

Learn the importance and benefits of being a lifetime learner. In addition, discover how to create a basic plan for lifelong learning and how to keep your mind tuned for success, as well as how to win the battles of thought that take place in our minds

QUESTIONS FOR REFLECTION:

Q. Would you call yourself a lifelong learner?

Q. Do you have a plan for learning? What is it?

Q. What kinds of resources do you take advantage of in your learning?

Q. What have been the best learning experiences in your life? How can you replicate them?

ACTION POINTS:

1. Take some time this week to develop a detailed learning plan

2. Specifically, choose at least four different kinds of resources that you can draw from to put in your plan

3. To keep your mind tuned for success this week, be very aware of what you are putting into it. Be proactive, putting good things in, and work to catch yourself every time you almost allow something in there that could be detrimental!