**Maintain Your Professional Language Skills**

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**Define a Framework**

1. Which languages do you want to maintain or improve?
2. Why do you want to maintain or improve your language skills?
3. What specific goals do you want to achieve?
4. What specific steps will you take to reach these goals?
5. How much time are you willing to commit to reach these goals?
6. How much ($) are you willing to invest?
7. What will success look like?
8. What reward will you offer yourself after reaching a milestone?

**Five Areas of Focus**

1. Speaking (output)
2. Listening (input)
3. Writing (output)
4. Reading (input)
5. Cultural Knowledge

**Periodically Assess Your Progress**

Look back at the framework you defined.

1. You define what success will look like. Did you achieve the specific goals you wanted to achieve?
2. Did you meet your time commitment?
3. Readjust time spent or goal(s) as needed.
4. Reward yourself after reaching milestones to stay on a positive path and to encourage further study.
5. Start again and periodically reassess.