

# Create a sustainment routine.

Use it or lose it.

You already know that's true of your physical abilities: muscles atrophy, V02 max decreases.

Without regular use, your language skills will drop off too.

To maintain proficiency, you need the right fuel, the right form, a routine, and of course motivation.

**If you missed our webinar on this topic, watch the recording at the bottom to set up a language training plan that makes the most of your time (and the CL-150)! ?**

We'll be talking about:

- **Consuming the right fuel.**

You can't run a marathon without food or water.

Likewise, you can't read the news or have a fluent conversation without sufficient vocabulary, grammar knowledge, cultural understanding, etc.

You'll learn how to incorporate all of that "fuel" into your routine using CL-150 lessons.

- **Using the right form.**

It's also no secret you need to run or lift with the right form. To the uninitiated, a strong core may seem unrelated to a strong deadlift, but it's actually very important.

The same goes for language: you need to engage with all four modalities, even if your focus is only on one or two of the skills.

You'll learn how you can practice all four modalities in the CL-150.

- **Staying motivated.**

Staying motivated comes down to commitment (to yourself) and accountability (to others).

You'll learn how to set a daily learning goal to motivate yourself, how the CL-150 ensures that your effort is recognized, and how to work with your mentor or program manager to stay accountable to any larger program requirements.

- **Creating your sustainment plan.**

If you know what you should be doing every day, week, month, and beyond, there's no excuse not to do it.

Watch the recording below to learn how to create a plan that helps you:

- 🕒 Make the most of 10 minutes a day with [Learned Vocab refresh](#).
- ? Maintain or enhance proficiency and build regional expertise on a weekly

basis with [CL-150 Cohort lesson streams](#).

- ? Check your progress with informal assessments and activity tracking.

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