

**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**