



THE BUSY PROFESSIONAL'S FRENCH PLANNER

A realistic weekly planner to help you build
consistent French habits in just 20 minutes a day.

By Katia – Certified French Teacher (DU FLE)



Katia's 5 Rules for Busy Learners

1. Consistency beats intensity. Study a little every day.
2. Speak from Day 1—even imperfectly.
3. Listen to French daily, even passively.
4. Learn expressions in context, not isolated words.
5. Celebrate small wins—they lead to fluency.

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My 20-Minute Daily Routine

Moment	Habit	Done
Morning	Review 5–10 words	☐
Commute	10-min podcast	☐
Lunch	Read one short text	☐
Evening	Speak aloud 5 minutes	☐
Before bed	Review today's phrases	☐

Weekly Habit Tracker

- ☐ Monday
- ☐ Tuesday
- ☐ Wednesday
- ☐ Thursday
- ☐ Friday
- ☐ Saturday
- ☐ Sunday

This Week's Goal

5 Expressions I Want to Remember

1. _____
2. _____
3. _____
4. _____
5. _____

Confidence Check

Speaking confidence this week: 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐

Recommended Resources

Podcast: InnerFrench / Coffee Break French

YouTube: Easy French / Piece of French

Reading: A short blog post or news article each day.

Remember: Don't aim for perfect French. Aim to spend a little time with French every day.

Need personalised support? My 1:1 online French lessons help busy adults and professionals build practical speaking confidence with a learning plan tailored to their schedule.



Visit my website
www.learnwithkatia.com