Upgrading Your Brain Power – Session 1 Dr. Brandon Park

"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 _______.

If you fight for your limitations, you get to _______.

"Your _______ability will never outpace your _______.

"Your _______ability will never outpace your _______.

Success comes down to two things:

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

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.

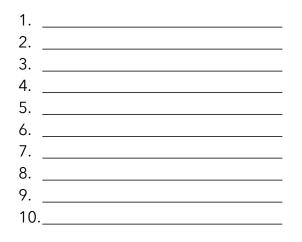
_____ + _____ = Long Term _____

Τ-_____

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



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.	