do the work whether or not conditions are perfect. In English learning, showing up every day for twenty minutes beats intensive studying once a week. It is the one habit that separates improvers from plateauers.*

### ES

Aparecer, estar presente o esforzarse de manera constante — incluso cuando no tienes ganas.

Se trata de fiabilidad y constancia — la disposición a hacer el trabajo ya sea que las condiciones sean perfectas o no.

***The most important thing in language learning is to show up every day — even for just fifteen minutes.***

The most important thing in language learning is to show up every day — even for just fifteen minutes. -> Lo más importante en el aprendizaje de idiomas es presentarse cada día — aunque sea solo quince minutos.

***She showed up for her English practice even on the days she did not feel like it — and those days made all the difference.***

She showed up for her English practice even on the days she did not feel like it — and those days made all the difference. -> Se presentó a su práctica de inglés incluso en los días que no tenía ganas — y esos días marcaron toda la diferencia.

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## day in, day out

**día tras día · cada día sin excepción**

### DEF

every single day, without exception — used to describe something that happens with complete regularity

*Day in, day out is the rhythm of mastery — not dramatic effort, but reliable, unremarkable daily practice. The learners who progress fastest are not the most talented; they are the ones who show up day in, day out without needing to feel motivated.*

### ES

Cada día, sin excepción — se usa para describir algo que ocurre con total regularidad.

El ritmo de la maestría — no el esfuerzo dramático, sino la práctica diaria fiable y sin notoriedad.

***Progress in English is built day in, day out — not in one inspired session, but in hundreds of ordinary ones.***

Progress in English is built day in, day out — not in one inspired session, but in hundreds of ordinary ones. -> El progreso en inglés se construye día tras día — no en una sesión inspirada, sino en cientos de ordinarias.

***She practised for twenty minutes, day in, day out, for a year — and her transformation was extraordinary.***

She practised for twenty minutes, day in, day out, for a year — and her transformation was extraordinary. -> Practicó veinte minutos, cada día sin excepción, durante un año — y su transformación fue extraordinaria.

## 7 to keep track

### llevar el control · mantener un registro de tu progreso

#### DEF

to monitor, record, or stay aware of your progress, usage, or results over time

*Keeping track is the self-measurement habit that shows you whether your practice is working. In English learning, keeping track of new words, mistakes, or speaking time transforms invisible progress into visible data.*

#### ES

Supervisar, registrar o estar al tanto de tu progreso, uso o resultados a lo largo del tiempo.

El hábito de auto-medición que te muestra si tu práctica está funcionando. En el aprendizaje de inglés, llevar el control transforma el progreso invisible en datos visibles.

***Keep track of how many minutes a day you spend actually speaking — most people are surprised by how little it is.***

Keep track of how many minutes a day you spend actually speaking — most people are surprised by how little it is. -> Lleva el control de cuántos minutos al día pasas realmente hablando — la mayoría de la gente se sorprende de lo poco que es.

***She kept a simple notebook to keep track of her new words, and after six months she had over three hundred.***

She kept a simple notebook to keep track of her new words, and after six months she had over three hundred. -> Llevó un cuaderno sencillo para mantener un registro de sus palabras nuevas, y después de seis meses tenía más de trescientas.

## 8 to commit to something

### comprometerse con algo · adquirir el compromiso firme de hacer algo

#### DEF

to make a firm and genuine decision to dedicate yourself to something over the long term

*Committing is different from trying — it means you are not looking for a way out. In English learning, commitment means showing up even when you do not feel like it, not treating it as optional. Most people try; very few truly commit.*

#### ES

Tomar una decisión firme y genuina de dedicarse a algo a largo plazo.

Comprometerse es diferente de intentar — significa que no estás buscando una salida. En el aprendizaje de inglés, el compromiso significa presentarse incluso cuando no tienes ganas.

***You do not just try to learn English — you commit to it, the same way you commit to anything that matters.***

You do not just try to learn English — you commit to it, the same way you commit to anything that matters. -> No solo intentas aprender inglés — te comprometes con ello, de la misma manera que te comprometes con cualquier cosa que importa.

***The moment she committed to daily practice instead of 'doing her best', everything started to change.***

The moment she committed to daily practice instead of 'doing her best', everything started to change. -> En el momento en que adquirió el compromiso firme con la práctica diaria en lugar de 'hacer su mejor esfuerzo', todo empezó a cambiar.

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## to stay on track

**mantenerse en el buen camino · no perder el rumbo**

### DEF

to continue progressing towards your goal without being distracted or derailed by setbacks

*Staying on track is the ongoing challenge of consistency — the test is not whether you face distractions and setbacks, but whether you return to the path after them. In language learning, coming back after a gap is always possible.*

### ES

Seguir progresando hacia tu objetivo sin ser distraído o descarrilado por los contratiempos.

El desafío continuo de la constancia — la prueba no es si enfrentas distracciones, sino si vuelves al camino después de ellas.

**Life gets busy — what matters is that you have a way to stay on track even during your most hectic weeks.**

Life gets busy — what matters is that you have a way to stay on track even during your most hectic weeks. -> La vida se complica — lo que importa es que tengas una forma de mantenerte en el buen camino incluso durante tus semanas más agitadas.

**She missed two weeks due to work, but she got back on track without guilt and kept going.**

She missed two weeks due to work, but she got back on track without guilt and kept going. -> Se perdió dos semanas por el trabajo, pero retomó el buen camino sin culpa y siguió adelante.

10

## a stumble

**un tropiezo · un pequeño error que no te detiene**

### DEF

a small mistake, failure, or moment of difficulty that slows you down temporarily but does not stop you

*A stumble is small and recoverable — not a fall. Reframing mistakes as stumbles rather than failures changes your relationship to imperfection. In language learning, stumbles are data, not disasters.*

### ES

Un pequeño error, fracaso o momento de dificultad que te ralentiza temporalmente pero no te detiene.

Pequeño y recuperable — no una caída. Reformular los errores como tropiezos en lugar de fracasos cambia tu relación con la imperfección.

**A stumble in your English is just information — it tells you exactly what to practise next.**

A stumble in your English is just information — it tells you exactly what to practise next. -> Un tropiezo en tu inglés es solo información — te dice exactamente qué practicar después.

**She had a stumble in the presentation when she forgot a word, but she paused, smiled, and carried on.**

She had a stumble in the presentation when she forgot a word, but she paused, smiled, and carried on. -> Tuvo un pequeño error que no la detuvo en la presentación cuando olvidó una palabra, pero hizo una pausa, sonrió y continuó.