



# **HOW TO BECOME A SUPER LEARNER & *IMPRESS YOUR FRIENDS***

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YOUR PRIVATE ACTION GUIDE  
WITH JIM KWIK

# WELCOME TO YOUR PRIVATE ACTION GUIDE

## 5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session to improve your memory and ability to learn faster.
5. During the Masterclass, use the dedicated space on the right side to write down **ALL** interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to **you**.

**"If knowledge is power, learning is your superpower."**

- Jim Kwik

# WHAT TO EXPECT

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- Read what other people say about Jim Kwik.

# PART 1: PRE-MASTERCLASS EXERCISE

## Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

If you wanted to learn any skill or subject faster or become a master in anything, whether it is Mandarin, music, martial arts or marketing, what would it be?

**"It's not how smart you are, but how are you smart."**

- Jim Kwik

## PART 2

### How To Become A Super Learner & Impress Your Friends

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right side. Click on the video to pause.** But pay attention, because you cannot rewind!

#### Technique 1: Meta Learning

Before you learn anything you need to learn how to \_\_\_\_\_.

Knowledge is not only power, knowledge is \_\_\_\_\_.

There is no more important skill than your ability to \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

You're not paid for your muscle power, you're paid for your \_\_\_\_\_ power.

The biggest lie that we were all taught is that our intelligence, our potential, our power are \_\_\_\_\_.

\_\_\_\_\_ is the #1 business etiquette skill there is.

You can drastically improve your life if you expand your ability to \_\_\_\_\_.

#### Technique 2 : Morning Routine For Peak Brain Performance

First, we create our habits then, our habits create us back. The most successful individuals create \_\_\_\_\_ habits.

If you win the morning you can win the day. So, the first thing you need to do is to \_\_\_\_\_ your \_\_\_\_\_. Second, make the bed.

The other eight habits are:

- |                            |                     |
|----------------------------|---------------------|
| 3. Brush teeth with _____; | 7. _____;           |
| 4. _____;                  | 8. _____ smoothie;  |
| 5. _____ shower;           | 9. _____;           |
| 6. _____ tea;              | 10. _____ practice. |

A full rounded life includes three things: meditation practice, exercise practice, but also optimizing your \_\_\_\_\_ states.

### Technique 3 : The 10 Keys To A Superbrain

**Time for a fun exercise!** Listen to Jim's explanation and write down the keys when he gives you the cue.

The 10 keys to a Superbrain are:

- |                    |                  |
|--------------------|------------------|
| 1. A good _____ ;  | 6. Clean _____ ; |
| 2. _____ ANTs;     | 7. _____ ;       |
| 3. _____ ;         | 8. Brain _____ ; |
| 4. Brain _____ ;   | 9. New _____ ;   |
| 5. A _____ _____ ; | 10. _____ .      |

How many did you remember the first time? Write the number here \_\_\_\_\_ .

How many did you get right after learning the technique? Write the number here \_\_\_\_\_ .

One of the keys to a greater memory is understanding the power of \_\_\_\_\_ and how \_\_\_\_\_ helps us store information.

Information + \_\_\_\_\_ = Long-Term Memory

**PART 2 OF YOUR GUIDE IS NOW OVER.**  
**YOU MAY PUT THIS GUIDE ASIDE UNTIL THE END OF THE MASTERCLASS.**  
**ENJOY THE REST OF YOUR CLASS!**

## PART 3: TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. Jim mentioned at the beginning of the Masterclass that we were all taught a lie. What is it?

2. What is the #1 business etiquette skill?

3. Jim taught you the 10 keys to a Superbrain. List down as many of them as you can remember.

- |                  |                 |
|------------------|-----------------|
| 1. A good _____; | 6. Clean _____; |
| 2. _____ ANTs;   | 7. _____;       |
| 3. _____;        | 8. Brain _____; |
| 4. Brain _____;  | 9. New _____;   |
| 5. A _____;      | 10. _____.      |

4. What are two of the most costly words you can say?

5. What is the formula for Long-Term Memory?

6. What are the 3 practices that you need in order to have a full rounded life?

## PART 4: EXERCISE

**Follow the exercise and fill in the blanks for greater retention.** Try Jim's \_\_\_\_\_  
\_\_\_\_\_ Technique for remembering names and be amazed at the results.

All you need to do to remember names is to say to yourself \_\_\_\_\_.

The 1st letter stands for \_\_\_\_\_. You need to eliminate the \_\_\_\_\_  
self talk.

The E stands for \_\_\_\_\_. Practice makes \_\_\_\_\_.

The \_\_\_ stands for \_\_\_\_\_. So, all you need is to \_\_\_\_\_ the person's name.

The \_\_\_ stands for \_\_\_\_\_ the name. \_\_\_\_\_ it in the context of the conversation.

The \_\_\_ is \_\_\_\_\_. When you meet someone for the first time you can \_\_\_\_\_  
about their name.

The \_\_\_ stands for \_\_\_\_\_. Turn that name into a \_\_\_\_\_.

And finally, the E stands for \_\_\_\_\_. You need to \_\_\_\_\_ the conversation by  
\_\_\_\_\_ their name.

As a fun practice you can take the top names in your country and turn them into  
a \_\_\_\_\_.



## PART 5: REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you woke up every morning and knew exactly what you needed to do to function at higher levels of productivity throughout the day?
2. What would it be worth to you if you could become so sharp in terms of your idea generation and your memory that immediately your performance at work goes up, your career starts raising, and your salary starts raising?
3. How would it feel to have greater brain health so you can reduce the odds of age-related diseases?
4. How would your relationships look like if you could remember names, faces, and facts with ease so that people remember you as the person that made them feel great?
5. What is the one thing you can do right now to demonstrate you are dedicated to elevating your memory and ability to learn faster?

**THANK YOU for joining Jim Kwik's Masterclass!**



To take your learning to the next level please visit [\*\*http://bit.ly/2AM0xwg\*\*](http://bit.ly/2AM0xwg) for info on Jim's remarkable program to unleash your brain from all limitations.

But do not sign up for the course until **4 Dec - 11 Dec...** at the end of the masterclass the price will be reduced as a thank you for masterclass participants!

## PART 6: TESTIMONIALS & STUDENT STORIES

### **"Jim's training is incredible."**



"Jim's training is incredible. I read faster because of Jim. I have a better memory because of him. LOVE his stuff. Get his course. It will change your life in ways you cannot imagine."

~ Brendon Burchard

*Personal Development and Marketing Trainer, New York Times Bestselling Author*

### **"Jim makes it easy, fast, and efficient."**



"Jim makes it easy, fast, and efficient. So then you can say to yourself, I can learn anything that I need to learn!"

~ Brian Tracy

*Chairman of Brian Tracy International, Bestselling Author*

### **"There is no one that I trust more than Jim."**



"There is no one that I trust more than Jim Kwik and his programs to optimize brain functioning."

~ Dr. Daniel Amen

*New York Times Bestselling Author, "Change Your Brain, Change Your Life"*

**"The ability to learn quickly is a powerful competitive advantage in business."**



"Jim's superpower is learning. The ability to learn quickly is a distinct and powerful competitive advantage in business. It enables all success in a fast paced, fast changing world."

~ Forbes

**"Real thanks to Jim Kwik and the whole team for the minds that they are creating."**



"Real thanks to Jim Kwik and the whole team for the minds that they are creating, how they are empowering people to change the world and commit to making this a better planet."

~ Peter Diamandis

*CEO of XPRIZE & Chairman Of Singularity University*