

VOCABULARY · EPISODE 68

Do You Really Understand What You Desire

Key words & expressions · English + Español

10 words

Your English Toolbox

1

to desire

desear profundamente · anhelar algo con fuerza**DEF**

to want something strongly and often with a sense of longing — more emotionally intense than 'want'

Desire is more powerful and conscious than want — it carries emotional weight and often a sense that the thing is not yet possessed. Understanding the difference between desire, want, need, and wish is advanced English vocabulary work.

ES

Querer algo intensamente y a menudo con una sensación de añoranza — más emocionalmente intenso que 'querer'.

Es más poderoso y consciente que querer — lleva peso emocional.

What do you truly desire from your English — connection, opportunity, confidence, or something else?

What do you truly desire from your English — connection, opportunity, confidence? -> ¿Qué deseas profundamente de tu inglés — conexión, oportunidad, confianza?

She desired fluency so deeply that she rearranged her entire daily routine to make it possible.

She desired fluency so deeply that she rearranged her entire daily routine to make it possible. -> Anhelaba la fluidez con tanta fuerza que reorganizó toda su rutina diaria para hacerla posible.

2

a driving force

una fuerza motriz · la motivación profunda que te impulsa

DEF

the main motivation or energy behind an action, decision, or sustained effort — the reason that keeps you going

A driving force is what sustains you when motivation fades — it is deeper than enthusiasm and more durable than willpower. Identifying your driving force for learning English is one of the most powerful strategic moves you can make.

ES

La motivación o energía principal detrás de una acción, decisión o esfuerzo sostenido — la razón que te hace seguir adelante.

Lo que te sostiene cuando la motivación se desvanece — más profundo que el entusiasmo y más duradero que la fuerza de voluntad.

What is the driving force behind your English learning — what will still be pulling you forward in ten years?

What is the driving force behind your English learning? -> ¿Cuál es la fuerza motriz detrás de tu aprendizaje de inglés?

Her driving force was not career advancement — it was the ability to read her grandmother's letters in their original language.

Her driving force was not career advancement — it was the ability to read her grandmother's letters in their original language. -> Su fuerza motriz no era el avance profesional — era la motivación profunda que la impulsaba: poder leer las cartas de su abuela en su idioma original.

3

intrinsic motivation

la motivación intrínseca · el impulso para hacer algo porque lo encuentras personalmente gratificante

DEF

the drive to do something because you find it personally rewarding — not because of external rewards or pressure

Intrinsic motivation is the most durable form of motivation in language learning. Learners driven by intrinsic motivation — genuine interest in the language, culture, or people — persist longer and achieve more than those driven only by external goals like exams or job requirements. Connecting your English learning to something you genuinely love is the single biggest predictor of long-term success.

ES

El impulso para hacer algo porque lo encuentras personalmente gratificante — no por recompensas externas o presión.

La forma más duradera de motivación en el aprendizaje de idiomas. Los estudiantes impulsados intrínsecamente persisten más.

Build intrinsic motivation by connecting English to things you already love — films, music, books, relationships.

Build intrinsic motivation by connecting English to things you already love — films, music, books, relationships. -> Construye motivación intrínseca conectando el inglés a cosas que ya amas — películas, música, libros, relaciones.

Her intrinsic motivation came from loving British comedy — she studied because she wanted to, not because she had to.

Her intrinsic motivation came from loving British comedy — she studied because she wanted to, not because she had to. -> Su motivación intrínseca venía de amar la comedia británica — estudiaba porque quería, no porque tenía que hacerlo.

a sense of purpose

4

el sentido de propósito · la sensación de que lo que haces tiene significado y está conectado a algo que importa

DEF

the feeling that what you are doing has meaning and is connected to something that matters to you

A sense of purpose in language learning transforms effort into something sustainable. Without purpose, progress feels pointless. With it, even difficult sessions have meaning. Your purpose might be to connect with family, advance your career, travel freely, or access culture — whatever it is, making it explicit sustains effort across months and years.

ES

La sensación de que lo que estás haciendo tiene significado y está conectado a algo que te importa. Transforma el esfuerzo en algo sostenible. Sin propósito, el progreso parece sin sentido. Con él, incluso las sesiones difíciles tienen significado.

Define your sense of purpose for learning English — it will carry you through the difficult moments.

Define your sense of purpose for learning English — it will carry you through the difficult moments. -> Define tu sentido de propósito para aprender inglés — te llevará a través de los momentos difíciles.

Her sense of purpose — to be able to speak to her daughter's school in English — motivated her through every obstacle.

Her sense of purpose — to be able to speak to her daughter's school in English — motivated her through every obstacle. -> Su sentido de propósito — poder hablar con el colegio de su hija en inglés — la motivó a través de cada obstáculo.

to set a goal

5

establecer un objetivo · definir un resultado específico e intencionado y comprometerse a trabajar hacia él

DEF

to define a specific, intended outcome and commit to working towards it

Set a goal is the planning phrase for language learning. Vague goals ('I want to improve my English') produce vague effort. Specific goals ('I want to understand 80% of a TED talk in my field without subtitles by March') produce targeted, trackable effort. The difference is not ambition — it is specificity.

ES

Definir un resultado específico e intencionado y comprometerse a trabajar hacia él.

La frase de planificación para el aprendizaje de idiomas. Los objetivos vagos producen esfuerzo vago. Los específicos producen esfuerzo dirigido.

Set a goal that is specific and achievable — 'speak English every day' is better than 'get fluent'.

Set a goal that is specific and achievable — 'speak English every day' is better than 'get fluent'. -> Establece un objetivo específico y alcanzable — 'hablar inglés cada día' es mejor que 'ser fluido'.

She set a goal to have one full English conversation a week with a native speaker and stuck to it for a year.

She set a goal to have one full English conversation a week with a native speaker and stuck to it for a year. -> Estableció el objetivo de tener una conversación completa en inglés a la semana con un hablante nativo y lo mantuvo durante un año.

to stay motivated

6

mantenerse motivado · mantener la energía y el compromiso necesarios para continuar trabajando hacia un objetivo

DEF

to maintain the energy, enthusiasm, and commitment needed to continue working towards a goal

Stay motivated is the persistence challenge. Motivation naturally ebbs and flows. The learners who succeed are not those who feel motivated all the time — they are those who have built systems, habits, and community that keep them going during the inevitable low periods. Motivation follows action, not the other way around.

ES

Mantener la energía, el entusiasmo y el compromiso necesarios para continuar trabajando hacia un objetivo.

El desafío de la persistencia. La motivación fluctúa naturalmente. Los estudiantes que tienen éxito han construido sistemas y hábitos que los mantienen en marcha.

Do not wait to feel motivated — build a habit and the motivation will follow the action.

Do not wait to feel motivated — build a habit and the motivation will follow the action. -> No esperes sentirte motivado — construye un hábito y la motivación seguirá a la acción.

She stayed motivated through a long plateau by joining an online English community and finding accountability partners.

She stayed motivated through a long plateau by joining an online English community and finding accountability partners. -> Se mantuvo motivada durante un largo estancamiento uniéndose a una comunidad de inglés en línea y encontrando compañeros de responsabilidad.

to push yourself

7

exigirte más · demandarte más de lo que te resulta cómodo para crecer más allá de tus límites actuales

DEF

to demand more from yourself than feels comfortable — to stretch beyond your current limits through sustained effort

Push yourself is the growth mindset instruction. It means not settling for what is easy — speaking the same sentences you already know, reading the same level texts, avoiding the difficult topic. Pushing yourself means choosing the conversation that is slightly too hard, the article that is slightly too advanced, the topic that requires new vocabulary.

ES

Demandarte más de lo que te sientes cómodo — extenderte más allá de tus límites actuales mediante el esfuerzo sostenido.

La instrucción del mindset de crecimiento. No conformarse con lo fácil — elegir la conversación ligeramente demasiado difícil.

Push yourself to use new vocabulary in real sentences, not just recognise it when you see it.

Push yourself to use new vocabulary in real sentences, not just recognise it when you see it. -> Exígete más para usar el nuevo vocabulario en frases reales, no solo reconocerlo cuando lo ves.

She pushed herself to speak English in situations she found difficult and noticed her confidence grew fastest in those moments.

She pushed herself to speak English in situations she found difficult and noticed her confidence grew fastest in those moments. -> Se exigió más para hablar inglés en situaciones que le resultaban difíciles y notó que su confianza creció más rápido en esos momentos.

8

to find your why

encontrar tu porqué · identificar la razón personal profunda detrás de un objetivo

DEF

to identify the deep personal reason behind a goal — the core motivation that keeps you going when the surface motivation fades

Find your why is Simon Sinek's concept applied to personal growth. In language learning, the surface why ('I want to be fluent') fades quickly. The deep why ('I want to call my grandmother in her language', 'I want to work abroad', 'I want to read those books no one has translated') is what sustains effort over years.

ES

Identificar la razón personal profunda detrás de un objetivo — la motivación central que te mantiene en marcha cuando la superficial se desvanece.

El concepto de Simon Sinek aplicado al crecimiento personal. El 'porqué' superficial se desvanece rápidamente; el profundo sustenta el esfuerzo durante años.

Find your why for learning English — the deeper it is, the more it will sustain you through hard times.

Find your why for learning English — the deeper it is, the more it will sustain you through hard times. ->

Encuentra tu porqué para aprender inglés — cuanto más profundo sea, más te sostendrá en los momentos difíciles.

She found her why when she realised she wanted to read English literature in the original — and it changed everything.

She found her why when she realised she wanted to read English literature in the original — and it changed everything. -> Encontró su porqué cuando se dio cuenta de que quería leer literatura inglesa en el original — y cambió todo.

9

to lose momentum

perder el impulso · ralentizarse o dejar de progresar — a menudo después de que se haya interrumpido un período de esfuerzo constante

DEF

to slow down or stop progressing — often after a period of consistent effort has been interrupted

Lose momentum is the risk phrase in language learning. Gaps in practice cause momentum loss. After a holiday, illness, or busy period, returning to study feels harder than it is — but the skills have not vanished. Knowing that momentum loss is temporary, and that restarting is always faster than starting from zero, is reassuring.

ES

Ralentizarse o dejar de progresar — a menudo después de que se haya interrumpido un período de esfuerzo constante.

La frase de riesgo en el aprendizaje de idiomas. Los huecos en la práctica causan pérdida de impulso, pero las habilidades no desaparecen.

If you lose momentum, restart quickly — the gap is never as damaging as it feels in the moment.

If you lose momentum, restart quickly — the gap is never as damaging as it feels in the moment. -> Si pierdes el impulso, reinicia rápidamente — la brecha nunca es tan dañina como se siente en el momento.

She lost momentum during a busy work period but returned within two weeks and was surprised how little she had forgotten.

She lost momentum during a busy work period but returned within two weeks and was surprised how little she had forgotten. -> Perdió el impulso durante un período de trabajo intenso pero volvió en dos semanas y se sorprendió de lo poco que había olvidado.

10

a milestone

un hito · un punto significativo de logro en un proceso más largo

DEF

a significant point of achievement in a longer process — a marker that shows how far you have come

Milestone is the journey metaphor for progress. Language learning is a long road without a clear finish line. Milestones provide the intermediate checkpoints that make the journey manageable: the first time you understood a whole conversation, the first job interview in English, the first time you dreamed in English. Celebrating them is not vanity — it is motivation management.

ES

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

La metáfora del viaje para el progreso. El aprendizaje de idiomas es un camino largo. Los hitos proporcionan los puntos de control intermedios.

Set milestones along your learning journey so you can celebrate progress before reaching the final goal.

Set milestones along your learning journey so you can celebrate progress before reaching the final goal. -> Establece hitos a lo largo de tu camino de aprendizaje para poder celebrar el progreso antes de alcanzar el objetivo final.

Her first milestone was ordering coffee in English without switching languages — small but it mattered enormously.

Her first milestone was ordering coffee in English without switching languages — small but it mattered enormously. -> Su primer hito fue pedir café en inglés sin cambiar de idioma — pequeño pero importó enormemente.