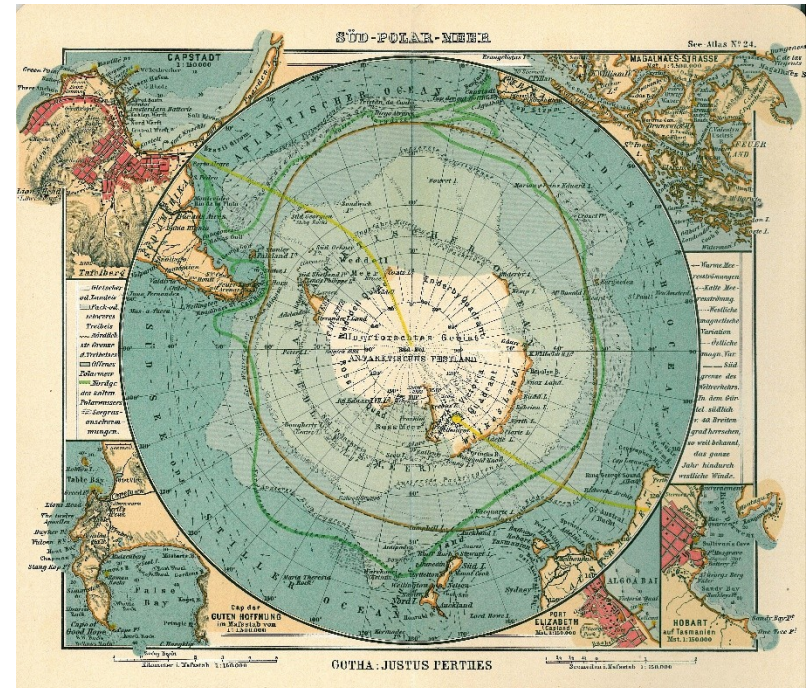


self-expressing

5th Mar 2018

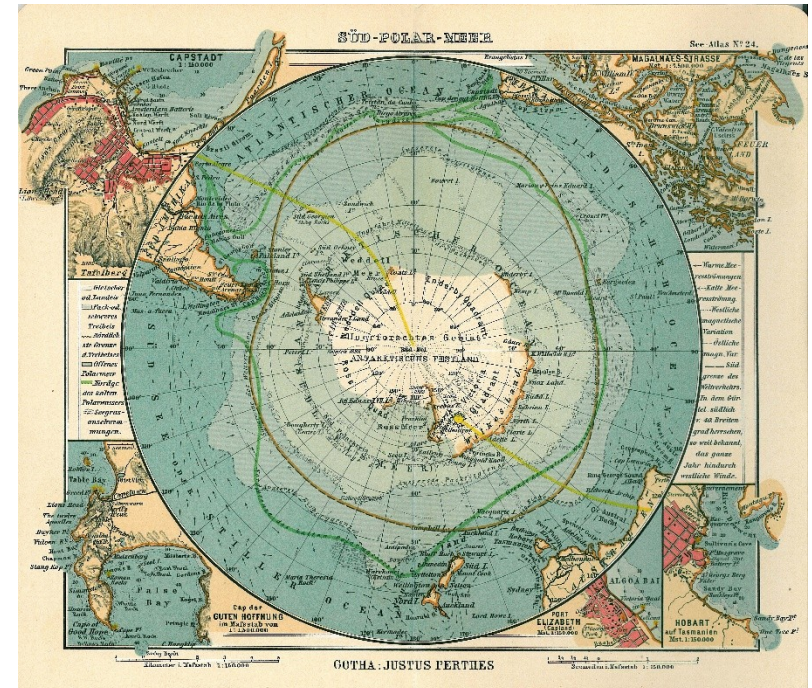
mind-map

- sharing



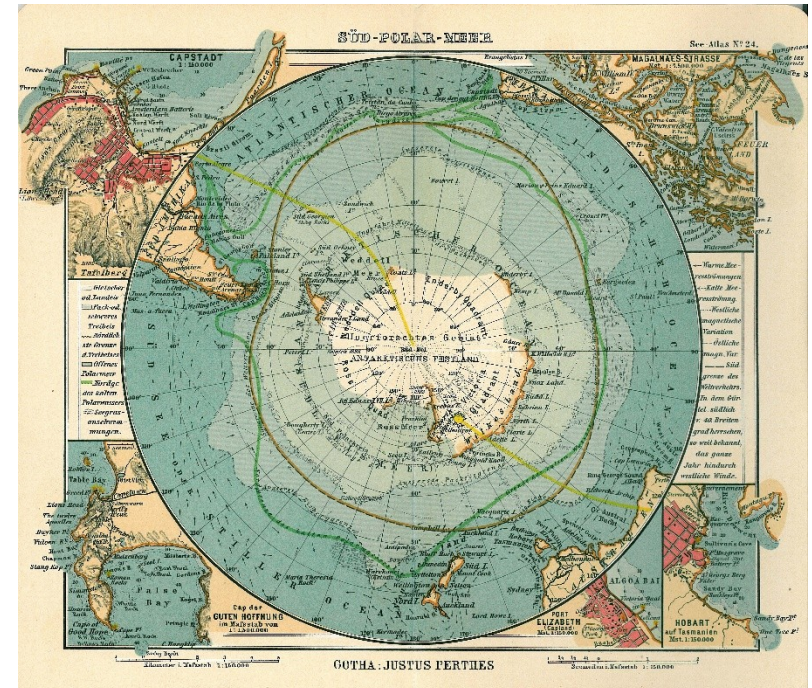
mind-map

- sharing
- specifying a (language) goal



mind-map

- sharing
- specifying a (language) goal



express yourself

express yourself

write a message to yourself - the goal in one paragraph:

- open with what (clear goal)
- reason(s) why
- plan(s) how
- how will you know you have succeeded
- summarize

video



7 barriers

tips for overcoming the barriers

- don't be scared / scary?
- be responsive
- challenge yourself / step out of your comfort zone
- try to help if you can
- never give up
- live your dream
- don't lie to yourself
- don't be selfish / contribute
- ...