



If you're preparing
for

TEF/TCF **Canada**
(CLB 5/CLB 7)...

Please know this...
The way you
MANAGE your TIME
matters more than
any study material.



LINGORELIC

I follow something really simple in my own French routine:

The Rule of **THE ONE**.

One day = One main task.

The one task that actually matters.

Learn how to **prioritize the essential.**





Most adults don't “**lack DISCIPLINE.**”
They're just drowning in a to-do list
that would exhaust anyone.

*Even research says multitasking
makes you slower and less efficient.
(It literally drops performance by
around 40%.)*





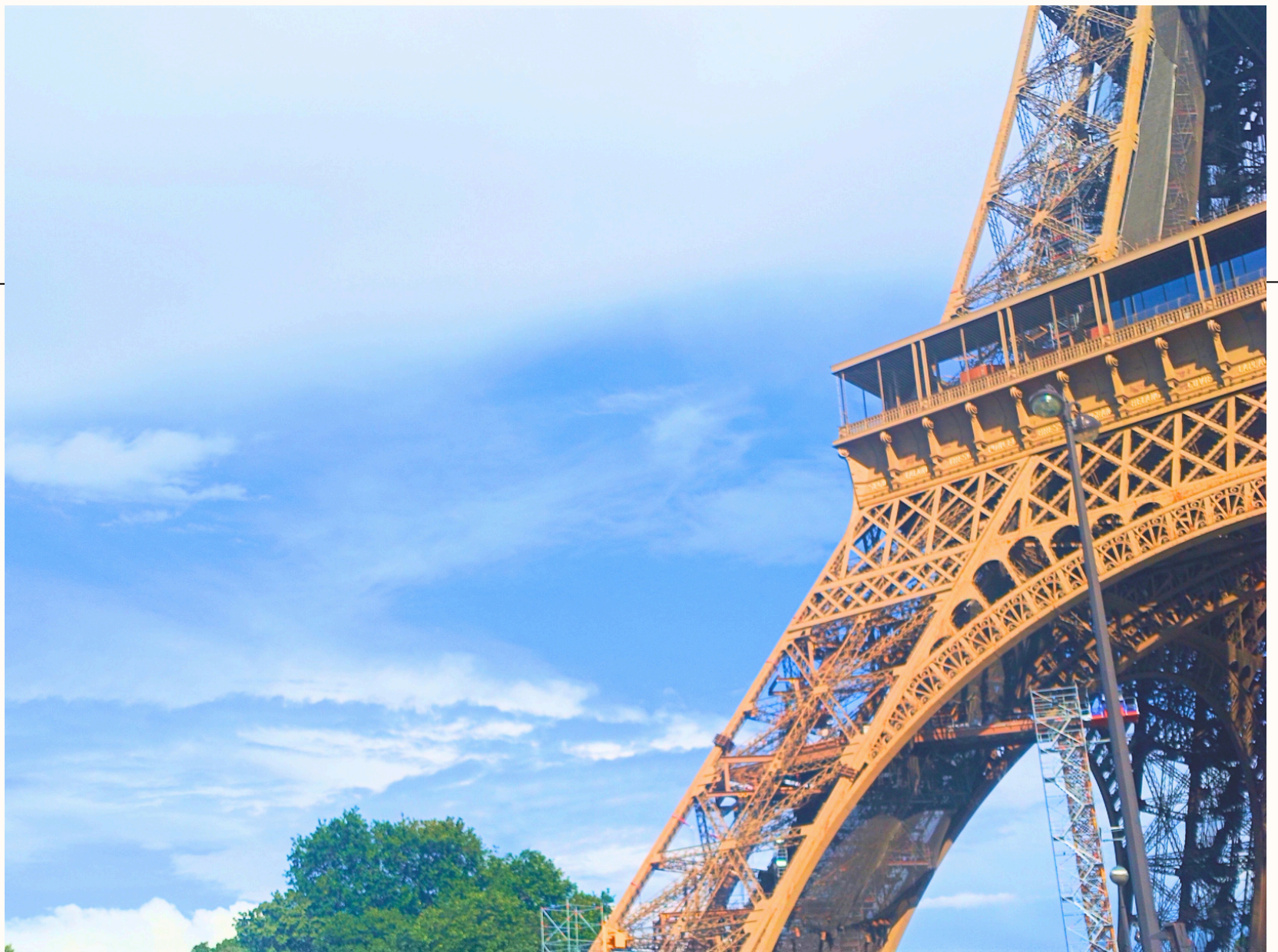
So here's what works:

Do your **ONE** most important task first thing in the **morning**, when your brain is actually awake and your energy is clean.

That one task gets your **FULL attention.**

No clutter.





And once that task is done, you'll notice something...


Your mind feels lighter.

Your mood shifts.

Your motivation rises on its own.

That's the dopamine from completing something meaningful.

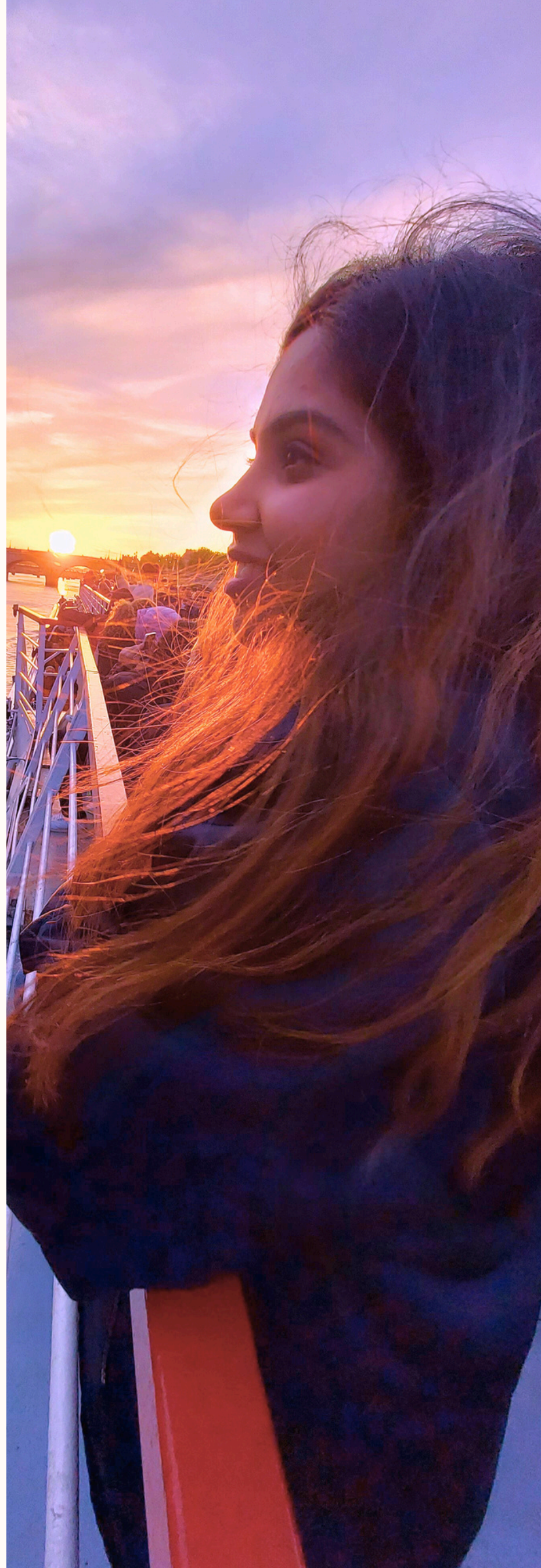




After the **ONE** big task,
add **three small tasks**.
Nothing overwhelming.

Just simple, **doable**
things that make you
feel like you're moving
forward.

*Small wins matter more
than you know.*





The one shift that changes your TEF/TCF preparation

This exam rewards CONSISTENCY.

One focused, intentional practice every single day will always beat a random 3-hour study binge.

TEF/TCF Canada isn't about how long you study. It's about how regularly, clearly, and strategically you train your brain in French.



Most learners fail not because the exam is hard...

but because their routine has **no clarity**.

They do everything and finish nothing.

The Rule of **THE ONE** protects you from that.



If you follow this
for even **two**
weeks:

Your stress will
reduce.

Your focus will
improve.

*And your study
pattern will
actually make
sense.*





Your TEF/TCF Canada journey isn't about doing “**more.**”

It's about doing what's **essential.**

One task. One win. One step closer.

If this becomes your routine,
CLB 5 or CLB 7 won't feel as far as they
do right now.