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: