

The Art of Learning

Would you run faster if you feared that someone was chasing you?

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Picture this: you're sitting in front of the computer, looking up hundreds of ways to draw; you have a whole playlist created, and you've read a few articles. You can't help but be amazed by each and every brushstroke that seems to create something out of it. You know this is what you want to do, but you are a few too many miles away from your dream because you just don't understand how anatomy works.

But since learning anatomy takes too much time, you decide you'll start tomorrow, conveniently forgetting that this is precisely what you said yesterday.

That's okay, we have all been in the deep hole of procrastination, and we all crawl our way back to work, either because of the pressure of a deadline or because we had a burst of sudden motivation that doesn't last long—it never does, but that's okay, because this feature is not about procrastination. It's about something much more harmful to growth, something that has kept you stuck in a loop of wasteful efforts without you even realizing it.

It's about the arts of learning.

How you learn clearly has an effect on what you learn and how much of it you're able to hold well.

The beginning of learning is when you are able to put it into practice. When you are given the chance to make mistakes, as well as acknowledge those mistakes, it is because of this nature of the art of learning that practice and exams are just as important for us as it is to water our plants. Not just water your creativity but also test it; not just see how to do it, go out there and show others too, and if you make mistakes, that's okay.

In fact, making mistakes is the point of this whole learning process. People say humans learn from mistakes, but what they don't tell you is that they also need to learn to make mistakes and that they actually never stop making mistakes. But for as long as you have something to correct, you will have something to learn from.

The process of learning:

Before you start going deeper into the art of learning, it is important to stop and ask yourself one important question: "Is the subject of my study something I really want to learn?" And once you have figured out the answer to that, it is about time for you to move on to the next step.

When you have figured out what you want for dinner, it's time for you to gather the ingredients. Pick the best, engaging books, and surely make a playlist full of inspirational videos, lectures, or tutorials and guides but don't let them replace the books. Once you've familiarized yourself with the basics and have gathered both passion and confidence, move onto the next step—the practice.

The practice is what's actually the most crucial part of your journey of learning something, and you're going to remember much more of this stage and for much longer, even forever if you continue practicing.

Ways to practice:

Now comes the most important part, the practice—the battle that'll decide how strong of a hero you will become. And this is not an if-and-when situation, because honestly, once you've departed for the battlefield, you are already decided to be the hero. But now is the time to learn how to be the victor.

When it comes to the art of learning, practice is both the door to it and the key to that door. And trust me, there are many ways to reach that door. For now, we are going to focus on the two most important layers to practice, which, according to me, are, first and foremost, testing the waters, and then it's like surfing the waves. In practical usage, the second stage is similar to exams or a performance, putting your knowledge to use, testing your strength, having others judge how well you do, and having to work on yourself again and again. The true values of learning lie in the art of practice.

There are some reasons why this idea of putting pressure on oneself might be off-putting to many people, because it may actually drive them away instead of pulling them in. Like, for example, there are people who are preoccupied with life but have a hobby that they would like to invest themselves in, but in between so much competition, people who consider themselves average just give up without trying since this way of learning doesn't appeal to their curiosity

but instead focuses more on making healthy learning patterns, which takes a significant amount of time.

It is always desirable to have realistic goals first and start from there. After all, learning is a never-ending process, and with every new struggle comes a new mistake and a new lesson. Finding out the sweet spot of your abilities and struggling with it deeply is his prescribed method of enhancing one's talents.