

Ricardo's Coaching Dispatch

“Eliminating Constraints to Your Spanish Learning Success”

transcript to the audio located in Student Resource Center under Ricardo's Coaching Dispatches

Hola, Ricardo here and I want to welcome you to our new coaching dispatch and my purpose here is to help you with relevant and thoughtful coaching and I want to help you be more successful with your Spanish learning and I also want to give you some principles of success in learning and life that I have learned, or am learning for sure. I think you'll find these conversations to be both interesting and helpful. I know I'm very excited about doing them and look forward to your feedback this so here we go .

One of the things that most recently has helped me the most really has been to get a better understanding of my constraints or the things that hold me back. There is a management theory called the “theory of constraints” and basically it says that potential can only be realized to the degree that we eliminate the constraints. And so a lot of people are “potential rich,” all kinds of potential, but due to some undetected, or perhaps unmanaged constraints, they never achieve potential.

So, I want to give you a few examples of this and then let's apply it to your Spanish learning and hopefully by extension to your life as well. I first learned this from business coach Rich Schefren so I want to give Rich credit where credit is due here. His teaching is nothing short of amazing and I am really indebted to him.

Let's say you have a serious problem with your heart. You could raise your physical potential in all other areas but not extend your life. Only eliminating or controlling the heart disease would do that for you. You could do 200 sit ups a day and you could get six-pack abs, you could whiten your teeth and you could do botox treatments and do all kinds of things to your body but unless you dealt with your heart disease it wouldn't extend your life. All that would do is increase your potential in other areas without dealing with the true constraint.

Another example, if you had a chain with 20 links and 19 of those links could support 250 lbs, yet one of those links could only support 50 lbs how much weight could the chain hold? That's right, only 50 lbs. This is true because as we all know the saying “a chain is only as strong as it's weakest link,” or constraint. So if you doubled the capacity of every link on that chain you would increase the potential immensely but the truth is that even if you did that the chain would still then only be able to support how much weight? That's right 100 lbs. This is true even though 19 links could in fact support 500 lbs each.

So many of us, we spend much of our time, if not most of it, some of us all of it, increasing our potential without realizing that it doesn't matter how much potential we have or add if we don't eliminate the constraint or the constraints that hold us back or limit us.

Now, according to Mr. Shefren there are two types of constraints; physical and logical. Physical constraints are easier to get our heads around and logical (mental) ones require deep honest thinking and reflection.

So how does this apply to your Spanish?

Do you have the potential to reach 85 to 90 percent of native proficiency in Spanish? The answer is yes. You reached 100 percent in English. So you have language potential. Will you reach it? It depends 100% on whether or not you can identify and then eliminate whatever constraints you might have that are keeping you from your potential. Now there are ways to increase your potential, of course, and we may talk about that in a future coaching session.

There are three main overarching constraints that people in general have as it relates to learning Spanish. There are many more but I want to keep this brief with the intent of showing you how to think this through. You can come up with your own after this. I'm going to give them to you and then we'll go into a little on each one and then I'll leave you with an assignment. Yes, this is a coaching dispatch so thus the assignment. Trust me, it'll be worth the effort. I've gone through this. Let's just hope that laziness is not one of your constraints, I don't think so!

Constraint #1 - An Inappropriate Course for The Desired Goal

If your goal is to reach 85 to 90 percent proficiency in Spanish, you **MUST** be going through a training course or process that is designed to get you there. Otherwise you have a very serious constraint. This makes sense, if you want to reach 85 to 90 percent proficiency and the course you are using or the things you are doing are not designed to get you there or are designed to only get you to 30 percent, then you have a huge problem.

This is why almost everyone until they find the right course, and you may have heard me say this before, they end up being like a person trying to put together a 3000 piece jigsaw puzzle using pieces from 10 different boxes. We all know that sounds ridiculous because those pieces are not designed to fit together. And that's what a lot of Spanish learners do. They're doing this, and they're doing that dictionary, and they're doing this course, and they're talking with this person or they're listening to this radio station and they're watching that television program, they're doing all this stuff. The very things they are doing are their constraint.

So, let's say you already have the right course and this constraint has been eliminated. And of course SpanishPower™ is designed to get you there. Now, if you want to achieve 30 percent of a native, you don't need to finish SpanishPower™, just finish the first Basic level or go find a common market course that can do that. Now that's the first constraint. If you're listening to this most likely you have the first constraint resolved but that takes us to our second constraint.

Constraint #2 - Mismanagement of Course Resources Relating to Time Investment

This is really important. If you don't learn to properly leverage the time-leveraging techniques in the SpanishPower™ course and you are a relatively busy person, you have a serious constraint. Let's face it, not too many of us like to sit down and "study" for long periods of time. I sure don't. I really don't.

I have ADD and it kicks in way too quickly for me and my mind moves very quickly from one thing to the other. To sit down and study one thing for long periods of time is very difficult for me.

The problem is, and this is a logical or mental constraint, we're conditioned by our educational system to see learning as being something like in semesters, weeks, hours. We do not typically see learning as being in short increments or bursts of time. You must eliminate this logical constraint, and it is a constraint for most people. Have you ever thought, "Well, I guess I need to study Spanish now." or "Well, I have to do my lesson before my tutoring session." If you have, you are smitten by this constraint. You cannot think about learning Spanish in terms of long 45 minute to one-hour study sessions. You must eliminate that type of thinking.

This course is actually best done in short increments of time throughout the day. Your retention card system should be carried with you throughout the day in a shirt pocket, purse or sitting next to your computer so you can quickly grab three minutes of time and through them one time. You should go through the audio pronunciation, say, in one 10 to 15 minute bit of time and then do something else before you move to the next step. If you actually look at it no step in the SpanishPower™ course is designed to take more than 20 minutes at a time.

The steps with the Retention Cards are designed to do over time, not in one sit-down "go through these cards 10 times sitting!" This is important for two reasons; one, you don't feel like your studying or using enormous bunches of valuable time, and two, you actually get a better result because information is ingested in short, focused bursts over time. More on this perhaps in a future coaching session. Anyway, you must eliminate the mental constraint of your conditioned way to "study." By the way, this constraint causes a lot of starting and stopping in the process and really kills forward momentum movement for some people.

Constraint #3 - Not Seeing The True Value of Learning Spanish.

You're not learning Spanish just to "learn Spanish." There's no point in that. Nada. Cero. You're learning for a reason. I want to make a distinction here between "the true value" and "no value." Almost everyone who is in our program sees "some" value to learning Spanish or you would never have started.

My question to you, however is "Do you see the TRUE value?" This goes back to potential versus constraint. You see, only seeing some value, not the true value can actually be a constraint. If you think that the value is for x when it really has a value for you of y you are not operating at your full potential or you are constrained to x. In other words, your chain will only hold x, not y. I don't know **your TRUE value**.

I know what it has meant in my life to be bilingual. The truth is that if I weren't bilingual I wouldn't be making this coaching dispatch, I wouldn't own this company. I would have never written a Spanish course. I recently spoke with a student who told me he increased his sales in his company by 400%, 400% after learning Spanish and targeting the Latino market. Will that be your story? I don't know.

Maybe your story is that your TRUE value is saving someone's life, maybe putting a broken family back together again, or maybe like one of our students did, starting an orphanage in a Central American country.

So, here's your assignment. Make a list of your constraints. Be honest.

What's holding you back from high-level success in the Spanish course?

Is it physical? Perhaps it is something as simple as you have some hearing loss and need to have some sort of hearing aide while on the phone with your tutor. Perhaps you are out of shape and unable to sustain the energy that's necessary for a serious learning program? Perhaps you need to be checked for ADD, Attention Deficit Disorder, and yes, this is real and many adults have it, it's a physiological thing. It's not a disease ... I hope it's not. No but it's real. A lot of entrepreneurs by the way have it. It's what gives all that creativity and movement and nervous energy that allows a person to start and run a company. Perhaps, whatever, or *lo que sea* as we say in Spanish. Perhaps there is another person or group of people holding you back. I don't recommend eliminating them literally but you may need to scale them back or stop being around them. Sometimes, other people, friends and sometimes even family members can be your worst constraint.

Is your constraint logical or mental? Do you have a false belief about something? Do you need some clarification about something? Do you fail to understand the true implications of being truly bilingual? Have you convinced yourself that learning Spanish is well, just plain hard and become your own self-fulfilling prophecy? Identify exactly what is holding you back so you can reach your true potential.

If you need help doing this, let us know, talk with your tutor, we'll discuss it with you. Your overall success is that important.

Here's to wishing you a great and non-constrained day! Adelante.