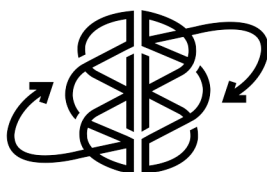


LIMITLESS

**UPGRADE YOUR BRAIN, LEARN ANYTHING FASTER,
AND UNLOCK YOUR EXCEPTIONAL LIFE**

EBOOK SUPPLEMENTAL MATERIAL



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HAY HOUSE, INC.

Carlsbad, California • New York City
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I, _____, commit to reading this book in 10- to 25-minute increments until it is finished.

I commit to focusing by forgetting my prior understanding, distractions, and limiting beliefs of what is possible.

I commit to being active in the process. I will do all the Kwik Start exercises, take notes, highlight, and practice asking myself relevant questions as I read.

I commit to manage my state of being as I read, checking in regularly with my energy levels and being proactive in adjusting my motivation as needed.

I commit to teaching what I learn to others, so we may all benefit.

I commit to entering my reading time in my calendar, because if it's in my schedule I will do it.

I commit to review what I have already learned so I can remember it better before moving on to something new.

And finally, I commit that even if I “mess up” with any of the above, I won't beat myself up. I'll get back at it and do my best.

Yes! I am ready to be LIMITLESS!

Signed,

_____ Date: _____

Here's a quick quiz you can take to give you a sense of what kind of learner you are:

1. When you don't quite understand or remember something:

- a. It doesn't ring a bell or resonate
- b. It seems hazy or unclear
- c. You can't get a handle on it or feel it

2. You are about to give a friend directions to your home. Would you:

- a. Draw a map on paper?
- b. Tell her the directions?
- c. Pick her up in your car?

3. You are staying in a hotel and have a rental car. You would like to visit a friend whose address you do not know. Would you like them to:

- a. Draw you a map?
- b. Tell you directions?
- c. Pick you up in their car?

4. Learning technical material is easiest for you when:

- a. Someone explains the ideas to you
- b. You visualize the concepts and see the whole picture
- c. You can learn by doing or get a feel for the ideas

5. You are going to cook a dessert as a special treat for your family. Do you:

- a. Cook something familiar?
- b. Look through a cookbook for ideas?
- c. Ask for the advice of others?

6. You are about to purchase a new sound system. Other than the price, what would most influence your decision?

- a. A friend speaking about it
- b. How it makes you feel
- c. Its distinctive look or appearance

- 7. Recall a time in your life when you learned how to do something like playing a new board game. Try to avoid choosing a very physical skill like riding a bike. How did you learn best? By:**
 - a. Looking at the directions, pictures, diagrams, or charts
 - b. Listening to somebody explain it
 - c. Doing it
- 8. Which of these games do you prefer?**
 - a. Pictionary
 - b. 20 Questions
 - c. Charades
- 9. You are about to learn how to use a new program on a computer. Would you:**
 - a. Read the instructions?
 - b. Call a friend and ask questions about it?
 - c. Turn it on and learn by experimentation?
- 10. You most easily are aware of and notice:**
 - a. The quality of music from a sound system
 - b. If colors, shapes, or patterns clash
 - c. If clothes feel uncomfortable
- 11. You are not sure whether a word should be spelled “separate” or “seperate.” Do you:**
 - a. See the word in your mind and choose the best way it looks?
 - b. Sound it out?
 - c. Write down both versions?
- 12. A new movie has arrived in town. What would most influence your decision to go or not go?**
 - a. Friends/family talking about it
 - b. You have an intuition or sense about it
 - c. You saw a preview of it

13. You most easily remember directions when you:

- a. Repeat them to yourself as you hear them
- b. Visualize them
- c. Intuitively sense how to get there

14. Do you prefer a teacher or trainer who likes to use:

- a. Handouts, flow diagrams, charts, and visuals?
- b. Field trips, experiments, and applications?
- c. Discussions, guest speakers, and conversations?

15. Once you completely understand a new idea:

- a. It is now concrete, or you have a feel for it
- b. You have it loud and clear
- c. You can envision it

16. You make decisions best when you rely on:

- a. Your gut instinct
- b. What looks clearest to you
- c. What sounds best to you

17. At a party, you are most interested in people who

- a. Are interesting and articulate speakers
- b. Convey a warm and relaxing feeling
- c. Radiate a visual beauty

Once you've written down your answers, use this key to see which type of learning comes most naturally to you:

- | | | |
|------------------------------|-------------------------------|-------------------------------|
| 1: a (A) b (V) c (K), | 7: a (V) b (A) c (K), | 13: a (A) b (V) c (K), |
| 2: a (V) b (A) c (K), | 8: a (V) b (A) c (K), | 14: a (V) b (K) c (A), |
| 3: a (V) b (A) c (K), | 9: a (V) b (A) c (K), | 15: a (K) b (A) c (V), |
| 4: a (A) b (V) c (K), | 10: a (A) b (V) c (K), | 16: a (K) b (V) c (A), |
| 5: a (K) b (V) c (A), | 11: a (V) b (A) c (K), | 17: a (A) b (K) c (V) |
| 6: a (A) b (K) c (V), | 12: a (A) b (K) c (V), | |