**How to learn things 5X faster**

**Introduction:**Hi, you and I are painfully slow at learning. The way, a lot of people learn today's time, is a seriously outdated technique, especially in India. They have not changed at all for the last 150 years. Both of us, You and I have the potential to become a "learning Beast" but we need to learn, how to learn properly. So, follow all the points here, and we will guarantee that you will learn anything any skill, any knowledge 5X to 10X times faster. Keep in mind that the speed at which you can learn may vary depending on the complexity of the subject and your prior knowledge. Here are some strategies to help you learn more efficiently:

**Divide Your Goals into Microscopic Capsules:**Break down complex subjects into smaller, manageable chunks. Focus on mastering one chunk before moving on to the next. This helps prevent overwhelm and improves retention.

Example - Consider there are two people: Ram and Shyam, assume that Ram has the goal of learning to swim and Shyam has the goal of how long he can hold his breath under the water, assume that Ram has the goal to learn the whole universe but Shyam has goal to remember only about eight planets sequence from the sun and assume that Ram has the goal to get sex packs and Shyam has the goal to just doing exercise 30 minutes daily. Who do you think has a better chance of success. There is no point in guessing, it is Shyam because his goals are well-defined and he can track his progress on a day-by-day basis. He can work on those microscopic capsules and he can improve in a much much much faster way than Ram can ever possibly be.

**Set Clear Goals:** Define specific, measurable, and achievable learning objectives. Knowing what you want to achieve will help you stay focused and motivated. The theory states that **setting Right goals** gives individuals a **clear** understanding of what is expected of them and helps them to focus on the most important tasks.

**Active Learning:** Engage with the material actively rather than passively. Take notes, ask questions, and participate in discussions. Teach what you've learned to someone else to reinforce your understanding. Teaching is best way to understand anything better and deeper than others.

**Used Spaced Repetition:** Spaced repetition is a memory technique that involves reviewing and recalling information at optimal spacing intervals until the information is learned at a sufficient level. This technique helps your brain remember more information as it keeps the material fresh in your mind and forces you to use active recall.This is key requirement to crack any competitive exam in the world.

# Practice Makes Perfect: Consistency is key. Set aside dedicated, regular time for learning, even if it's just 20-30 minutes a day. Regular practice helps solidify your knowledge.

# “Practice makes perfect. After a long time of practicing, our work will become natural, skilful, swift, and steady.”

― **Bruce Lee**

**Eliminate Distractions:** Create a distraction-free environment when studying or learning. Turn off notifications, close irrelevant tabs or apps, and find a quiet place to concentrate. Set timing like after 50 minutes I will check my phone or others things; this can help you to eliminate distraction part.

**Make Mnemonics:** mnemonic techniques are ways to help you memorize a phrase or idea with patterns. Mnemonic techniques can include songs, poems, rhymes, outlines, images, and acronyms. Mnemonics give meaning to something ordinary to make it more memorable when you try to recall it. Mnemonic devices, such as acronyms, visual imagery, or rhymes, can help you remember information more effectively.

**Apply the 80/20 Rule (Pareto Principle):** The Pareto principle states that for many outcomes, roughly 80% of consequences come from 20% of causes. In other words, a small percentage of causes have an outsized effect. This concept is important to understand because it can help you identify which initiatives to prioritize so you can make the most impact.

Focus on the most important and relevant content first. In many cases, 20% of the material will give you 80% of the knowledge.

**Use Visualization Technique:** Create mental images to help you remember concepts or processes. Visualizing information can make it more memorable. This technique involves visualizing a familiar place—like the layout of your house or dorm room—and using it as a visual space where you can deposit concept-images that you want to remember. This technique can help with remembering unrelated items, like a grocery list.

**Stay Curious and Interested:** Passion and curiosity can drive faster learning. Choose subjects that genuinely interest you, and your motivation will help you learn more quickly.

**Positive Approach:** Maintain a positive mindset and stay persistent, even when faced with challenges. Learning takes time, and setbacks are a natural part of the process. This will help you for long run preparation.

**Track Your Preparation progress:** Keep a learning journal or use tracking apps to monitor your progress. Regularly review your goals and adjust your strategies as needed. Always examine yourself.

**THANK YOU!**