

Upgrading Your Brain Power – Session 1

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"If knowledge is power, learning is your superpower." – Jim Kwik

Meta-Learning = The science of learning _____.

Only 1/3 of your mental capacity is determined by _____;
the other 2/3 is completely in your _____.

If you fight for your limitations, you get to _____ them.

"Your _____ ability will never outpace your _____
ability." – Warren Buffett

Success comes down to two things:

1. _____
2. _____

HOW TO TAKE NOTES

You have a *Learning* curve; but you also have a *Forgetting* curve.

Best way to take notes: _____ & _____

Capture = Taking Notes

Create = Making Notes

If you could learn any new skill or subject and become a master of it, what would it be?

- _____
- _____
- _____

FOUR SECRETS TO LEARNING ANYTHING F.A.S.T.

F - _____

Three things you need to forget:

1. What you already _____ about the subject.
2. Situational things (be fully present).
3. Your _____

A - _____

Two ways you can do this...

1. Take _____
2. Ask _____

S - _____

The emotional state of your mind and the physical state of your body will determine your ability to learn. All learning is state dependent.

_____ + _____ = Long Term _____

T - _____

To learn any subject / skill 2x as fast... *teach* it to someone else!

When I teach something, I get to learn it twice!

10 KEYS TO DEVELOPING A SUPER BRAIN

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PRACTICE: How many of the 10 Keys do you remember the first time you heard it?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____