

VOCABULARY · EPISODE 50

# Atomic Habits Deep Dive 1pct Rule

Key words &amp; expressions · English + Español

10 words

Your English Toolbox

1

## to compound

**acumularse con efecto multiplicador · crecer de forma exponencial****DEF**

to grow or accumulate at an accelerating rate because each increment builds on what came before

*Compound is borrowed from finance — compound interest grows exponentially, not linearly. Applied to habits and language, small daily improvements compound into dramatic long-term change. The 1% rule is a compounding argument.*

**ES**

Crecer o acumularse a una tasa acelerada porque cada incremento se basa en lo que vino antes.

Tomado de las finanzas — el interés compuesto crece exponencialmente, no linealmente.

***Getting one percent better at English every day compounds into being thirty-seven times better by the end of the year.***

Getting one percent better at English every day compounds into being thirty-seven times better by the end of the year. -> Mejorar un uno por ciento en inglés cada día se acumula con efecto multiplicador hasta ser treinta y siete veces mejor al final del año.

***The reason habits compound is that each small win raises the baseline from which the next improvement starts.***

The reason habits compound is that each small win raises the baseline from which the next improvement starts. -> La razón por la que los hábitos crecen de forma exponencial es que cada pequeña victoria eleva la base desde la que comienza la siguiente mejora.

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## marginal gains

### ganancias marginales · mejoras pequeñas que se suman

#### DEF

very small, incremental improvements in different areas that, when combined, produce a surprisingly large overall improvement

*Marginal gains is the philosophy of British cycling coach Dave Brailsford — improve everything by 1% and the total improvement is transformative. Applied to English: better pronunciation, a wider vocabulary, more confident tone — each a marginal gain.*

#### ES

Mejoras muy pequeñas e incrementales en diferentes áreas que, combinadas, producen una mejora general sorprendentemente grande.

Es la filosofía del entrenador de ciclismo británico Dave Brailsford.

***Marginal gains in English: five new words a week, one extra listening session, one correction taken seriously.***

Marginal gains in English: five new words a week, one extra listening session, one correction taken seriously. -> Ganancias marginales en inglés: cinco palabras nuevas por semana, una sesión de escucha extra, una corrección tomada en serio.

***The marginal gains approach means you never need a breakthrough — you just need many small edges.***

The marginal gains approach means you never need a breakthrough — you just need many small edges. -> El enfoque de mejoras pequeñas que se suman significa que nunca necesitas un gran avance — solo necesitas muchas pequeñas ventajas.

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## to add up

### acumularse · sumar poco a poco hasta ser significativo

#### DEF

to accumulate gradually until the total becomes significant — small amounts combining over time into something large

*Add up is the everyday English for compounding. Five minutes of English a day adds up to thirty hours a year. The power of add up is making tiny efforts feel meaningful — because they are, just not instantly.*

#### ES

Acumularse gradualmente hasta que el total se vuelve significativo — cantidades pequeñas que se combinan con el tiempo.

El inglés cotidiano para el interés compuesto. Cinco minutos de inglés al día se acumulan hasta treinta horas al año.

***Five minutes of English every day adds up — by the end of the year you have over thirty hours of practice.***

Five minutes of English every day adds up — by the end of the year you have over thirty hours of practice. -> Cinco minutos de inglés cada día se acumulan — al final del año tienes más de treinta horas de práctica.

***The small improvements added up over time and she realised she had changed completely without noticing.***

The small improvements added up over time and she realised she had changed completely without noticing. -> Las pequeñas mejoras se fueron sumando poco a poco y se dio cuenta de que había cambiado completamente sin darse cuenta.

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## to track your progress

llevar un registro del progreso · medir cuánto has mejorado con el tiempo

### DEF

to monitor and record your improvement over time so you can see how far you have come

*Track your progress is the feedback loop that keeps learning sustainable. Without tracking, all you feel is the distance to the destination. With tracking, you also feel the distance already covered — and that changes your motivation entirely.*

### ES

Monitorear y registrar tu mejora a lo largo del tiempo para poder ver cuánto has avanzado.

El bucle de retroalimentación que mantiene el aprendizaje sostenible. Sin seguimiento, solo sientes la distancia al destino.

***Track your progress in English — even a simple list of new phrases you have used this week is enough.***

Track your progress in English — even a simple list of new phrases you have used this week is enough. -> Lleva un registro de tu progreso en inglés — incluso una lista simple de nuevas frases que has usado esta semana es suficiente.

***She tracked her progress monthly and was surprised by how much her listening score had improved.***

She tracked her progress monthly and was surprised by how much her listening score had improved. -> Medía cuánto había mejorado con el tiempo mensualmente y se sorprendió de cuánto había mejorado su puntuación de comprensión auditiva.

5

## to fall behind

quedarse atrás · retrasarse en el progreso

### DEF

to make less progress than expected or needed, or to lag behind compared to where you intended to be

*Fall behind is the natural counterpart to falling ahead. In language learning, falling behind is almost universal — life interrupts, motivation dips, illness hits. The key is not preventing it entirely but recovering quickly when it happens.*

### ES

Hacer menos progreso de lo esperado o necesario, o retrasarse en comparación con donde tenías intención de estar.

La contraparte natural de avanzar. En el aprendizaje de idiomas es casi universal — la vida interrumpe.

***If you fall behind with English practice, the solution is not guilt — it is simply starting again.***

If you fall behind with English practice, the solution is not guilt — it is simply starting again. -> Si te quedas atrás con la práctica de inglés, la solución no es la culpa — es simplemente volver a empezar.

***She fell behind for a month after a stressful project but caught up within two weeks by doubling her sessions.***

She fell behind for a month after a stressful project but caught up within two weeks by doubling her sessions. -> Se retrasó en el progreso durante un mes después de un proyecto estresante pero se puso al día en dos semanas duplicando sus sesiones.

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## to stay on track

**mantenerse en el camino · seguir el plan sin desviarse**

### DEF

to continue following a plan or schedule without being diverted by setbacks, distractions, or other priorities

*Stay on track is the maintenance verb — not the exciting breakthrough, but the steady continuation. Language learning is a test of your ability to stay on track across months and years when the initial enthusiasm has faded. This is where systems and habits matter more than motivation.*

### ES

Continuar siguiendo un plan o programa sin ser desviado por contratiempos, distracciones u otras prioridades.

El verbo de mantenimiento — no el gran avance emocionante, sino la continuación constante.

**Once you have a routine, the goal is simply to stay on track — do not reinvent the system every week.**

Once you have a routine, the goal is simply to stay on track — do not reinvent the system every week. -> Una vez que tienes una rutina, el objetivo es simplemente seguir el plan sin desviarse — no reinventes el sistema cada semana.

**She stayed on track even during busy periods by reducing her sessions to ten minutes rather than skipping them.**

She stayed on track even during busy periods by reducing her sessions to ten minutes rather than skipping them. -> Se mantuvo en el camino incluso durante los períodos ocupados reduciendo sus sesiones a diez minutos en lugar de saltárselas.

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## to build on something

**construir sobre algo · apoyarse en lo existente para avanzar más**

### DEF

to use existing knowledge, skills, or progress as a foundation for further learning or development

*Build on is the language of incremental progress. Every new word you learn is not just one word — it is a brick you will build on. Every grammar rule you understand opens new patterns to build on. Language learning is cumulative, and build on is the verb that names that accumulation.*

### ES

Usar el conocimiento, habilidades o progreso existentes como base para seguir aprendiendo o desarrollándose.

El lenguaje del progreso incremental. Cada nueva palabra que aprendes es un ladrillo en el que construirás.

**Build on what you already know — every new phrase is connected to something you have already learned.**

Build on what you already know — every new phrase is connected to something you have already learned. -> Construye sobre lo que ya sabes — cada nueva frase está conectada a algo que ya has aprendido.

**She built on her reading skills to develop her listening, and her speaking improved as a result.**

She built on her reading skills to develop her listening, and her speaking improved as a result. -> Se apoyó en lo existente de sus habilidades de lectura para desarrollar su comprensión auditiva, y su habla mejoró como resultado.

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## the long game

el juego a largo plazo · la estrategia enfocada en resultados a largo plazo

### DEF

a strategy or mindset focused on long-term results rather than immediate gains — prioritising sustainable progress over quick wins

*The long game is the strategic framing for language learning. Quick wins are satisfying, but fluency is built over years. Playing the long game means accepting that today's effort will pay off not tomorrow but in six months — and trusting that process.*

### ES

Una estrategia o mentalidad centrada en los resultados a largo plazo en lugar de ganancias inmediatas — priorizando el progreso sostenible sobre las victorias rápidas.

El encuadre estratégico para el aprendizaje de idiomas. La fluidez se construye a lo largo de años.

**Language learning is the long game — the people who succeed are the ones who stay committed for years.**

Language learning is the long game — the people who succeed are the ones who stay committed for years. -> El aprendizaje de idiomas es el juego a largo plazo — las personas que tienen éxito son las que se mantienen comprometidas durante años.

**She decided to play the long game with English and stopped comparing herself to faster learners in her group.**

She decided to play the long game with English and stopped comparing herself to faster learners in her group. -> Decidió jugar la estrategia enfocada en resultados a largo plazo con el inglés y dejó de compararse con los estudiantes más rápidos de su grupo.

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## a milestone

un hito · un marcador significativo de progreso o logro

### DEF

a significant marker of progress or achievement — a point that shows how far you have come on a longer journey

*Milestone is the vocabulary of progress tracking. Setting milestones in language learning — first conversation, first film without subtitles, first text written without a dictionary — gives you concrete goals to work toward and a way to celebrate progress before you reach the final destination.*

### ES

Un marcador significativo de progreso o logro — un punto que muestra cuánto has avanzado en un viaje más largo.

El vocabulario del seguimiento del progreso. Establecer hitos en el aprendizaje de idiomas te da objetivos concretos y una forma de celebrar el progreso.

**Set milestones for your English — not just 'become fluent' but 'hold a ten-minute conversation by December'.**

Set milestones for your English — not just 'become fluent' but 'hold a ten-minute conversation by December'. -> Establece hitos para tu inglés — no solo 'volverme fluido' sino 'tener una conversación de diez minutos para diciembre'.

**Each milestone she reached reminded her that the process was working — even when daily progress was invisible.**

Each milestone she reached reminded her that the process was working — even when daily progress was invisible. -> Cada hito que alcanzaba le recordaba que el proceso funcionaba — incluso cuando el progreso diario era invisible.

10

## to outperform

superar las expectativas · rendir por encima de lo esperado

### DEF

to do better than expected, or better than a comparison group, or better than your own previous results

*Outperform is the verb of beating expectations — your own or others'. In language learning, the most powerful thing you can outperform is your past self. Not other learners, not native speakers, but who you were last month. That comparison is always fair and always motivating.*

### ES

Hacerlo mejor de lo esperado, o mejor que un grupo de comparación, o mejor que tus propios resultados anteriores.

El verbo de superar las expectativas. El más poderoso en el aprendizaje de idiomas: superar tu propio yo pasado.

***The only person you should outperform in language learning is the version of yourself from six months ago.***

The only person you should outperform in language learning is the version of yourself from six months ago. -> La única persona a la que deberías superar en el aprendizaje de idiomas es la versión de ti mismo de hace seis meses.

***She outperformed her own expectations at the end of the year and realised the daily habit had been worth it.***

She outperformed her own expectations at the end of the year and realised the daily habit had been worth it. -> Superó sus propias expectativas al final del año y se dio cuenta de que el hábito diario había valido la pena.