

EFFICIENT LEARNING ZERO TO MASTERY

Date

Feb 25th, 2020

1

Section

Principles

2

Key takeaway in 1 sentence:

Add this at the end (i.e. How we frame our mind has a tremendous impact on our ability to learn)

5

PRINCIPLE: Learning vs Winning the System

3

Add your own notes in here to be able to come back to and remind yourself of key takeaways.

4

PRINCIPLE: