

A hand holding a lightbulb with a graduation cap on top, symbolizing learning and achievement.

CHECKLIST

# FAST LEARNER BLUEPRINT

HOW TO MASTER ANY SKILL FASTER

# Fast Learner Blueprint

## Checklist

No matter how organized we may be, time does have the tendency of slipping away from us because life moves very fast, and it's no surprise that many of us are always interested in shortcuts, considering the fact that we don't have much time to spend on learning a new skill. Today, there are proven ways you can start learning faster, and if you're someone who has the intention of becoming the smartest person in the room by getting to know how to retain more and learn faster, this book does help you explore tips on how to become a fast and smart learner with no stress attached.

# Chapter 1: Skill, Learning, and Acquisition

There are some general rules you can follow, irrespective of the fact that the skill you want to learn and the person you are will determine your learning technique. And, whether you desire to learn how to analyze data, use social media better, or improve at public speaking, you can accomplish your learning goals and gain new insight on how to approach learning new skills when you understand the importance of learning new skills and explore a few tips to learn better and faster.

**In this chapter, you'll be exposed to;**

- Why you should learn a skill
- Why it is difficult to learn a skill
- How long it takes to learn a skill
- Types of skill
- Top skills you should develop

## Chapter 2: Smart Learners and Efficient Learning

Smart learners are simply those who foster a smarter and efficient learning atmosphere by using certain habits. And, the simple point is, whatever technique that helps you retain information easier and smoothen the learning process for you is what you should stick to because no method of learning efficiently is superior to others.

**Here are some of what you can do to learn more efficiently;**

- Eat and avoid certain foods
- Drink water
- Sleep
- Collaborative learning
- Remove stress

## **Chapter 3: 10 Remarkable Traits of Successful Learners**

Successful learners possess some traits and here are some of their characters;

- Persistence
- Patience
- Conceptual learning
- Strong memory
- Leading abilities
- Discerning valuable from the useless

## Chapter 4: Learning Styles to Help You Learn Faster and Smarter

Everyone has their unique style that works best for them and this explicitly connotes that learning styles aren't a “one size fits all” kind of a thing because what works for a fellow, may not work for the next person.

**In this chapter, you'll have a proper understanding of;**

- What learning styles are
- The types of learning styles
- Tips to learn faster and easier

## **Chapter 5: 10 Tactics on Increasing Brain Power, Memory, and Motivation to Learn Better**

Motivation can be something that you create and it need not be something that happens to you. You cannot hang your chances of moving forward on waiting for inspiration. You need to light your own fire by awakening and channeling your self-motivation which is the most powerful form of motivation. And, on your quest to increase your motivation, memory, and brainpower, here are a few things you should do;

- Simplify your life
- Focus on how far you've come
- Set measurable goals
- Shift your motivation from getting to giving
- Create and repeat a new habit

- Direct your subconscious mind before sleep

## **Chapter 6: 8 Powerful Learning Hacks to Boost Your Learning Ability**

Do you know that your learning ability can be boosted by a few powerful learning hacks? Here are some of the hacks you can use to boost your learning ability;

- Define goals
- Take handwritten notes
- Go for short learning sessions
- Share knowledge
- Set schedules
- Organize Information



## **Chapter 7: 5 Hacks to Speed up the Learning Process**

Learning may not always be easy but there are a few hacks you can explore to your advantage to speed up the learning process and they are;

- Shift your attention from the amount of time you practiced and redirect your focus to a number of repetitions
- Break everything down into small chunks
- Perfect each chunk
- Do you like the sound of games? It's game time now
- Work and rest

## **Chapter 8: 8 Ways to Train Your Brain to Learn Faster and Remember More**

If you can go for hikes or run outside to train your endurance or go to the gym to train your muscles, you should also be eager to train your brain. Do you even know that you have several benefits to enjoy when you train your brain? Well, you do, and some of the benefits you stand to enjoy include avoiding diseases that hit as you get older, finding it easy to pick up a new language or a new skill, being a faster learner in all sorts of different skills, and avoiding embarrassing situations in the sense of not being able to remember the face or name of a person.

**Here are some tips that can help you to learn faster and remember more;**

- Work your memory
- Do something different repeatedly
- Learn something new
- Follow a brain training program
- Work your body
- Spend time with your loved ones

## **Chapter 9: Simple Brain Training Habits to Boost Your Brain Power**

Eating the right foods, getting enough sleep, and exercising regularly are some of the few simple habits you need to develop to improve your brain and with this, you'll see how easy it can be to improve your brainpower. These tips are just simple common sense tricks anyone can use and they do have the potential of helping you make better decisions, focus longer, and become more alert.

- Do your most difficult tasks in the morning
- Get enough breaks
- Read books, not social media feeds
- Exercise regularly
- Get enough of the right food
- Drink enough water

- Don't deprive yourself of sleep