

Lesson 7: The Accelerated Learning Zone

Hi, welcome back. So last time we were talking about blueprints and how a small shift in one belief system can lead you on an ever increasing spiral of learning and experience and feedback. So in today's episode I want to talk about what can happen if you can leverage just one of those three areas. Suppose just for a minute that you could find a way to increase the speed at which you learn, let's keep it small and say by just 1%. Just 1% more learning taking place in the same amount of time. That already doesn't sound that hard does it? I'm pretty sure all of us could find 1% just by focusing a little bit deeper, or staying a little bit longer on something.

What would that 1% mean as it feeds back through the system? If that 1% could lead you to a new experience, let's say it made something feel a bit easier for you, and then what if that experience of finding something easy led you to a new level of belief in yourself. Maybe you've just shifted from being someone who was unsure whether they could do this thing to someone who's now confident they can do it.

Where does that extra bit of confidence lead you? To a new lesson? A new challenge? A new skill? You can see where this is going. So when I talk about accelerating someone's learning, I'm not talking about a specific skill that you learn that makes you learn faster, I'm talking about a process and if you can leverage any of the steps in that process you're going to experience profound results, but the one that has the most profound effect on the entire system is what happens when you actually learn something. Because it isn't just the thing itself that you are learning.

Every time you learn something you are also confirming or disproving a particular belief about yourself. Every bit of learning you do affects WHO you are. I want to let that sink in for just a moment. You know, maybe just by listening to this series you are finding yourself becoming a different person. Maybe you've uncovered some things about yourself that you hadn't realised before, and that makes me excited because who knows where this might all lead for you.

So when you learn you affect your personality, which kind of highlights the importance of feeding yourself only the very best information. Now *that* is worth learning more of, and learning as fast as possible. You see, you don't want to learn everything faster, you just want to learn the things that are really positive for you and concentrate on absorbing that information faster. It could be information from a book, or it could be a skill that you do for your profession or a hobby that you enjoy. So we talked a bit about getting into the zone in the last episode, but what I want to explain today is that there are actually three zones that you can work on, and improving any one of them will give you a measurable increase in the rate and quality of your learning, but if you can get the three zones to overlap then you can experience a profound shift in how you learn. Again, they're so simple that you'll probably wonder why nobody has ever taught you this before. And this is going to cause a massive increase in your entire feedback loop, so listen up and I'm going to break these down for you right now.

So I'll start with the simplest and the most practical zone and this is the space that you set aside for your learning. First of all, you absolutely do need a dedicated space where you go to do your learning. Why is this so important? Well, first of all, it has to be free of distractions. You know, you can't have the kids running around, or the TV playing, or your phone pinging notifications at you. You know you want your sessions to be short, and we're going to come back to that in a little while, but you have to create a space where you can concentrate. Your focus is powerful, but fragile and very easily broken, and it's much harder to get it back once it's gone, and that's going to happen in an instant when the doorbell rings, or your phone buzzes. Secondly, you need your space to clean and tidy so that you want to go there. You know, make it look beautiful so you automatically get into a good mood whenever you go in there. And you don't want a pile of papers facing you that you're supposed to file, or old coffee cups that you're supposed to be washing up. This is your precious space dedicated to the learning the things that are most important to you, so keep it that way. Finally you have to have whatever you need setup and ready to go. You don't want to get frustrated because you can't find the book you wanted to work from, or your computer needs to update.

So why am I making a big deal about this, I mean these are just practical things that you can easily do, so there's no excuses here. If you haven't got this setup in a way that works for you then you need to ask yourself that question why? I mean, are you serious about actually taking the actions you need to take to improve your learning, or not? And here's why getting that right is so important. Because you're looking for deep, clear focus, which can only happen if you're able to become fully absorbed in what you're doing, without any distractions that pull your mind away from what you're currently doing, and that also means keeping your sessions short, but in a way that creates the most impact on your mind.

Which leads us to the second zone which is your time. So time is interesting because time is your most valuable resource, but it's also the most easily squandered. Getting mastery over how you use your time is going to be the single most important thing you can do to move yourself forwards towards your goals and in your life.

And to gain mastery over your time you need to get into the habit of scheduling it. You need to start making conscious decisions about how you are going to spend your time, and how you are going to divide it so that you can actually do all of the things that you want to do in your life, and do those things well. And I do this by breaking all of the important activities that make up my life into 2 areas. I have the activities that take care of and grow my physical body, and I have the activities that take care of and grow my mental capacity. And then you need to be able to stick to it, so you have to schedule it at a time that works for you every day, because then it will become a habit, and habits are powerful things that are hard to stop once you've got them started. So make a routine. It could be a morning routine, or an evening routine, whatever works for you, but in your routine you include the 4 to 8 small activities that, if you do them every day, make a big impact on your life.

A lot of successful entrepreneurs, artists, even athletes have something similar to what is called The Power Hour. And in that hour you have an activity that strengthens your body, you have an activity that strengthens your mind, and you have an activity that strengthens your creativity, because humans are creative beings. We are not here just to consume, we are here to *create*. So you can spend 20 minutes on your body, 20 minutes on your mind, and then 20 minutes working on the thing that brings creativity to your life, or the thing that will help you create your life, like writing an article, or doing artwork for your website, or if you're in school then you could be creating a portfolio. Can you imagine what you would have after one year if you spent just 20 minutes every day creating it? I mean, that's a lot of 20 minutes! It's over 7000 minutes, and that's like 120 hours, just from doing 20 minutes in a day. Can you imagine what your body would look like if you worked out for 20 minutes every day, or how expanded your mind would be if you did this kind of training we're doing right now for 20 minutes every day? We often lose perspective on just how powerful a force time really is.

So you have to start leveraging that. You have to start using it as the positive force that it is, because it is here to help you, so you have to be patient. It's no good trying to hurry it up and move it along faster. That's like trying to speed a river up. You can try as hard as you like but the river doesn't care, it's just going to keep flowing at the same old rate it always has. So why don't you jump in and let it carry you. You have to respect it, because it will work for you if you let it, but it won't wait for you. There is only this moment, right now, because the past is gone, it only exists in your memory, and the future only exists in your imagination, but these are the tools to help us see where we went well and where we went badly in the past and learn from that, and adjust our actions in the now, in this moment, to steer us in the direction we hold for our future in our imaginations.

So if you're prepared to start seeing time as a force that you can harness then the habits that you form are designed to save you energy, because they remove the necessity for willpower, and saves you always constantly have to plan your next thing, and brings you consistency. Consistency and habits is your way of harnessing the energy of time. It means that you have come to a realisation about how time will support whatever it is you want to create. It means that everyone knows, and you know, that this is the time where you do your learning, and you can ask people to respect that and you can even ask them to hold you accountable to that. It's one thing to make excuses to yourself, but it's a whole different game you're playing when you have to explain to some else why you didn't show up this morning!

So habits can save you energy, and energy is the third zone, because you only have a limited amount of energy in a day so you need to use it wisely. You have to spend your energy working on the most important things **FIRST**, if you want to create the most profound results. But again, this is where most people get it backwards. They go about their day, doing all of the things they do that keep them busy all day, then maybe use a little bit of whatever they happen to have left to work on the things that are positive for themselves. Use your best energy for the things that will bring the most impact to you so do these first. You don't want to burn your energy, you want to **INVEST** you energy. Put it into the things that help you grow and over time you're going to be increasing your reservoir of energy in the process.

So if you take the actions I've suggested here and implement them all, they stack, one on top of another, and you'll experience learning that happens so easily for you, because it's simple, clear and consistent, and you'll likely not be looking at just 1% improvements in how much your learning and your growth, but several percent, and you'll feel like you're learning it all at a much deeper level. And what will that do for you in the long term? And then just remember that small changes lead to big shifts over time, and every small goal adds up to achieving your big goals. So keep taking the steps, and I'll talk to you more about the true art to achieving every single one of your goals in the next episode. Thanks very much for listening, and I'll see you there.