

## VOCABULARY · EPISODE 45

# A New English Plan for the Year

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

## 1 to map out

**trazar un plan detallado · planificar con visión de conjunto****DEF**

to plan something in detail, organising all the steps and stages before you begin

*Map out is richer than 'plan' — it implies a visual, spatial thinking where you lay out all the pieces before committing. A new year in English needs to be mapped out, not just wished for.***ES**

Planificar algo en detalle, organizando todos los pasos y etapas antes de comenzar.

Es más rico que 'planificar' — implica un pensamiento visual y espacial donde dispones todas las piezas antes de comprometerte.

***Before January starts, map out your English goals for the year — be specific.***

Before January starts, map out your English goals for the year. -&gt; Antes de que empiece enero, traza un plan detallado de tus objetivos de inglés para el año.

***She mapped out a twelve-month English plan that balanced listening, speaking, and reading.***

She mapped out a twelve-month English plan that balanced listening, speaking, and reading. -&gt; Planificó con visión de conjunto un plan de doce meses de inglés que equilibraba la escucha, el habla y la lectura.

## 2 to stick to a plan

**seguir el plan · mantenerse fiel al plan****DEF**

to continue following a plan without giving up or changing it, especially when it becomes difficult

*Sticking to a plan is harder than making one — life intervenes, motivation fluctuates. The ability to stick to a plan through difficult days separates people who reach their language goals from those who don't.***ES**

Continuar siguiendo un plan sin rendirse ni cambiarlo, especialmente cuando se vuelve difícil.

Seguir el plan es más difícil que hacerlo — la vida interviene, la motivación fluctúa.

***The plan is only useful if you stick to it — even on the days when you don't feel like it.***

The plan is only useful if you stick to it — even on the days when you don't feel like it. -&gt; El plan solo es útil si lo sigues — incluso en los días en que no tienes ganas.

***She stuck to her English plan for the whole year and by December she felt like a different person.***

She stuck to her English plan for the whole year and by December she felt like a different person. -&gt; Se mantuvo fiel a su plan de inglés todo el año y en diciembre se sentía como una persona diferente.

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## a milestone

### un hito · un logro importante en el camino

#### DEF

a significant point or achievement in a process or journey; a marker that shows how far you have come

*Milestones are how long journeys stay motivating — they break the distance into celebrated sections. In a year-long English plan, milestones might be: 'hold a five-minute conversation', 'watch a film without subtitles', 'read a full article'.*

#### ES

Un punto o logro significativo en un proceso o viaje; un marcador que muestra cuánto camino has recorrido.

Los hitos son cómo los viajes largos siguen siendo motivadores — dividen la distancia en secciones celebradas.

**Set milestones every two months — small wins that keep the motivation alive.**

Set milestones every two months — small wins that keep the motivation alive. -> Establece hitos cada dos meses — pequeñas victorias que mantienen viva la motivación.

**Her first milestone was finishing one episode of an English series without rewinding. She never forgot it.**

Her first milestone was finishing one episode of an English series without rewinding. -> Su primer logro importante en el camino fue terminar un episodio de una serie en inglés sin rebobinar.

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## to set a goal

### establecer un objetivo · fijarse una meta concreta

#### DEF

to decide on a specific outcome you want to achieve and commit to working towards it

*Set a goal is the foundational action of any learning plan. Vague intentions become concrete plans when you set a goal. In English learning, goals need to be specific — not 'speak English better' but 'hold a five-minute conversation about my work without switching languages'.*

#### ES

Decidir un resultado específico que quieres lograr y comprometerte a trabajar hacia él.

La acción fundamental de cualquier plan de aprendizaje. Las intenciones vagas se convierten en planes concretos cuando fijas una meta.

**Set a goal for your English that excites you — excitement is the fuel that makes goals stick.**

Set a goal for your English that excites you — excitement is the fuel that makes goals stick. -> Establece un objetivo para tu inglés que te entusiasme — el entusiasmo es el combustible que hace que los objetivos se mantengan.

**She set a goal of understanding an entire podcast episode without subtitles by the end of the month.**

She set a goal of understanding an entire podcast episode without subtitles by the end of the month. -> Se fijó una meta concreta de entender un episodio completo de podcast sin subtítulos para finales de mes.

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## to break something down

dividir algo · descomponer algo en partes más manejables

### DEF

to divide a large task, topic, or problem into smaller, more manageable pieces

*Break something down is one of the most practical phrases in English for studying and planning. Complex learning goals feel overwhelming as a whole; broken down into steps they become achievable. This is the planning verb used by teachers, coaches, and learners alike.*

### ES

Dividir una tarea grande, un tema o un problema en piezas más pequeñas y manejables.

Una de las frases más prácticas en inglés para estudiar y planificar. Los objetivos complejos se sienten abrumadores en conjunto; divididos en pasos se vuelven alcanzables.

**Break your English goal down into weekly targets — one manageable piece at a time.**

Break your English goal down into weekly targets — one manageable piece at a time. -> Divide tu objetivo de inglés en metas semanales — un trozo manejable a la vez.

**She broke down her goal of 'learning English' into daily reading, weekly listening, and monthly speaking challenges.**

She broke down her goal of 'learning English' into daily reading, weekly listening, and monthly speaking challenges. -> Descompuso su objetivo de 'aprender inglés' en partes más manejables: lectura diaria, escucha semanal y retos mensuales de conversación.

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## to track your progress

hacer un seguimiento de tu progreso · registrar y monitorear tu avance regularmente

### DEF

to regularly monitor and record how much you have improved or how far you have moved towards a goal

*Tracking progress is the accountability habit that keeps learning honest. Without it, you rely on feeling — which is unreliable. With it, you have evidence. For English learners, tracking might mean recording yourself monthly, timing how long you can speak without stopping, or counting new vocabulary.*

### ES

Monitorizar y registrar regularmente cuánto has mejorado o cuán lejos has llegado hacia un objetivo.

El hábito de responsabilidad que mantiene el aprendizaje honesto. Sin él, te basas en el sentimiento — que no es fiable. Con él, tienes evidencia.

**Track your progress by recording yourself speaking at the start of each month — the comparison will motivate you.**

Track your progress by recording yourself speaking at the start of each month — the comparison will motivate you. -> Haz un seguimiento de tu progreso grabándote hablando al inicio de cada mes — la comparación te motivará.

**She tracked her English progress in a simple notebook and the evidence of growth kept her going on hard days.**

She tracked her English progress in a simple notebook and the evidence of growth kept her going on hard days. -> Registraba y monitoreaba su avance en inglés en un cuaderno sencillo y la evidencia del crecimiento la mantenía en marcha en los días difíciles.

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## to build a routine

crear una rutina · construir un hábito regular y consistente

### DEF

to create a regular, structured habit of doing something at a consistent time and in a consistent way

*Build a routine is the planning phrase for habit formation. A routine takes a decision and removes it — you do not decide to practise English each day, you just do it because that is what you do at that time. The most successful English learners all have routines.*

### ES

Crear un hábito regular, estructurado de hacer algo de forma consistente en el tiempo y la forma.

La frase de planificación para la formación de hábitos. Una rutina elimina la decisión — no decides practicar inglés cada día, simplemente lo haces porque es lo que haces en ese momento.

**Build an English routine that fits your actual life — five minutes every morning beats one hour once a week.**

Build an English routine that fits your actual life — five minutes every morning beats one hour once a week. -> Construye una rutina de inglés que se adapte a tu vida real — cinco minutos cada mañana supera a una hora una vez a la semana.

**She built a morning routine that included ten minutes of listening before breakfast, and it transformed her English.**

She built a morning routine that included ten minutes of listening before breakfast, and it transformed her English. -> Creó un hábito regular y consistente matutino que incluía diez minutos de escucha antes del desayuno, y transformó su inglés.

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## a deadline

una fecha límite · un plazo para completar algo

### DEF

a date or time by which something must be completed or achieved

*Deadline is essential planning vocabulary in English — both professional and personal. Giving yourself a deadline for a learning goal transforms it from a wish into a commitment. Without a deadline, a goal has no urgency and is easily postponed.*

### ES

Una fecha u hora antes de la cual algo debe estar completado o conseguido.

Vocabulario esencial de planificación en inglés. Darte una fecha límite transforma un objetivo en un compromiso. Sin ella, no hay urgencia.

**Give your English goals a deadline — without one, there is no reason to start today instead of tomorrow.**

Give your English goals a deadline — without one, there is no reason to start today instead of tomorrow. -> Dale a tus objetivos de inglés una fecha límite — sin ella, no hay razón para empezar hoy en lugar de mañana.

**She gave herself a self-imposed deadline of speaking to a native English speaker before the end of the year.**

She gave herself a self-imposed deadline of speaking to a native English speaker before the end of the year. -> Se fijó un plazo para completar algo y hablar con un hablante nativo de inglés antes de que terminara el año.

## 9 to hold yourself accountable

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### responsabilizarte de tus compromisos · asumir la responsabilidad personal de lo que te has comprometido a hacer

#### DEF

to take personal responsibility for your commitments and ensure that you follow through on what you said you would do

*Hold yourself accountable is the self-discipline phrase for learners who work alone. Without a teacher or class forcing consistency, you must hold yourself accountable. Strategies: sharing your goal with someone, setting reminders, tracking streaks. It is what separates intentional learners from passive ones.*

#### ES

Asumir la responsabilidad personal de tus compromisos y asegurarte de que cumples con lo que dijiste que harías.

La frase de autodisciplina para estudiantes que trabajan solos. Sin un profesor que fuerce la consistencia, debes responsabilizarte tú mismo.

**Hold yourself accountable by telling someone your English goal — being witnessed creates commitment.**

Hold yourself accountable by telling someone your English goal — being witnessed creates commitment. -> Responsabilízate de tus compromisos diciéndole tu objetivo de inglés a alguien — ser testigo crea compromiso.

**She held herself accountable by checking in with her learning goals every Sunday and noting whether she had followed through.**

She held herself accountable by checking in with her learning goals every Sunday and noting whether she had followed through. -> Asumía la responsabilidad personal de lo que se había comprometido a hacer revisando sus objetivos de aprendizaje cada domingo y anotando si había cumplido.

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## 10 to prioritise

### priorizar · dar prioridad a lo más importante

#### DEF

to decide which tasks or goals are most important and give them attention first

*Prioritise is the planning verb for deciding what matters. In English learning, you cannot work on everything at once — grammar, vocabulary, listening, speaking, reading, writing. Deciding what to prioritise first, based on your current level and goals, is itself a skill.*

#### ES

Decidir qué tareas u objetivos son más importantes y darles atención primero.

El verbo de planificación para decidir qué importa. En inglés no puedes trabajar en todo a la vez — debes decidir qué priorizar.

**Prioritise speaking over writing if your goal is to travel — you need to produce, not just understand.**

Prioritise speaking over writing if your goal is to travel — you need to produce, not just understand. -> Prioriza hablar sobre escribir si tu objetivo es viajar — necesitas producir, no solo entender.

**She prioritised listening for the first six months and found that her speaking improved too, naturally and effortlessly.**

She prioritised listening for the first six months and found that her speaking improved too, naturally and effortlessly. -> Dio prioridad a lo más importante, que era la escucha, durante los primeros seis meses y descubrió que su expresión oral también mejoró, de forma natural y sin esfuerzo.