

Primal Learning - Worksheet

We highly recommend you print out this this worksheet and use it as you go through the course. Write your answers in your own words and be specific to get the best results.

What do you want to master? Write down WHY you want this.

Section 1 - Your Learning Brain

Write down 1-3 takeaways you got from this section and how you can use it to achieve your goal:

Section 2 - Flow

Write down 1-3 takeaways you got from this section and how you can use it to achieve your goal:

Section 3 - Optimal Learning Strategies

Write down 1-3 takeaways you got from this section and how you can use it to achieve your goal:

Section 4 - Optimal Learning Techniques

Write down 1-3 takeaways you got from this section and how you can use it to achieve your goal:

Section 5 - Optimal Learning Lifestyle

Write down 1-3 takeaways you got from this section and how you can use it to achieve your goal:
