THE FIRST 20 HOURS  JOSH KAUFMAN

10 Principles of Effective Learning

- Research the skill and related topics
- Eliminate distractions in your environment
- Jump in over your head
- Use spaced repetition and reinforcement
- Identify mental models & hooks
- Create scaffolds and checklists
- Imagine the opposite of what you want
- Make and test predictions
- Talk to practitioners to set expectations
- Honor your biology

What do you want to learn today?

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