

How to learn Efficiently

- MIKE BOYD

→ Learning Method

- 1 → Jump in immediately
- 2 → low background) Research
- 3 → Clear, Concise (SMART) Goal
- 4 → Document the Process
- 5 → Discipline with deliberate Practice
- 6 → Embrace the Struggle

→ Mindset

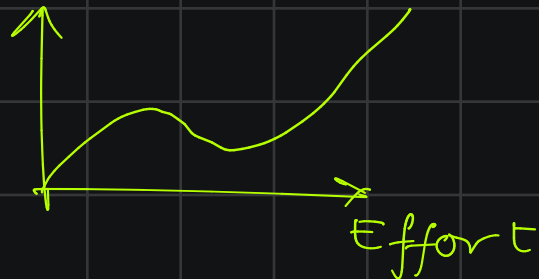
- * Growth Mindset
- * Brain is like a muscle
- * Work out for brain/body
- * Adversity / Difficulty → stress
- * Neuro plasticity

Tip:- Pick a useless skill to train/test the Brain

* Self diagnosis - Isolate - Update - Repeat

→ Pushing past the dip

* Dip
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- Acknowledge
- deliberate Practice
- Shorten the session size
- Physical barrier - Break / Rest
- Split into components

→ Goal Setting & Success

- Overshoot & then reduce w/ progressing in the skills
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- Don't be ~~STUBBORN~~