Measure a smaller unit of success.

- Smaller milestones/steps. Well help with knowing where things are going wrong

- Instead of me being like “I either get it or I don’t, not knowing where I don’t get it and why.

- With all of these smaller steps, when you deconstruct things, you can chunk all of these little things together and it will make the learning process a lot easier once you reassemble them.

Drill ONE thing until it becomes a habit, then move on.

- Apply that thing until it becomes an unthinking habit.

- Focus on ONE thing, make it habit, and then move on.

Shorter period of study every day are better then long, sporadic cramming sessions.

- For learning, a little bit everyday is better than one long batch.

- Learning comes from repetition.

- If you’re trying to build a skill, you’re trying to rewire your brain.

- Shorter periods in between mean you get to review a lot more consistently.

- Takes a lot more willpower.

- True for learning, but not necessarily for production.

When starting, test many different methods; when growing stick with one.

- You’ll start to plateau.

- At the beginning of the endeavour, mix it up.

- When you find one that works, shut all the rest out. Stick with it while it’s growing like crazy.

Debrief to avoid repeating the same mistakes.

- People have a lot of pride, when they don’t get something they want to act like they know.

- Through that mentality, you actually don’t know what you should or shouldn’t do.

- Ask about what you did wrong, ask how to avoid making the same mistake next time.

- Like this instead of repeating the same mistake, I make them ONCE.

- In order to know what we are doing wrong, we need a second opinion.