Here's a step-by-step guide:

1. Enable the Windows Subsystem for Linux Feature:

- **Open PowerShell as Administrator:**

Right-click on the Start menu and select "PowerShell (Admin)" or "Windows Terminal (Admin)".

- **Run the command:**

Type the following command and press Enter: wsl --install. This command will enable the necessary features and install Ubuntu by default.

- **Alternatively, use the Windows Features dialog:**

  - Open the Start menu and search for "Turn Windows features on or off".

  - Check the box next to "Windows Subsystem for Linux" and "Virtual Machine Platform".

  - Click "OK" and follow the prompts to restart your computer.

2. Install a Linux Distribution:

- **Open the Microsoft Store:** Once WSL is enabled, you can install your preferred Linux distribution from the Microsoft Store.

- **Search for and install:** Search for a distribution like Ubuntu, and install it.

- **Launch from the Start menu:** After installation, you can launch the Linux distribution from the Start menu