I am honored to speak with you today about the importance of embracing the mindset of an emerging professional, and the role of everyday learning in shaping our professional growth. As we continue to navigate a rapidly changing world, we must remain adaptable and resilient in the face of new challenges and opportunities. So, I consider Year up Puget Sound as a perfect fit for that.

I want to discuss two of my favorite quotes from the book Atomic Habits by James Clear. The first one is "Every action you take is a vote for the type of person you wish to become." I believe this quote captures the essence of what it means to be an emerging professional. By taking deliberate actions every day to learn, grow, and develop our skills, we are actively shaping the kind of professional we aspire to be. And the second quote is where it talks about the concept of "marginal gains." Its "Habits are the compound interest of self-improvement." This is the idea that small, incremental improvements in our habits and behaviors can lead to significant improvements in the long run. By focusing on getting just 1% better every day, we can make steady progress towards our goals and achieve things that we might not have thought possible.

The reality is that learning or achieving success is no longer confined to the classroom or a formal way of having a bachelor’s degree. Rather, it is something that we can do at every moment and when we get a program like Year up its one step ahead. Which helps us in participating in tech community, going in a seminar, or simply seeking out feedback from friend in a same path, every action we take has the potential to move us one step closer to our goals.

Of course, this is easier said than done. It can be challenging to find the time and motivation to commit to everyday learning, particularly when we are already juggling a full workload. However, I believe that the benefits of adopting this mindset are well worth the effort. Not only does it help us to stay current and relevant in our fields, but it also fosters a sense of personal and professional fulfillment that can be deeply rewarding.

So, my challenge to all of you today is this: strive to learn something new every day. It doesn't have to be a big thing, just something that pushes you out of your comfort zone and helps you to grow. Whether it's taking an online course, reading a new book, or simply asking questions and seeking out new perspectives, make a commitment to learning and watch how it transforms your life.

Thank you for your attention, and let's all commit to becoming lifelong learners and emerging professionals.

Good day, everyone!

I am here today to talk about the importance of striving to learn, no matter where we are in our careers or personal lives. The world is constantly changing and evolving, and to keep up with these changes, we need to be continuously learning and growing.

Learning is a lifelong process that never truly ends. As we strive to learn, we expand our knowledge, hone our skills, and develop new perspectives that can help us in all aspects of our lives. By doing so, we increase our value to ourselves, our employers, and our communities.

In the words of Nelson Mandela, "Education is the most powerful weapon which you can use to change the world." Every new piece of information we learn, every new skill we acquire, has the potential to make a difference in our lives and the lives of others.

Of course, the path to learning can be challenging at times. We may encounter obstacles, make mistakes, and even experience failures along the way. But these experiences are not setbacks; they are opportunities for growth and development. As we learn from them, we become more resilient and better equipped to face the challenges that lie ahead.

One of my favorite books on the topic of learning is Carol Dweck's Mindset: The New Psychology of Success. In it, she writes, "Becoming is better than being." This simple statement captures the essence of the learning process. It reminds us that the journey is just as important as the destination, and that the process of becoming our best selves is a continuous one.

Thank you for your attention, and let's all strive to become lifelong learners.

Hello everyone,

Today, I want to talk about the power of learning just 1% every day. It may not sound like much, but over time, it can add up to significant progress and growth in all areas of our lives.

Learning is no exception to this concept. By committing to learning just a little bit every day, we can expand our knowledge, develop new skills, and become more capable and confident in our abilities. This approach allows us to avoid the overwhelm that often comes with trying to learn too much too quickly, and instead focus on making steady, sustainable progress.

Of course, learning 1% every day is easier said than done. It requires discipline, consistency, and a willingness to challenge ourselves and step outside our comfort zones. But the rewards are well worth the effort. By adopting this approach, we can build a growth mindset, increase our confidence, and ultimately achieve our full potential.

So, I encourage all of you to embrace the concept of learning 1% every day. Whether it's reading a few pages of a book, watching a tutorial, or practicing a new skill, find ways to incorporate daily learning into your routine. Over time, you'll be amazed at the progress you can make and the things you can achieve.

As James Clear writes, "Habits are the compound interest of self-improvement." By making small, consistent improvements every day, we can create habits that compound over time and lead to significant growth and success.

Thank you for listening, and I wish you all the best in your learning journeys.