

# The “My Greek Teacher Guide”

Motivation In Learning The Greek  
Language

Ten Rules To Follow that will take  
you from zero to fluent.

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# The “My Greek Teacher Guide”

## Motivation In Learning The Greek Language

*Ten Rules To Follow* that will take you from “*I dream of speaking Greek*” to  
*“I have been speaking Greek for 10 Years”*

On the 4th of September 2014, two people from different places of the world had the idea to start learning Greek. These two people were very much alike. They lived in similar neighborhoods, they both worked a lot and had the same background and routines. They found a teacher and they were very excited and decisive about their new goal.

“In some time from now, I will be in Greece ordering my food in Greek” they dreamed.

The years passed and these two people visited the same island, the same year. They never met each other.

The one ordered their food in English as they had stopped their Greek lessons a year after they had found the teacher.

The other spoke fluent Greek so ordering their food was a routine for them, they even had made Greek friends who didn’t speak another language, so they spoke only in Greek.

The story can be fictional, or maybe not.

The story can be 100% true.

But the question is: “What these two people did differently and had these two different results?”

Why did one person manage to learn Greek and the other didn't?

Now let's talk about something. The truth is, you don't have to learn Greek. You can communicate perfectly in English in almost every part of Greece.

The fact that you have downloaded this e-book though, means that you are thinking about taking up Greek, you are dreaming of it or you have already started and you need motivation to keep on learning.

In this guide, we will talk about how we can overcome some obstacles in the process of learning, but I have to tell you that, if you suffer too much and you don't want to do it, let it go. Our lives are full of tasks, “to-do lists”, and things we “must” do. Let's avoid putting the Greek language in the things you “must” do. If you struggle, let it go. Forget the idea of learning Greek, you don't have to do it, just visit Greece and enjoy your vacations.

Go to the red button on the right of this file, close it, and think of a new idea of a hobby you would like to take up.

Now, if you didn't click on the red button and you want to keep on learning Greek, welcome to My Greek Teacher Guide For Motivation In Learning The Greek Language.

We will talk about the benefits in our psychology and our health, how the Greek language can help us thrive in all aspects of our lives and we will see that learning the Greek language is not “just a trend” but it is a life changing experience.

We will talk about the ten rules you can follow to help you get faster to your goal without crying so much. You can reread this guide later in your life to refresh your motivation. You will be a completely different person in some months from now, so read it again. Feel free to share this guide with anyone you think they need it.

## **Rule Number 1.**

Don't see the Greek language as something very difficult to learn. Many people, including Greeks (or maybe the Greeks spread this idea, I don't know) spread the phrase "the Greek language is the most difficult language in the world."

First of all, we don't know all the languages of the world. I think I don't need to explain more about how many languages we know and what we know about languages.

I think that Mitsos who says "Greek is the most difficult language in the world" and Richard who believes him, don't know many things about languages and how the languages work.

Now, let's question "what do they mean when they say difficult"? What is difficult, I don't know what "difficult" is.

A language can be old (with many influences from other civilizations which create the exceptions), a language can be rich, a language can be interesting, it can be wise, a language can be a travel in time, an amazing experience you can offer yourself, the knowledge that will help you feel happier.

If you try to make a language easy you are trying to take out all the magic this nation has to offer to you. And this applies to any language.

There is no nation so poor to have an "easy language".

If English was easy, we wouldn't have 8 years of exams and stress to learn it and all our lives to practice it in order not to forget it.

Now, if someone expects a whole nation to speak in such a plain way so that a foreigner who studied for two hours the past four months can understand it, then I have to tell you there is no easy language like this, you have to travel thousands of years back in time when the first communities were created around the fire to find an easy language like this.

Or, maybe, 100 years later from today. I don't know.

Keep on practicing without seeing Greek as a big mountain, because this way you will always feel tiny in front of this mountain, and you are not.

Don't believe in the narrations of people who didn't make it.

## **Rule Number 2.**

Practice your patience. It sounds cliché but pay attention. When we decide to commit to the path of learning, we now are in the role of a wild animal that we, ourselves, try to tame. You will have this feeling over and over again, but the deepest thing here is that in reality when we learn something, we don't practice the object of our learning. We practice our patience. We tame ourselves to obey us, for the biggest things that are about to come.

The first level is taming yourself and then comes the higher level of cultivating yourself and creating a new one that has created the mechanisms of a person who learns seriously a language.

Now, the reason why we feel the feeling of anger the most, is because we forget the vocabulary. This "impression" sometimes is correct, sometimes it is a little wrong.

Let's think about it a little.

Inhaling knowledge is exactly the same as nutrition. We feed ourselves with knowledge. But have you ever eaten food with the expectation not to be hungry again?

"I ate lettuce salad today, I don't think I will ever need to eat lettuce salad again in my life", "hopefully" "and if I will, I am a loser who constantly needs to eat lettuce salad".

We never eat with the hope that we will never be hungry again.

Forgetting is a normal function of our brain. In reality, it is a function our brain uses to keep us sane. If our brain remembered every piece of information and every experience we had, we would get crazy.

We need to train our brain that we need this particular piece of information and that needs to keep this one piece of information because we want it.

*How will we do that?*

*With repetition.*

*Repetition is the mother of knowledge.*

Learning something new is something that has life, it moves. We never learn anything with the impression we will never forget it.

This is a normal part of the process. If you don't embrace that, you add an extra, unreasonable frustration to yourself. An expectation that has nothing to do with learning.

When you see someone speaking and being able to communicate in a foreign language, you don't see just a talented person. You see a serious person who has failed and forgotten things millions of times, some people maybe made fun of them at some point for making mistakes and made them feel bad about it, but they kept on practicing and learning. You see a person who has given real time to practicing the language, listening to music, reading about artists, and Grammar exercises.

As I see it, the key to getting into any language is to focus on really practicing the craft and trying to communicate with others, but most importantly with ourselves.

Now, in the second case that we mentioned at the beginning of Rule Number 2, where someone gets frustrated about constantly forgetting

maybe they will need to question themselves. Do I really try? Am I serious about it? Or the case is:

“I studied ten minutes this week for the past month and I constantly forget the words I learned”?

In this case, I will have to say:

“Don’t get frustrated for the work you haven’t done”.

We need to remove ourselves from the group of people who say “Greek is the most difficult language in the world”. This is Richard and Mitsos in Rule Number 1 and we don’t want to be like them!

We all have been there, but this is a book of rules to escape from this and we all can do it, so go back to the beginning of Rule Number 2 and read it again.

### **Rule Number 3.**

Don’t study to “finish” studying one day.

Now I will tell you my story of failure as a student, in the German language. When I was 22, I started learning German. I was studying languages at the university, and I chose German as a second language.

Why?

I had never been to Germany, I never had an influence from this country, I didn’t know anyone from Germany.

I chose German because older people told me it was a strong language that would help me find a job in the future. The only thing I would add as my decision in this is that I liked the sound of the language. I liked how it sounded, I would like to speak like that.

I was studying very hard for four years. I reached the point of writing essays, speaking very well, listening to Rammstein, and studying day and

night. I was working very hard to pay for my teacher, she was an amazing teacher who made learning interesting.

I finally got two degrees in German. But today, I don't speak German. Why? Because I repeated the mentality we have in Greece. When we get a degree we say "I finished it". The day I got my second degree was the last day I practiced my German. I had the paper with which I could prove that I spoke the language, I had finished it, so I didn't need to practice it again.

The day I got my second degree, was the last day I spoke German.

Spoiler, nobody ever asked me to show them this paper. It is somewhere in the house, I don't know where exactly.

To be fair, it helps me a lot to teach Greek to people who speak German or they had been taught German in their lives. German has the same Grammar as the ancient Greek language and similarities with modern Greek and learning something always adds to our character and our skills.

There are millions of people on this planet who not only spent some time studying a foreign language, but they even got their degree in this language and they don't speak it today.

Why?

Because they believed that learning this language was something they could finish.

Learning a language is not a trend. I don't do it because it sounds cool and some people talk about it on social media or they tell me it is useful.

Learning a language is a lifestyle I want to adopt and this is going to be me



from now on. I am learning it because I cannot live without learning it, I love this time of my day.

I study Greek because this is who I am. Today and forever.

#### **Rule Number 4.**

The one brings the other.

Don't be afraid of reading and listening to higher-level content. I learned this from my guitar lessons. I was struggling with something "easy" for a long time and then my teacher said let's do something else. This "something else" was a more difficult exercise which took me weeks to practice.

During these weeks, I thought to myself: "It's been so long since I last practiced "that" difficult thing I left for this new one, I need to see it again, there is no way I will remember anything.

Then, when we came back to this exercise I was so surprised to see that now that I came back to this after something more complicated, it was easy for me to do this "easier" exercise.

Don't avoid higher-level content. This high level will take you to the high level. Everything is for everyone. Also, revising easier things can help us maybe find something we didn't know or left behind in the past.

Consume, read and listen without expectations. Most people who quit have expectations that have nothing to do with reality. They study ten minutes a week and they complain they don't remember or the language is too difficult. They say they don't have time but they watch reels for two hours per day or they smoke a whole packet of cigarettes (this requires more than 1,5 hours per day, but no one ever said "I will quit smoking because I don't have the time to smoke) . We can do these things too, we can smoke and we can watch reels, but we can also "cheat" for ten minutes a day to do our thing.

To consume interesting things. Material of all levels, without expecting anything from ourselves, just listening and reading and writing down one new word to add to our vocabulary. And feel happy about it.

Because, if it doesn't make us happy, what is the point of doing it?

This is your personal time, the time you have for yourself. These ten minutes per day. Relax and enjoy it, use it to help your mind relax from all the other things of your day.

### **“What should I read?”**

I don't know why, but many people when they think of reading and studying another language or refreshing their past knowledge they say to themselves “I will start reading the news”.

Most of the Greeks when they want to refresh their English think to themselves: “I will start reading BBC News”.

Basically, I know the reason why people do this. I used to do this in the past too.

We were passed the information that studying must be something serious and we must suffer for this. It is boring but only those who keep on doing it succeed and these selected few are the chosen ones.

But you know something? While people were having this mentality, Britney Spears, Backstreet Boys, Friends and Cher taught us English.

If you force someone or yourself to study a topic that is not interesting to the person, the only thing you will accomplish is to make the person quit the language and make them feel bad. Why? For reasons that have nothing to do with learning and education.

Do you like gardening? Put the Greek language into it. Music? Gossip? Madonna? Watch what Greece says about Madonna, about Taylor Swift.

Cooking? (About combining the Greek language with cooking you can check [this course](#) of Demetra Lambros). TV shows? Whatever you do in your life put the Greek language into this. The new language is already a new world, don't go to a new and, even worse, a boring world because this is what we were told to do.

Listen without expecting to comprehend everything. The high level will take you to the high level. Just keep on doing it.

### **Rule Number 5.**

Have the habit. Make time for it. We need to be real here. A teacher can show you a way and help you reach faster and confidently your goal. Teachers also make the journey pleasant and fun. Your decision of having a teacher or not meets at a crucial point. The fact that you make the time for this, the fact that you add this habit in your everyday life. No teacher can ever help you if you don't make the time for it (I mean even five minutes a day), no decision to use free sources can ever help you reach this goal if you don't make the time for it.

Don't be hesitant about it, every day say to yourself:

This is my habit. This is my hobby. I am learning Greek. Because this is who I am.

Practice gives us the confidence we need. There is no problem practice cannot solve.

The reply to your question is: "Will I ever be able to speak Greek?" is "Yes, you can definitely learn Greek. Many people do. If you add Greek in your everyday life, starting from today".

Five minutes a day, every day can help you go very far. Trust me, I have seen it happen.

Either you are self-taught or you have a teacher, don't skip lessons. Do your best to attend this one hour of your week. I have seen it with my guitar lessons. Almost every week, I feel like skipping, but I have never done it, even once.

First of all, because I understand that this is the job of my teacher, this is how he earns his living. Respecting my teacher, for me, plays a very important role in my progress. Because this is also the picture I create to myself as a student.

Either I have a teacher or not, what kind of student do I want to be?

But right after I finish the lesson, every single time, I understand that the fact that I show up in the difficult day, is what makes me go up in my learning.

These days are the days that build us. The difficult days.

Make time for it, show up and you will see that you will be rewarded sooner.

### **Rule Number 6.**

Set humble goals. It is important to keep our goals measurable.

When we think of learning something new, in our case the Greek language, we dream of speaking it. We create a picture in our mind of ourselves talking with others, the vocabulary of our language we may need to learn in Greek, rules we will need to follow in the future, and listening to conversations or music.

This is correct. This is a huge part of a learner's routine and something that, when practiced regularly, can take us very far.

But I think that the number one reason people quit studying is that they have huge expectations. They want to learn too fast with minimum effort. Whoever tells you that this is possible, they just want to sell you something. Even if you study very hard, it requires a lot of time until the information matures in your mind and becomes knowledge.

The idea is to put humble and measurable goals that start from a low point, goals we can accomplish in order to rise. We must go up with small steps, not to dream of making huge steps. These expectations have nothing to do with the learning process and they make people feel disappointed and quit, for no reason and with no result.

We need to add one piece of information after the other with respect and care to the language and the process. It works something like this:

Add +1 information with respect

$1+1+1+1+1=3$  (because you will, normally, as we mentioned in Rule Number 2, forget things)

This way, we will learn seriously +3 things that we now know and are ours.

Most people quit because they expect something like this to happen:

$1+1+1=7$

Stay as consistent as possible with your  $1+1+1$ , be happy and proud about the work you do, and you will see that everything is going to be ok.

Focus on repeating this one thing that makes you struggle. Set a goal of learning two new words a day. Don't underestimate the power of the habit of "Two New Words A Day". You will see that this habit will take you far. Build the character of the person who speaks Greek.

Ligo-ligo, as we say in Greek. Little by little. Set humble goals and rise.

## **Rule Number 7.**

Get to know the country.

I don't mean to visit the country. I had an argument about this with a man on Facebook, because life is too short, you can never have enough of it if you don't argue with strangers on the internet.

The argument was about a post in a group about "What is the most efficient way to learn Greek?".

Most of the replies were "visit Greece", "interact with locals". These two replies are really wrong for me, for different reasons.

1. Let's start with the "visit Greece" thing. Visiting the country of the language you are learning is an extra. It is the cherry on the cake, not the cake. Visit Greece, for how long? How long will it take someone to practice and how long can someone stay in a foreign country so as to "practice the language?"

Let's see it from the other side. No Greek has ever said: "I must learn English, I must visit the USA", or "I have never learned English because I have never visited England".

This idea comes from a world of privilege. Not everybody has the money to travel and stay abroad for twenty days and a trip to the country is not the amount of time that is required to practice the language. This is a joke.

It is ok to visit the country, but it is not the reply to the question "How can I learn Greek?"

Get a book can be a reply. Finding a teacher can be a reply. Spending time on Grammar can be a reply.

I had been speaking English for almost fifteen years before I visited England and I don't remember my visit there as a help to speaking the language. Some of the Greeks you know who speak great English have never been to England, Scotland, Ireland, the USA or Australia. Ever.

There are so many people who live in countries and they speak the language of a country they have never visited and maybe they never will.

There are people in Peru and Japan who speak amazing Greek and maybe they will never visit Greece. They do it in their bedroom because they love it.

“Interact with locals”. Nobody has ever said “I need to learn English, I must go to England to interact with locals”. Practicing with the people of a country is the result of studying, it is not studying. There is no learning without studying. "Interacting with locals cannot teach grammar and we cannot speak a language without grammar.

My opinion about these two points costs less money (buy a book, don't go to Greece!) and saves people from frustration. But some people disagree with my opinion, maybe it doesn't sound cool.

Maybe it was long, but this was a parenthesis of what I wanted to say. Rule Number 7 is “Get To Know The Country”. What do we mean by that? Love the country and its people. Find artists. Artists of the past, artists of the present. Dive deeper than the media approach. Get to know hidden truths and truths that were covered by propaganda. Become a person who knows about the country.

“Know about the country, not to talk about the country. Know about the country in order to know about the country”.

Why. Because most of the times, when we learn something in order to say it to someone else or to brag that we know it, we are in a rush to share the information, it is too early and the information hasn't matured in our minds and we share false information. Been there, done that. We also make assumptions based on our environment, our country, our history. This is unfair for ourselves because we gave time for it but also it is unfair for the

country. We must protect the country, any country, because the country has history and history was shaped by humans.

Get to know the country, like people, and brainwash yourself with beautiful things, just like media does.

Be serious about brainwashing yourself with the beautiful, hidden things of Greece and you will see that the language will follow.

### **Rule Number 8.**

Be Kind With Yourself.

About nine years ago I had a very kind, smart and so beautiful teenage girl as a student. I used to teach her English. She had had English several times in the past but had quit all of them.

She didn't believe in herself, at all. That student would always tell me:

I am not good at school, English is not for me, I can't make it.

This is how she used to talk to herself, all the time. This made it so difficult for me. And then this narration she had in her mind, started being more important for me, than teaching her English.

It is never about the language. It is always about the feelings of the student.

From that moment I started Grammar and vocabulary from zero, boosting her confidence and helping her understand how comfortable I felt teaching her.



I encouraged her for every correct answer she gave and I didn't always mention her mistakes, just one or two, so as to move forward and become better from where she was at that point.

After she had fixed her first mistakes and mastered that point, we started writing down some other, new things. But not all of them. The thing there was to encourage her and make her feel welcome in the language. Not to take notice of the real picture of how many the mistakes were.

When you understand the simple things, you feel involved, you feel welcome.

After one month of intensive encouragement, this beautiful teenage girl suddenly smiled looking at her notebook and she said:

"I am not that bad, I am good at English"

I really felt like flying at that moment. This was a big moment for me as a teacher.

But straight after that moment, I said to myself:

"Why don't you treat yourself like that too? Why don't you speak to yourself the way you spoke to that girl?"

What is wrong with you?"

It was the moment of my life when I realized how negative and awful my self-talk was. To give a picture, If I ever spoke to anyone like I spoke to myself, they would at least burst into tears or I could even make them kill themselves.

I don't know where and when it started, but I had overdone it.

It was then that I realized that the fact that I belonged to myself didn't give me the right to treat me like that. I was a human and I was the only one that I could defend myself.

Until that moment, I used to fight for everyone else's rights, but not mine.

It was at that moment, that I put myself among the others and started treating myself accordingly.

In Greece, we have an expression that our mind is our worst enemy. This is not only a lie, but it also works exactly the opposite.

We are the worst enemy of our mind. In fact, the mind is the only friend that stays with us forever and as Julian Barnes says in his book "Death"

*"The moment when we die, our mind excretes chemicals to comfort us and help us feel ok that we are leaving".*

Our brain is our only friend. The only thing we need to do is educate and train ourselves so as to become its best friend too.

Be kind, patient and realize that the best way to learn is to enjoy our time with studying and researching. This is how what you want to learn will stay with us forever.

And always remember, the Acropolis wasn't built in a day!

## **Rule Number 9**

Tell yourself it is going to be for five minutes.

Every time we tell ourselves to study, our brain tells us “No, No!”

This is not something new, there is a whole science behind this.

The trick I have found to overcome this is, every time my brain resists to starting the study, I say it is going to be only for five minutes. I do this many times with cleaning too. I tell my brain it is going to be only for five minutes or even two, and then I just cannot stop after 5 minutes, because there is more to do and I got into it.

Mountains can be climbed only step by step.

The same can happen with the language, you can tell your brain it is going to be only two lines, or two minutes, or two words and then you will also see something else that maybe stimulates your curiosity and you will continue. Or maybe not. It doesn't matter at all, as you will have studied for five minutes, which is great!

This trick helps me a lot because I have spent years doing nothing expecting I will find the inspiration to do it.

Discipline is not our enemy. What the system and society make us believe is that discipline is the hard way and something we are taught to avoid. It was passed completely wrong when we were kids. We are taught that discipline is a cruel thing to do, a torture, while in reality, it is the absolute expression of self-love.

When we train ourselves to do things we love, we create a circle of personal satisfaction, pride, and success.

*Discipline is the accurate expression of the abstract word of "happiness".*

As we mentioned in rule 6, we must always start with humble goals. One paragraph of a book, two glasses of water, two new words, the scale must be going up. Gradually and slowly, go up. Keep your goal countable and reasonable. Easy to achieve. And everything is going to be fine. Be grateful for the sources that you have. We have the internet! How crazy is the internet? What would we do with our desires if we didn't have the internet? We would have a pen pal and we would read cheap newspapers!!!

Create the habit and then push yourself for more.

### **Rule Number 10.**

For the end, I will share with you the secret of all the people who managed to speak Greek. What do the people I have met, who managed to speak the Greek language and they speak it amazingly, have in common?

These people I have met come from all the edges of the world, women of Afghanistan, people from Australia, England, Canada, Brazil, Israel, Lebanon, the USA, so many places I cannot even remember.

They all come from different backgrounds, different age, gender, some of them work, some of them don't, some of them have kids, some of them don't. Everything in their life is different with each other, their neighborhoods, their countries and they will never meet each other.

But after years I noticed that the people who have managed to learn the language, share this one characteristic that makes them make it in the end.

The secret is that, every time I share with them a piece of information, they find it interesting and amazing. I can see it in their eyes. They feel satisfaction, they write it down and they love it already. And it is not a part of just being entertained for the moment and forgetting about it afterwards, they are truly invested.

It is not fake. They are really happy.

You get the point.

When you find something new, love it. Every single piece of it. Love it and create a puzzle of tiny pieces that you love and soon you will have a surprise when every single piece will click together and they will give you a whole new world of knowledge.

*The idea is not to repeat vocabulary, believe grammar is not necessary, and not bring life into the language learning process.*

The idea is to create an environment of health and positivity, a soil that can shape a character who will not only learn Greek but accomplish anything we want in our lives with this new character we have created.

Read more about how learning Greek is good for your health [here](#)

We can use the Greek language as a bridge to our higher self. And then give this new self back to our community.

This is what the Athenians had as the number one virtue and this is what democracy is.

If you managed to get to this point of finishing the “My Greek Teacher Guide” Motivation In Learning The Greek Language, honestly thank you.

As a gift of appreciation for your time, either you are an old student or you want to become a new student of mine, I am offering -20% discount to the next package of 4 lessons or 8 lessons. As a secret code to understand that you get the discount because you read the guide, send me an email or personal message on my social media with the code:

"Anna Vissi is the coolest person I know".

Send me the code at:

Email: [learngreek@mygreekteacher.com](mailto:learngreek@mygreekteacher.com)

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I wish you all the best in your Greek Language journey and I will be happy if you decide to work together with me towards your dream.

With Respect,

*Efi Asvesti*

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