

Discover how to accelerate your learning and what your unique learning strengths and weaknesses are. Learn how to find your particular learning style, and how to best tailor your learning to fit your unique needs.

### **QUESTIONS FOR REFLECTION:**

Q. Do you develop your state of mind for learning as I discussed? How so? What could you improve?

Q. How deeply do you explore your subjects? What can you do to make sure you go deep enough?

Q. Do you take time for reflection? How do you think that affects you?

Q. Do you know your learning style? What is it? Do you know the time of day when you learn best? When is it?

**ACTION POINTS:**

1. Take some time this week to go through the learning cycle with a topic. Decide what you want to learn and then go through the cycle.

2. Take some time this week and specifically try to remember information through repetition so you know it inside and out.

3. Take some time this week to reflect and journal the things you have been learning.

4. Take some time this week to figure out your predominant learning style and then take at least one specific thing and try to learn it utilizing that style.