

MIND TRAINING SESSIONS

SUMMARY

The FAST method for learning anything

- F – Forget
 - # What you know about any subject
 - # Situational Things
 - # Your Limitations
- A – Active
 - # Stay active as learning is not a spectators sport ; get up and act on it
- S – State
 - # Control your emotional state of mind and body ; you control how you feel.
 - # We can raise our state by :
 - * Changing our thoughts
 - * Changing our body
- T – Teach
 - # Learn things as if you are going to teach it to someone else ; try to own it by asking questions , being more interested and do everything to get the most out of this program because when you teach something you get to learn it twice.

Two ways to be more active in this program

- Take Notes
- Ask Questions (Ask questions in your respective groups let there be discussions , have open communication)

Today's Action Step :

Identify someone that you would like to teach this knowledge to.



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