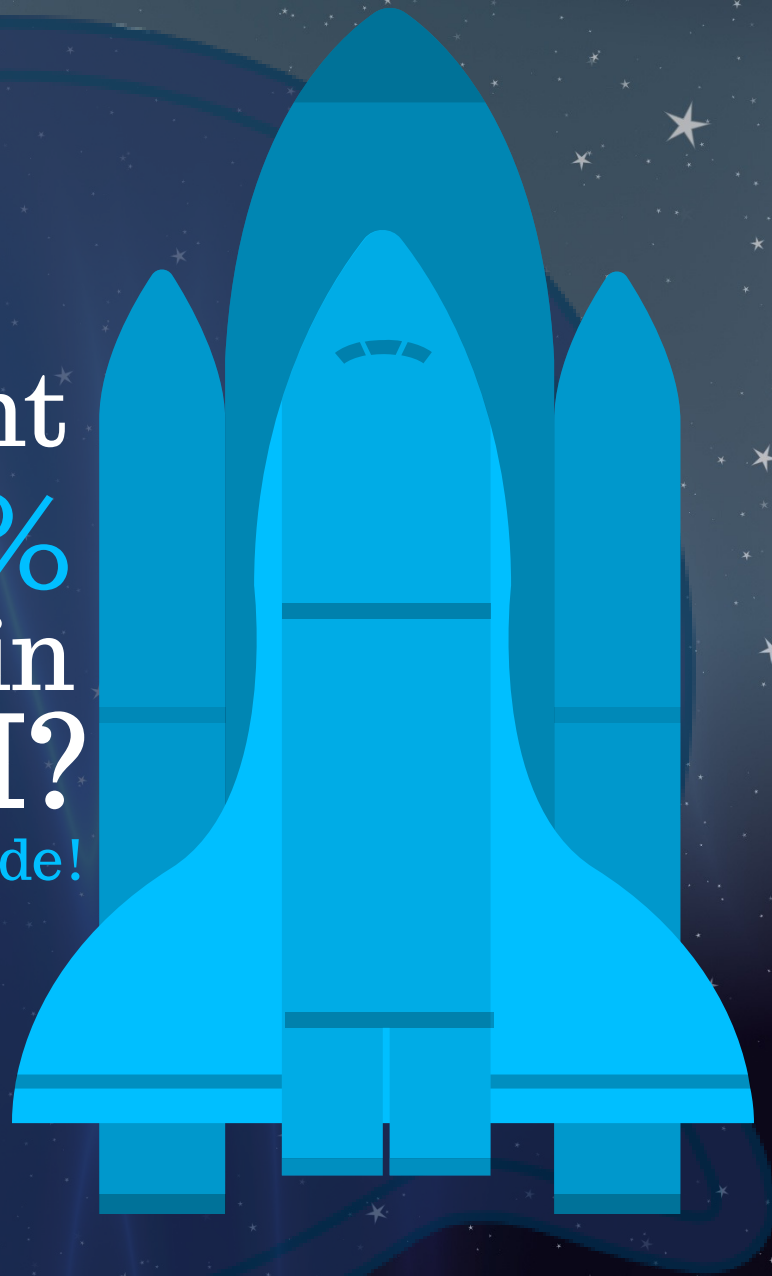


Do you want  
**110.117%**  
results in  
**ENGLISH?**

Join the ride!



**Your English Specialist**





Now arriving at:

**110.117%**

**English Results Formula**

**Your English Specialist**

THEORY  
40%

PRACTICE  
60%

SKILLS  
10%

VIRTUES  
0.117%

# RESULTS FORMULA SUMMARY

Theory should be studied from the right sources and teachers!  
You should practice regularly on your learned material!  
Practice should always exceed Theory!

Use your Skills in English learning and acquire new ones!  
Virtues are super important on our way of learning, use and develop them daily as well!

If you follow these simple few rules you are sure to get 110.117% of results not only in English but in life!

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# Part I

**THEORY**



# The **110.117%** English Results Formula

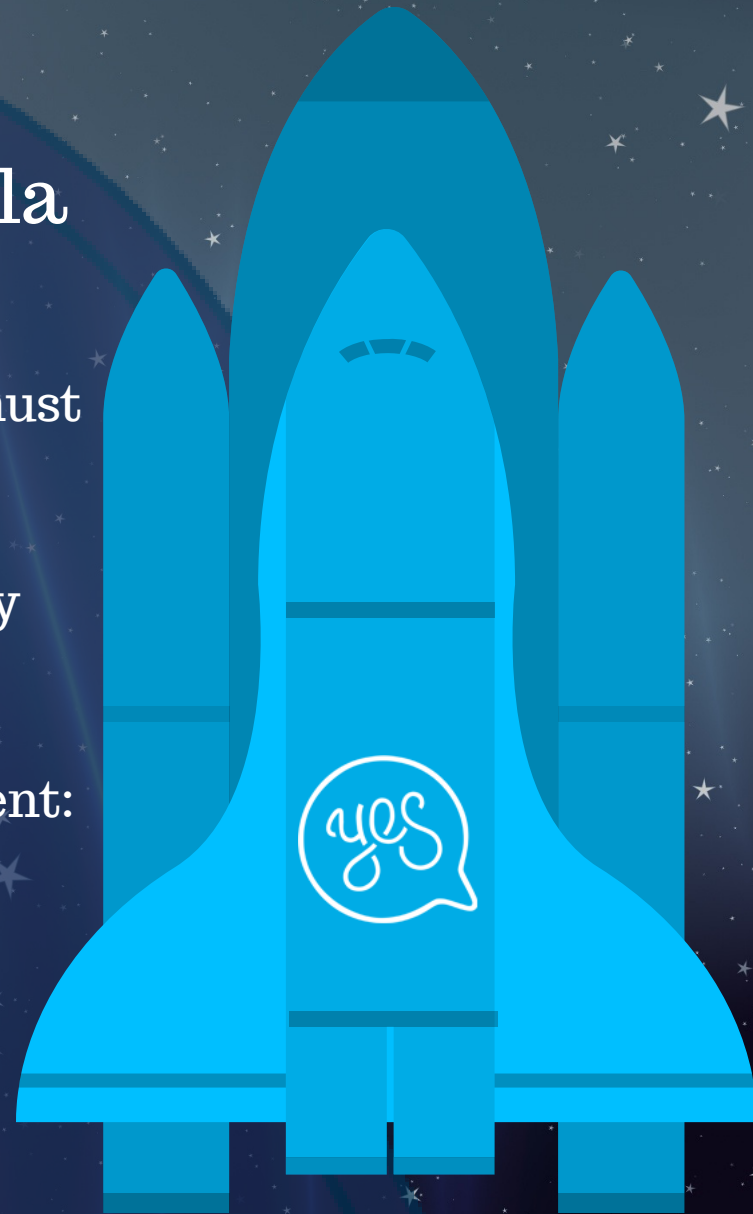
The input is very important in every activity we do. Before we practice we must learn new knowledge.

Understanding the new material is very important!

The components in the THEORY segment:

- Regular intake of new knowledge
- Be disciplined and careful
- Keep your attention on the material
- Understand the way to use it
- Think of possible application
- Ask questions if something is unclear

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# Part II

**PRACTICE**





The **110.117%**  
English Results Formula

**HAVING A METHOD**

You should establish a  
personal language learning  
method fitting to  
your schedule, tempo  
and regime!

Each learner is unique and  
different so make sure that  
you find what works best  
for your needs!

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PRACTICE



The **110.117%**  
English Results Formula  
**REGULAR REVISION**

Revision is one of the most important elements in the Results formula.

A monthly revision session could work miracles for your skills and English capacity!

Overview the material and put down new examples with it to make sure you can use it properly!

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The **110.117%**

## English Results Formula **REAL LIFE PRACTICE**

When you study a language  
you should effectively integrate  
and use it actively  
in your daily routine!

If practice is not applied then  
results will not show up!  
Find a few ways to adapt  
English in your lifestyle!  
It is simply super important!

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**PRACTICE**



The **110.117%**

## English Results Formula

### EXERCISE SESSIONS

Having regular exercise sessions is a very important practice for every English learner!

Make sure you have 2-3 such sessions every week!

The optimal time is around 60-90 minutes! During that period read texts, do exercise or practice writing different texts.

It is absolutely worth it!

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PRACTICE



The **110.117%**  
English Results Formula

Exercise Sessions

Having a Method  
Regular Revision

Real Life Practice

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# Part III

**SKILLS**

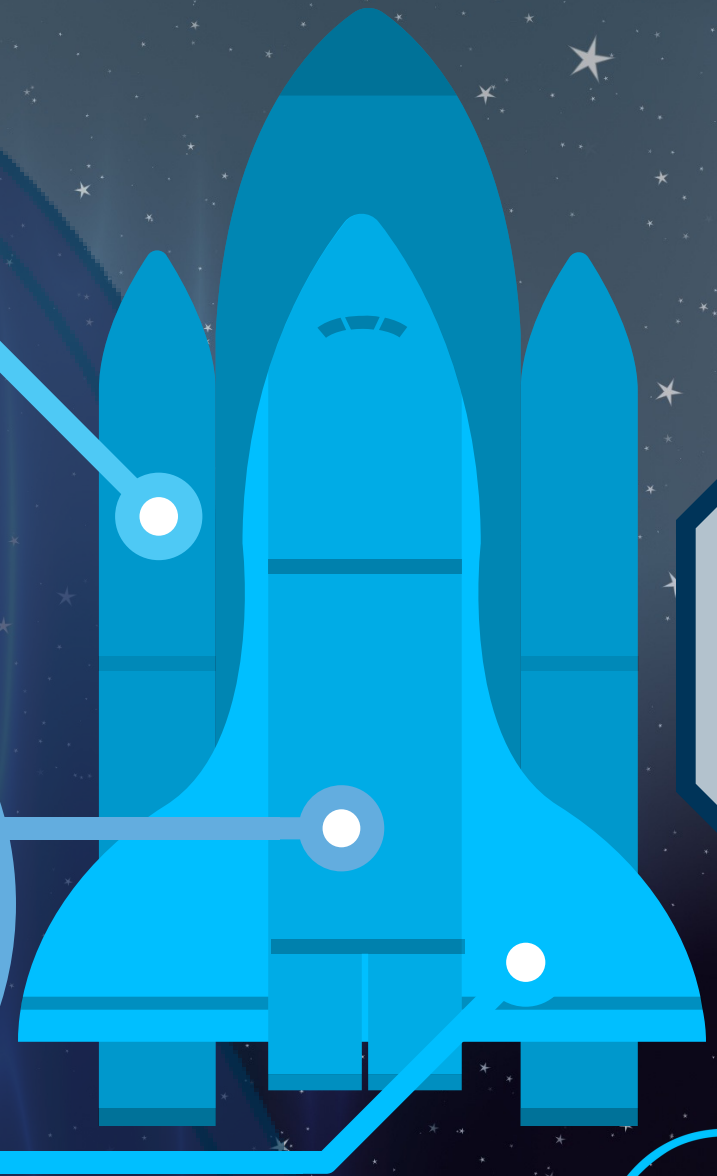


The **110.117%**  
English Results Formula

Interpersonal  
skills

Social  
skills

Personal  
skills



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The **110.117%**  
English Results Formula  
**Interpersonal skills**

The Interpersonal skills are very important for your career and professional development!  
They include many aspects of manners, behaviour and ethics!

Also known as "People skills" they help you interact better with others in any given situation.

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SKILLS

yes



The **110.117%**  
English Results Formula  
**Personal Skills**

Our own skills are the ones that we  
should build on first.

Things we already know and have.

What are you good at?

What things do you do well? What  
are you interested in?

Practice English on a personal level  
and study yourself...Just do it in  
English!

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SKILLS

yes

The **110.117%**  
English Results Formula  
**Social Skills**

Social skills are the second layer of skills we should have or acquire if necessary!

They connect us with people around us and we should be able to handle them properly.

It is of great importance to communicate effectively in everyday situations.

Be able to navigate around the world!

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SKILLS

yes

# Part IV

**VIRTUES**





The **110.117%**  
English Results Formula  
PART IV: VIRTUES



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# The 110.117% English Results Formula

## NEEDS

Honesty  
Aims  
Clarity  
Level  
Skills

Fairness  
Idealism  
Authenticity  
Moderation  
Acceptance

Treating life in a way that does not favor  
The attitude of a person who believes in goals  
True to one's own personality or character  
The quality of being reasonable  
The act of accepting something or someone

VIRTUES

Your English Specialist

yes

The **110.117%**  
English Results Formula

# PERSONALITY

Bravery	Courage	Mental or moral strength
Strength	Orderliness	Arranged or organized in a logical or regular way
Endurance	Perseverance	Continued effort to do or achieve something
Willpower	Self-discipline	Regulation of oneself for improvement
Drive	Flexibility	Willing to change or to try different things

VIRTUES

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# The **110.117%** English Results Formula

## GOALS

Priority	Care	Feeling or showing concern
Motivation	Confidence	A feeling or belief that you can do well
Plan	Purposefulness	Having a purpose as in a set up goal or plan
Schedule	Contentment	The state of being happy and satisfied
Dream	Encouragement	Something that makes you more determined

VIRTUES

Your English Specialist

yes

# The **110.117%** English Results Formula

## MIND

Mindset  
Attitude  
Curiosity  
Belief  
Order

Commitment  
Consideration  
Determination  
Enthusiasm  
Preparedness

The state of being happy and satisfied  
The act of thinking carefully  
A quality that makes you continue trying  
A strong feeling of active interest in something  
The quality or state of being prepared

VIRTUES

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yes

The **110.117%**  
English Results Formula

# CAPACITY

Creativity  
Agility  
Capability  
Energy  
Time

Imaginative  
Responsibility  
Tact  
Understanding  
Patience

Having an ability to think of great new ideas  
The quality or state of being responsible  
A keen sense of what to do or say  
An adjustment of an opinion or feeling  
The ability to wait for something a long time

VIRTUES

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yes





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