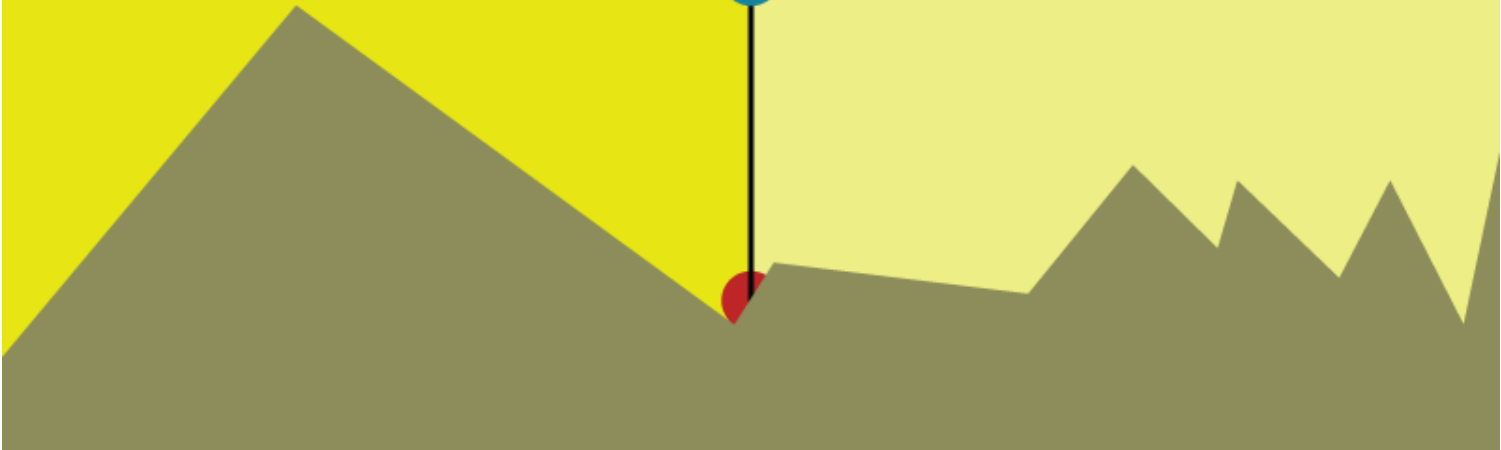




the  
**RealLife**  
Way  
Step I





# 5 Steps to Stop Learning English and Start Living it

## Introduction & Overview

**ETHAN:** Aww yeah. Ladies and gentlemen, boys and girls from all over the world, this is Ethan, from RealLife English, where we believe that listening to podcasts is a fun, natural, effective and life-changing way to learn English. So, download this podcast now, and listen to us while you're riding the bus, waiting in line at the store, trying to get your kids to eat their dinner, or even rocking your lifestyle English. Aww yeah. I'm joined here in the Cross Continental Studio, as always with my partner in crime, Justin Murray. How you doing, man?

**JUSTIN:** Aww yeah, man. I'm doing great. And yourself?

**ETHAN:** I'm terrific. I'm really excited to record this podcast. We actually have some special news this is going to be the first in a six-part podcast series that we are creating. Trying to put together really, all of what we have learned with RealLife English over the last few years into one comprehensive methodology, that we are calling the 'RealLife Way'. So, you podcast listeners, and RealLifers are going to be the first to get a peek at this methodology that we're really excited to be unrolling into the world.

**JUSTIN:** Yeah, I'm definitely excited to be sharing this with you, Ethan. We've been talking about this for quite a long time, planning it and really discussing how to communicate it. Because as you guys know, who've been following us, we've been doing lots of really great stuff with RealLife English for quite a long time and so now, we came to the moment where we decided we really need to simplify it, produce it, create it into a methodology and share it with you guys. So, a lot of you guys know our mission is to inspire, empower and connect with the world through English. So, with this, we have a promise for you. That we are going to inspire, empower and connect you to the world through English. We're going to do this through the RealLife Way.

And the RealLife Way is going to inspire you to awaken the determination that you need to realize your true potential not only as an English learner, but as a human being. We're also going to empower you to build the strategies, skills and courage you need to step outside the classroom into the real world, and not just learn English, but to live it.

And we are going to connect you to a world beyond borders, a global consciousness and community, a realization of the fact that no matter what divides us, that which unites us is far greater. So, this is our promise for you, over the next-- this podcast and the next five following this. And you're going to get to know the RealLife Way. Aww yeah.

**ETHAN:** Aww yeah. So, those are some pretty big promises. We really hope to deliver on them for you guys. And if you really put in the work, you follow each episode of this podcast, you are just going to benefit from it hugely. You really need to listen to these in order, to get the full benefit of it, and to kind of arrive at the peak of being a kickass, successful English learner. And, Justin, what do we mean when we say 'a kick ass English learner'?

**JUSTIN:** Well, to 'kick ass' we mean awesome, so 'ass' a lot of people think is a really bad word, it's not that bad in this situation when you say 'kickass' it's actually something very positive. 'Kick butt' for example, 'kickass', awesome, that's what we mean. And in this case a 'kickass English learner' is somebody who is realizing their potential, not just as an English learner but as a human being, a global citizen. A kickass English learner.

**ETHAN:** We will be sending you these lessons every week by email, along with some sort of bonus information and if you open every email and listen to every episode, which we actually have a way of seeing this. Then, we are going to be sending you another special present in a few weeks, which has never before been shared with the world.

And it's going to help you start putting the Reallife Way into action, so that you can really succeed and reach your goals and your dreams with your English and hopefully, with a lot of other things that you want to do in your life. So, we're really excited to get started on rolling the Reallife Way to you. So, Justin, are you ready to jump into the very first part of this?

**JUSTIN:** Yes, I am. Today's lesson, as we mentioned, this is an overview. So, we're going to be going through kind of a superficial explanation of each step to give you really an introduction. But, next week we're going to really dive into the first step and dig deeper and really cover more in depth.

## **Step 1: Where There's a Will, There's a Way (Determination)**

The first step which delivers on the first promise: to inspire you to awaken the determination that you need to realize your true potential, not just as an English learner, but as a human being, we call it the first step - where there's a will, there's a way.

So, it's all about determination. So, we've noticed, and this is something from the very beginning, we've noticed that learners are bored. People learning English they're not motivated by traditional methods. They're forced to learn English in a way that's not motivating. It's not effective, for most people at least. And this is not the way to reach potential in anything. And the second problem is that learners do not see the life changing potential that English has.

They don't understand that it's a gateway to a completely new world of experience and opportunities and perspective. As English learners, or members of this planet. So, the first step is determination, taking learning into your own hands. Reinventing your English, reinventing your life, injecting it with purpose, vision, discipline.

We believe that the most powerful first step that you can take is to awaken your determination. So, what exactly do we mean when we say 'determination', Ethan?

**ETHAN:** So determination is really a combination of things. It's kind of something that you'll see that unites all people that are successful in really any area, I would say. Probably if they're a successful athlete, if they're a successful scholar, if they're a successful businessperson who has made millions of dollars. You're going to see that they have really deep determination that drives them forward. So, this is kind of a combination of having a very strong desire to reach whatever goal that they're going after.

Having a very clear vision which is guiding them. So, when we say 'clear vision' that's kind of like you have- kind of like Martin Luther King said-- that you have a dream. So, something that you're always thinking about, you go to sleep, you wake up, it's always on your mind. And you just have something that tells you- you have to do this. So, you have strong desire, a clear vision and then you have very good discipline. So, that has to do with what habits you cultivate. That you do this every single day, rain or shine, you're showing up and you are doing the work that it takes to make your goal a reality.

**JUSTIN:** Yeah, one thing I would add to this that we include in the vision component is like really having the right mindset, like the right attitude toward your learning. The right attitude towards failure, for example, towards mistakes. So, being able to really persevere through the difficult times

and to get critical feedback. So that you're embracing your mistakes, so that you're constantly reprogramming your process.

But we'll dive more into this in the next lesson, actually, which will be all about determination. But, let's move onto the second promise.

## Step 2: Don't Just Learn English, Live It

**JUSTIN:** The second promise is that we will empower you with the strategies, skills and courage that you need to step outside the classroom and into the real world, and not just learn English but to live it. So, step two in the RealLife Way is to not just learn English, but to live it.

So, the big problem that we're facing today that most learners face is that they treat English like a school subject. Like something just dry and boring, with grammar, with theory. They do it once or twice a week but they never actually use it in their lives, in the real world. So, just like we've been talking about from the very beginning we really, really encourage people to make English a part of your life, a part of who you are.

To integrate it into what you do, what you love doing, immerse your life in it. So, that's what we mean when we say not just learn English, but to live it. And this needs to be fun, it needs to be natural, and convenient. And we've talked a lot about different ways that you can do that. What are some of those ways, Ethan?

**ETHAN:** Well, I think like you said here, making it fun, natural and convenient. Convenient is a huge part of it, I know so many of the students that I've worked with, they tend to make the excuse that they don't have time to learn. And what that excuse really means is that they just haven't organized their life to find the moments that are convenient.

And so, most of us, you know, we either drive to work, or we ride the bus to work, and this is a great moment that you could be listening, for example, to this podcast. Or be listening to any sort of audio lesson. You can, for example, watch a TED Talk while you're cooking dinner. You can watch your favorite TV shows, instead of watching them dubbed, or with subtitles in Portuguese or if you're in Brazil or in your native language.

You could have it with subtitles in English, or without subtitles, depending on what level you're at. So, there's all sorts of ways that you can just change what you're already doing and make it something that is in English. And you know, even though maybe you're just doing five minutes here and there, over time it's going to add up to really big results. And I've seen this, I've seen how powerful this can be with thousands of different learners over the years.

**JUSTIN:** Yes, that's the convenient aspect is really important and it's really important to have fun, too. To experiment, change your process up, do things that you're going to like, things that feel - that give you joy. And one of the things I always just anytime I meet somebody who's just starting to learn English, or even like a child, who hasn't learned English, but they need to.

I always say, "just start with a song that you like. Just take one song that you like and translate it. Just see if you can understand what they're saying. Just be curious and that joy, that interest will accumulate into something much bigger." So, again, music is really huge. And one of the things that we really focus on at RealLife English is TV shows, or TV series.

Because we've met so many people who have really developed their English and reached very advanced native-like levels, through just TV shows. And so, like a lot of you guys know, we always talk about our channel, that Learn English with TV Series and we have the Fluent with Friends course. But this is something that we have realized from the very beginning, we're trying to help

people really integrate these into their lives. To take things they love and make them an enjoyable learning experience.

So, one other piece that I'd probably add to this, and this is something that we're focusing more and more on is this idea of deliberate practice. So, it's great to have a fun, natural, convenient learning process, but it doesn't necessarily mean it's the most effective. Because a lot of times when you're listening to podcasts or listening to your music, you're having fun but you kind of plateau after a while. What does plateau mean, Ethan?

**ETHAN:** So, I see this a lot actually, that people get to a certain level, and you think of it-- if you can think of a graph, which I know is maybe a little bit hard without actually looking at it. That, with your English at first you're learning a lot, that graph is really steeply going up, you're learning, learning, learning.

And then, you get to kind of like a comfortable point where, it's good enough, you can more or less you can understand the podcasts, you can more or less understand the TV series. But maybe you're still missing that 20% or that 10% or 5% that would really make you an exceptional learner. And you just kind of flatten out on that graph, which is, that would be a plateau.

**JUSTIN:** Yeah, you stabilize in kind of the level where you're at and you don't seem to be improving. And what you need is a breakthrough. And so one of the best ways to give you breakthroughs, you know- maybe lifestyle English actually taking these strategies of listening to music and podcasts that can really help you have a breakthrough if you haven't done this before. But after a while it's going to stabilize.

So, you need deliberate practice to keep going. Deliberate practice is to systematically break the entire process into parts and identify and improve your weaknesses. And you can talk about like vocabulary, your listening comprehension, your pronunciation, your reading, writing, different components of your English, focusing in on those, and understanding, getting feedback on what you can do to get better.

And this is where maybe a good coach or teacher can come in- native or non-native- but it can be huge for your learning. They give you feedback, you focus on improving it and then, you just improve that component and your English will keep improving. So, this is something that very successful people will do this, there's a lot of research on this, actually.

The psychology, performance psychology actually, the name of the researcher is Anders Eriksson, he's done like a ton of really great research on this, in a book called "Peak". It talks about the world's greatest performers in many domains. And it's no different with English. So, anyway, that's don't just learn it, live it.

### **Step 3: Discover the Truth About Native English**

But moving onto the next step in the RealLife Way, this is the third step: To discover the truth about native English. So, what's the problem with the way that people are learning right now, Ethan?

**ETHAN:** So, generally all of us, you know, have been in a language classroom where your teacher, basically for you to practice your listening, they put on maybe some CD or cassette, depending how long ago you were learning. And it's kind of a scripted conversation, where the people speak pretty robotically and so it's pretty easy to understand.

But this doesn't really prepare you for the reality of how natives really speak. And so, then you experience it by, either maybe you're traveling to a country where people speak the language natively. Or you are trying to watch a TV series, or listen to music and you're like, "I don't

understand any of this.” And you kind of blame yourself for it, when really it's just that you haven't been discovering the truth about native English.

So, you don't really, like I said, you don't learn how to understand natives, how we really speak. You don't learn that we cut and we connect our words, we reduce them, we morph them and blend them. And, on top of that, we speak a little bit faster than you might be accustomed to. But most people tend to say like, “Oh natives speak too fast.”

But you kind of have to see that there is much more to it than just the speed with which we speak. A lot of times, if you can learn to understand this truth about how we really speak, the mechanics of connected speech, then you're going to realize that it doesn't really matter how fast someone is speaking, if you can catch these different rules.

**JUSTIN:** Yeah. For example, maybe you might learn that somebody might say, a native might say, “Would you like to go to the beach?” But we don't speak like that. So mechanically, so robotically. We actually merge our words together. We might say, “Wou-juh like to go-duh the beach?” Wou-juh like-duh go to the beach?

Or there's an example from Friends, we made a video for Learn English with TV Series and Joey was saying like, “Why don't you call my Uncle Frankie?” He says, he doesn't say, “Why don't you call him?” He says, “Why'uncha call my Uncle Frankie?” Why'uncha call? And so you never learn that in English class. You never learn when you're learning to read and write, that natives actually, we break all the rules.

And it's not something that's incorrect, it's just a universal pattern. It's the natural rhythm and flow of native speech. And there are some guiding rules to this. And this is one of the things we focus on in a lot of our courses and a lot of our lessons. We focus on content, and function words.

## Native Connected Speech Tip #1

D + Y = J (did + you = dih-jew)

Hey guys, this is Justin again, with a quick, simple but powerful **Native Connected Speech Tip** brought to you by the **RealLife Native Immersion Course**, a 41 week native immersion experience guided by *your* RealLife fluency coaches, Ethan, Chad, and me (Justin).

As you take advantage of *all* the steps of the RealLife Way, you will be building an indispensable base for some giant transformations, but as we talk about more specifically in this third step of the RealLife Way --To Discover the Truth About Native English -- to truly reach advanced fluency, you need to transform the way you think about, and perceive native English.

To help you start to build the tools you need to listen, and even speak like us, each step of the RealLife Way lessons will contain a short, but crucial 2-3 minute, **Native Connected Speech Tip** that will help you understand how and why we cut, connect, and blend our words- and even give you the chance to listen and repeat.

Today's **Native Connected Speech Tip** is about connecting and blending words that end with the “D” sound into words that start with the “Y” sound—like the example we just shared—“Would you” becoming “wou-jew” or “wou-juh” because “would” ends with “d,” which is followed by the word “you,” which starts with the letter “y.”

Another common example is “did you” which becomes “dih-jew” or “dih-juh”- which happens quite a lot with the many question words that precede DID in the simple past- for example WHO **DID YOU**- WHAT **DID YOU**- WHED **D YID** YOU- WHD **D YID** YOU- HOW **DID YOU**- WHERE **DID YOU** and WHICH **DID YOU**. Now I will give you just a few examples, and also pause for a moment so you

can repeat after me and imitate. Okay so...

- What did you say? (wha-dih-jew say— wha-dih jew say?)
- When did you arrive (when-dih-jew arrive – when dih-jew arrive?)
- Why did you want to know? (why-dih-jew wanna know – why dih-jew wanna know?)

Natives often reduce these example even more in informal situations. The examples we just shared would become as follows:

- What did you say? (wha-juh say— wha-juh say?)
- When did you arrive (when-juh arrive – when-juh arrive?)
- Why did you want to know? (why-juh wanna know – why-juh wanna know?)

This is exactly the type of thing we teach you about in the **RealLife Native Immersion Course**, which you can learn more about inside the e-mail you received containing this lesson, which includes the transcript for this, or at [www.RealLifeGlobal.com/immersion](http://www.RealLifeGlobal.com/immersion). Now back to this episode of the RealLife Way!

But one important thing with this is that if you can get to the point where at least you can understand natives.

You don't need to speak like natives, but I think like 60, almost 70% of the world's native English comes from the United States. And there's so much media, movies, music, podcasts coming from the United States.

That if you can get to the point where you understand Americans, understand people from other countries as well, you can consume the media. And there comes a tipping point in your English. What's tipping point, Ethan?

**ETHAN:** We say like it can seem really difficult but then all of a sudden something happens you have maybe a realization, or we might call an aha! moment. And then, all of a sudden, you're like "Oh, I can understand this, it's amazing!" And it kind of takes you to this whole new level that you never thought was possible.

**JUSTIN:** It's kind of like critical mass, so with listening comprehension, you get to the point where it's like you understand enough so you get the main idea. Then, it becomes more and more pleasurable, it becomes easier to consume native material, so your learning accelerates because you're doing it more and more. It's more enjoyable. It's easier and so, you spend more time doing it and it just accelerates.

So, you start learning, so getting to that tipping point is really important in not just learning English but living it. Because it makes the process just so much richer, enjoyable and you can start using native learning materials a lot quicker. What about speaking, Ethan? How can people be native-like in their speaking? Is this something that we even want people-- or that people should want?

**ETHAN:** So I think this, it's obviously a very big subject and when we get to the actual podcast, discussing step four we can go into this a lot more. But, most people-- I've gotten like so may emails from people that say, "How can I speak perfect, like a native?" Which is almost like a contradiction in and of itself, because natives don't speak perfect.

And I've actually, just spending the last few months here in the States, as an English teacher, I tend to hone in more on people's speaking. And more and more I'm realizing how many mistakes natives tend to make.

**JUSTIN:** Wait, wait, what does 'hone in' mean?

**ETHAN:** Hone in means to focus on something. So, really as an English teacher, as someone who's been doing this for so long, you know, when I hear English I'm not just hearing my native tongue, I'm like, I kind of hear different aspects of it, which probably a normal person wouldn't pay attention to. And I'm sure Justin or Chad can attest to this as well, but that's the first thing to realize, is that natives do not speak perfectly. We make mistakes all the time.

Mistakes are okay. And I think a big part of it, which is going to come in actually the next step, is actually speaking confidently. So, we'll talk more about that in a little bit. But maybe you want to speak not like a native, but more native-like, so having certain aspects that sound like a native. So, I would say the first thing that you have to recognize is input versus output. So, input means that listening and reading. So, it's basically that you're going to input a lot of native speech.

So, like watching for example we've talked about the TV Series Friends, it's a great example of a TV series that really captured how natives tend to speak in the United States in their day to day life. So, you would absorb materials like this and then, it will eventually kind of start to reflect itself on your output, on your speaking, on your writing. So, when you listen a lot it's not going to be enough to just make your speaking perfect, but it definitely helps. It definitely will affect it.

**JUSTIN:** And I would just add one thing here, is like learning to listen and recognize how we connect our words, right? If you can actually understand when we say like, "Hey why'uncha call my uncle?" Instead of why don't you call my uncle? Recognizing those things is really important to really opening your perception to the way that natives really speak, right?

**ETHAN:** Exactly. And the more advanced you get in this, the more that your ear gets tuned to the language. Like I was saying, that you don't just start seeing it as the English language, but you start seeing kind of these different mechanics that Justin was talking about. You're going to actually be able to start to imitate it.

So, you could actually-- we talked about deliberate practice, you could actually do some deliberate practice of, for example, listening to a part of a like a-- let's take for example Friends again. That you listen to something that Joey says, and then you try to imitate it, you try to mimic it, and you record yourself, and you listen to it compared to the original. And then you do it again and again and again and you keep trying to get better and better. That would be like one example of a way that you could kind of start to sound a little bit more native-like in your speaking.

**JUSTIN:** Yeah, you can also like slow it down, too? Getting feedback from somebody as well. Even like recording yourself, 'cause a lot of times when you record yourself you have to get over your initial resistance to listening to your own voice. 'Cause most people don't even like their own voice in their native language. And it's going to be more painful when you first start in English. But getting used to that, because you can actually give yourself feedback and notice, compare, right? Like compare your voice sample to the actual native voice sample.

**ETHAN:** Exactly. And something that I'm actually really excited to talk more about, because it's kind of a mind blowing idea for a lot of people, who just have a lot of misconceptions about speaking like a native. Is kind of this myth of the native speaker, which we're going to talk about a lot more in the fourth part of this podcast. But just for time's sake, 'cause we don't want to go too long, just on the outline, on the getting to know the RealLife Way. Why don't we go onto the next step?

## **Step 4: Step Outside Your Comfort Zone and Speak English**

**JUSTIN:** The fourth step, actually is to step outside your comfort zone and speak English. So, the big problem is like we mentioned before, is like you learn how to read and write in English. But you still can't speak. Most people they learn English, they learn all this time, and you ask them to speak



and they're scared. They're scared of being judged. They're scared of being criticized maybe you're like this.

Maybe you can understand everything we're saying but you're still scared of actually going out there and speaking. That people are going to judge you, that they're going to criticize your English and someday, you're going to know enough to be able to overcome that. And this is just a myth, you are good enough now. So, open your mouth and speak English courageously. So, this is something that you don't need to be native-like. What do you need to be, Ethan?

**ETHAN:** I would say in the beginning you need to be able to speak just clearly enough for people to understand you. You need to be open to making mistakes and a big part of this is just being courageous enough to have that very first conversation. And there's a lot of different techniques that we could talk about, of ways you can kind of make it easier on yourself so it's not a really frightening situation that's going to scare you away from ever wanting to speak again.



But there's a lot of ways to make this more comfortable, easier. And really once you get going, you're going to realize that people are much more supportive of you than you might have thought. It's not likely people are going to laugh at you if you make a mistake or they can't understand you at first or something like that. And if they do, then that's probably not people that you want to hang out with anyway.

**JUSTIN:** I would add in here, like maybe it's kind of a good exercise to imagine the worst case scenario? So, maybe somebody does laugh at you. You know, it's like if you do it enough everybody has embarrassing stories, right?

**ETHAN:** Yeah.

**JUSTIN:** You're probably going to miscommunicate something and just get over that. It's just like, okay, you know you're going to have problems at some point and that's okay. Because you're going to get better and better. And it's going to get easier and easier and that worst case scenario really isn't that bad. It might turn out to be a good story, too.

**ETHAN:** Yeah. I think like it's a big thing I always tell my students is to learn to laugh at yourself. So, someone laughs at you, then kind of like laugh along, you know, don't take yourself so seriously. We all make mistakes, you know, all of us have had to learn a language at some point. It's pretty amazing what you're doing.

Even if you just know a little bit, which if you're listening to this podcast you probably know more than a little bit. It's already pretty amazing what you've been able to do, so honor that, be proud of it. And don't be too afraid to take that first step and open your mouth.

**JUSTIN:** Yeah. So, you're going to be reinventing your English learning process, your speaking ability, step by step and where you are right now, is not a reflection of where you're going to be if you keep going, if you're persistent, if your perseverance with your learning.

So, this is really important and again in step four, we're really going to dive into this. And show you what it's like to step outside your comfort zone, and to speak English. This is so key to being a fluent speaker.

## Step 5: Be the Change You Wish to See in the World

But onto step five, this is something we're really excited about, we talked about at the beginning, not just becoming a-- not just realizing your potential as an English learner but as a human being. And this is where we say, "Be the change you wish to see in the world."

This is where we see English as the global language, English is-- our promise is that we will connect you to a world beyond borders. A global consciousness and community, and realization of the fact that no matter what divides us, that which unites us is far greater. So, like we said, one of the biggest problems that people have is they have a lack of purpose. That they have a lack of meaning in their English.

And so they aren't really glimpsing, they're not really understanding until they actually expand their perspective and learn English, that the most valuable thing that you can learn is not that mechanical ability to communicate, it's actually the perspective that you acquire. It's your new identity, because you go from being somebody who has a limited perspective on the world.

So, if you're Brazilian, or even like American, or from any other country and you only speak that language, if you can only see from that cultural point of view, when you learn that other language, when you learn English, in this case, English as the global language, especially, that your perspective completely expands.

So, first of all, as you discover that English is the global language, but if you kind of start to think about it, there are three times as many non-native speakers as natives in the world. And the more that you learn English and open up to this world of natives and non natives, this 1.5 billion people on the planet that speak English, you are opening yourself up to a new level of opportunities.

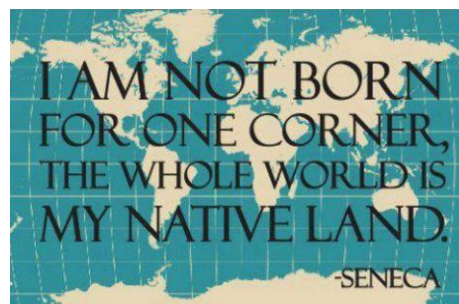
A new dimension of information, of culture, of relationships and you are walking through the door of a hyper-connected global reality, where English is the operating system. So, as you expand your perspective on the world, as you transcend and include your particular culture, you are creating a world beyond borders.

Beyond the physical linguistic and cultural borders of your kind of like your limited understanding. But, really to get there, you need to pass through a moment, an aha! moment. First of all, Ethan, what does aha! moment mean and what is that aha! moment?

**ETHAN:** So, I actually mentioned this earlier in the podcast I believe. An aha! moment is a realization and it's actually in English, I'm not sure really in other languages what sound they use. But in English we say, when someone suddenly realizes something, they suddenly understand something, a lot of times we'll actually say, "Aha!"

We make that sound, so an aha! moment is a moment where you kind of all of a sudden understand something, it hits you. And so the realization of this, is that no matter what divides us, what unites us is far greater. And there's actually a Seneca quote, it's one of my favorite quotes. And it is, "I am not born for one corner, the whole world is my native land."

And I feel like the more that you learn English, the more that you connect with people from other countries, and not even necessarily by traveling, I've seen a lot of people be able to have this aha! moment just by connecting with people online. It's one of the most amazing things about the internet. Is it has brought all of us so much closer, that just right now, I'm in the United States recording this podcast, Justin is in Brazil, and we're able to connect over these ideas.



And I feel like the more that you learn English, the more that you connect with people from other countries, and not even necessarily by traveling, I've seen a lot of people be able to have this aha! moment just by connecting with people online. It's one of the most amazing things about the internet. It has brought all of us so much closer, that just right now, I'm in the United States recording this podcast, Justin is in Brazil, and we're able to connect over these ideas.

And you can do the exact same thing and that's something that we are making huge efforts to try to facilitate for you. So, for a lot of people it might take first going through the other four parts, the other four steps of the RealLife Way to have this understanding. Some people it might be more innate, it might be something that they already feel inside of them. And learning English kind of gives them the frame to really be able to communicate about it and understand it, and deepen their understanding of it.

**JUSTIN:** Yeah, this is one of the things that I think the traditional system could do a lot better, of really giving people this insight from the very beginning, because if people would realize kind of the magnitude of this, the importance of looking at the world from that global perspective this could drive your entire learning process. It's so motivating, it gives so much meaning, it's so much better of a purpose, so much deeper of a purpose, at least.

To learn English, than to get a promotion at your job, or to make more money, which are great reasons, but really it's like, it doesn't really tap into our self-realization. Really realizing our potential as human beings, and as English learners. So, one of the important things to realize, this is not just like a fluffy empty concept.

This is actually something that's been defined by the United Nations and a lot of different learning programs in the United States.

And in this notion of just like recognizing that we each, we all have really-- we have stereotypes about the world. Think about our worldview, when you think about different countries if you don't know people from those countries, if you don't have specific information about those countries, you have a caricature in your head of that country.

But it's probably not accurate once you visit that country, or meet people from that country. So, in some sense we're all maybe a little bit racist? And maybe like meeting people from these countries opens our minds more and more and more and having that humility just to recognize that we don't know what other countries are like.

**ETHAN:** And the crucial thing here is just I think being curious, you know, actually being really open to learning, without your prejudgements, as we were saying. Asking a lot of questions, asking really deep questions, not being afraid to maybe step on some toes, we might say. Not being kind of afraid to offend someone a little bit.

And of course you need to get to a point of comfort with this person, to have the trust to be able to ask those kind of questions. But I think the more that you can just be really, really curious about different people's backgrounds, different people's ways of thinking, and not letting your judgement get in the way. The more that you're really going to embody this idea of the global citizen.

**JUSTIN:** So, what do you mean by 'embody', Ethan?

**ETHAN:** It means that you're a representation of that thing. So, you basically would be like a key example that someone could point to, and say, "Hey that person is a global citizen. They don't judge other people based on where they come from. They don't judge people based on their religion. They don't listen to everything that they hear in the news. They make their own decisions.

They're a critical thinker.”

**JUSTIN:** Aww yeah.

**ETHAN:** So, I'm really excited for us, for step five. For talking about those really big level ideas and of course everything that's going to come before it, in this lesson, obviously, and in the next five episodes of the Reallife English podcast, over the next few weeks.

And that you go to the page for this episode, [reallifeglobal.com/reallifeway](http://reallifeglobal.com/reallifeway) or you can just go to the website and you'll probably be able to find it there. And click the link to subscribe to our email, because if you listen, if you open every email and listen to every episode, we are going to be sending you a very special present. Along with the manifesto you'll get, just for signing up.

So, I think that we have shared some really big level ideas. I hope you guys are excited. Is there anything else that you wanted to mention, before we wrap up here, Justin?

**JUSTIN:** No. I'm just saying that I'm really excited to have these conversations with you, Ethan. And to really bring to the world our mission of inspiring, empowering, connecting the world through English. Inspiring you to awaken the determination that you need to realize your true potential. Not only as an English learner, but as a human being.

Empowering you with the strategies, skills and courage you need to step outside the classroom, into the real world. Not just learn English, but to live it and connecting you to a world beyond borders. That global consciousness, that global community and the realization, the fact that no matter what divides us, what unifies us is far greater. Aww yeah.

**ETHAN:** Aww yeah. I think that deserves a really big aww yeah. So, should we count down from three and play these guys out of here?

**JUSTIN:** Let's do that.

**ETHAN:** All right. Three, two, one.

**TOGETHER:** Aww yeah!!!

### **Song: Stand By Me**

When the night has come  
And the land is dark  
And the moon is the only light we'll see  
No I won't be afraid, no I won't be afraid  
Just as long as you stand, stand by me  
So darlin', darlin', stand by me, oh stand by me  
Oh stand by me, stand by me  
If the sky that we look upon  
Should tumble and fall  
Or the mountains should crumble to the sea  
I won't cry, I won't cry, no I won't shed a tear  
Just as long as you stand, stand by me  
And darlin', darlin', stand by me, oh stand by me  
Oh stand now by me, stand by me, stand by me-e, yeah  
And darlin', darlin', stand by me, oh stand by me  
Oh, stand now by me, stand by me, stand by me-e, yeah