3 step process for optimizing learning potential

1. Set stage (prime brain)

-Limited stage space in frontal lobe

-4/7 chunks of info in brain at a time

-Don’t inhibit learning by having things on your mind

a. Clear the stage

-Write things to remember in trusted external repository

-Convince brain to trust it

b. Clarify what and why

-What = intention/objective

-Why = How it empowers you; why you should care about it

C. Prioritize process over product

-Focused practice

-Target difficulties

2. Play

a. Wrestle with it

-Fluency/intimacy

b. Take risks

-Growth mindset (hard work vs. budle of aptitudes)

c. Have fun

3. Reflect

-Self-teaching

a. Self-assess

-Capabilities

-Process

b. Ask new questions

-What’s next

-Possibilities

Identify personal strengths and weaknesses

-Evernote

-Trello

-Asana

-Wonderlist

-Quickly changing industry, always learning, ect.

Books on learning/thinking:

-“Five elements of effective thinking”

-“Your brain at work”