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# Journey to your best

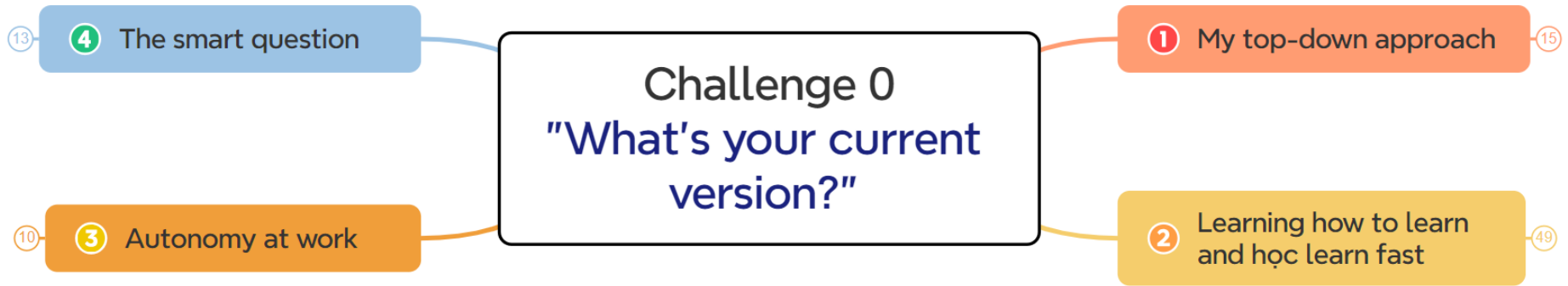
Challenge 0 "What's your current version?"



*Presentation by Nhat Xuan*

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# Challenge 0 "What's your current version?"



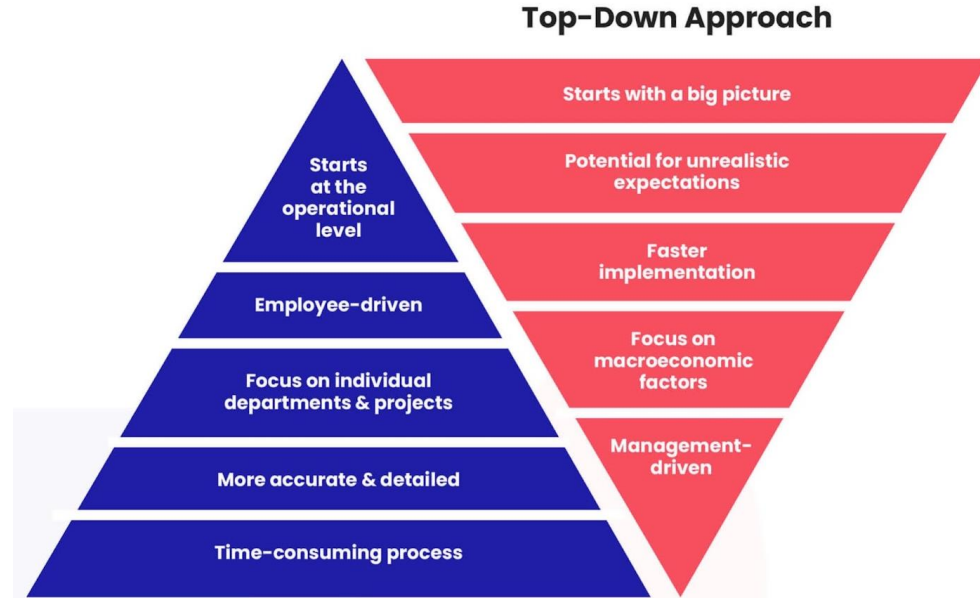
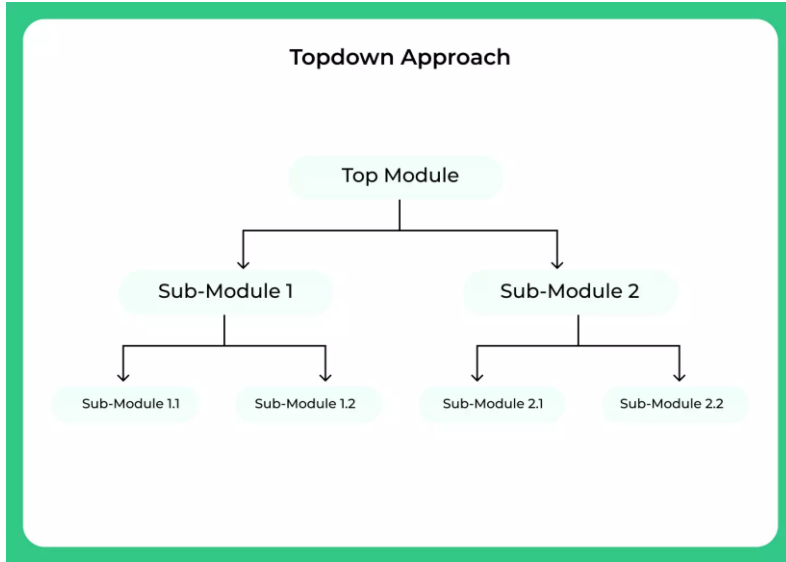
Mind map | 'What's your current version'



# Top-down approach

“is essentially the breaking down of a system to gain insight into its compositional subsystems”

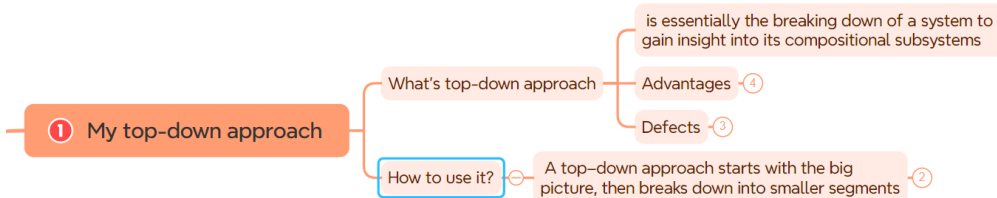
# Let's see what people say about the “**top-down approach**”



**Bottom-Up Approach**

# My top-down approach (in work, in a problem, ...)

- Start with the big picture (from the most basic, most general thing)
- Next: Divide the problem into sub-problems, the sub-problems are divided into smaller (more detailed) problems.





# **Learning how to learn and learn fast**

“The content focuses on building strategies  
and effective learning methods”

# Learning how to learn

Focused and Diffuse Thinking (15)

Two types of memory (6)

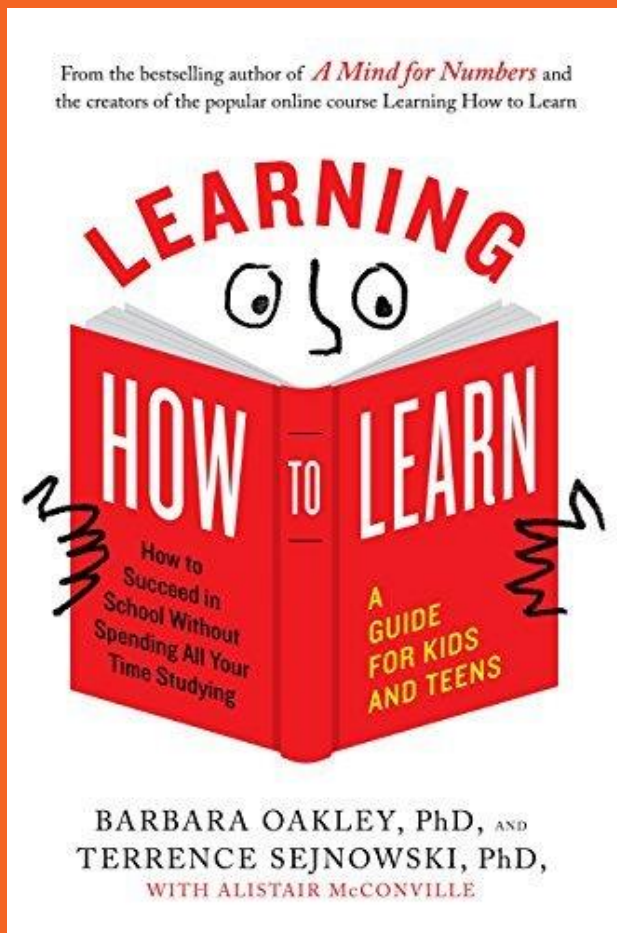
Beating procrastination (9)

Write to-do lists: quitting time is enormously important

Chunking (1)

Best practices (7)

Interleaving ≡



# Learn fast

- Apply top-down approach
- Using some tools to research: Chat GPT, Bing Chat...





# Autonomy at work



What's autonomy at work?

Why is it important?

Benefits



**What's the smart  
question**



# The smart question

- **What's the smart question?**

...

- **Apply it to your work/day**

..



- **How to ask smart questions**

..

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**Thank you**