

**IT'S NOT ALWAYS
LINEAR**

**WHEN WE'RE LEARNING SOMETHING
NEW, WE DON'T JUST WALK UP THE
DIFFERENT LEVELS OF COGNITION
LIKE WE DO WALKING UP A FLIGHT OF
STAIRS**

**IT TAKES TIME TO MOVE UP ONE
OF THE STEPS AND IT CAN TAKE
A LOT OF WORK JUST TO GET TO
UNDERSTANDING**

**WE CAN ALSO FALL BACKWARDS
REALLY EASILY**

**SO IF EVER YOU ARE STRUGGLING STOP
AND LOOK AT WHAT IS CAUSING YOU
THE TROUBLE**

**CIRCLE BACK AND FIGURE THAT OUT
FIRST**

**AND REMEMBER, SOME THINGS WILL
BE FAST AND YOU'LL MAKE QUICK
PROGRESS, BUT IT'S NOT LINEAR!**

**ONE STEP AT A TIME, SOMETIMES WE
GO BACK, SOMETIMES WE ROCKET
FORWARD AND SOMETIMES WE SIT
AT THE SAME PLACE FOR AWHILE AND
THAT IS OKAY**