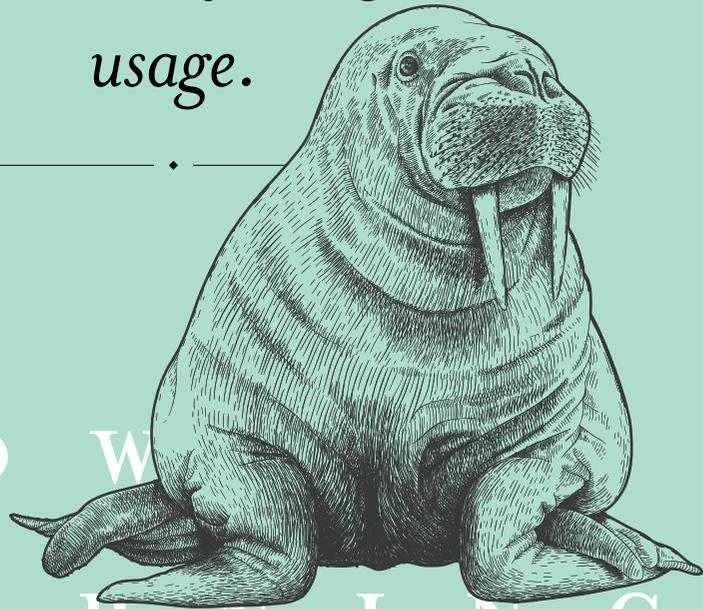

*Write your own script on the
subject, ideally in longhand.
Then scan it for digital
usage.*



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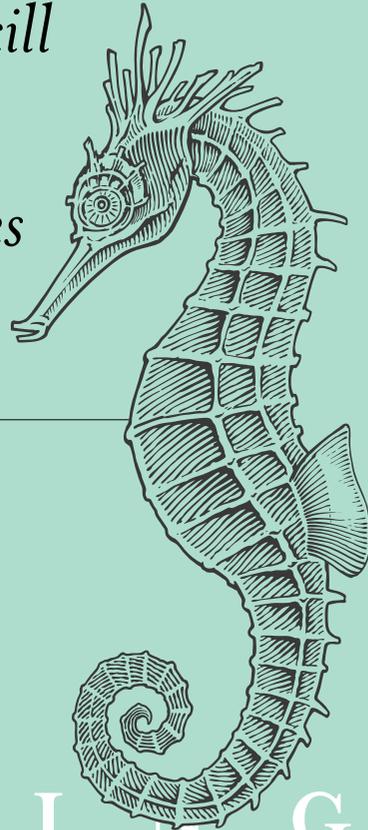
*What have you learned
from your role models?*



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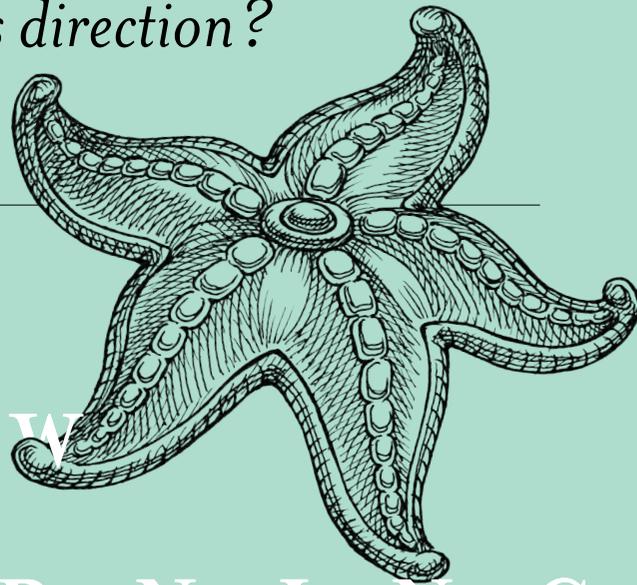
*How could true mastery be
defined regarding the skill
you want to acquire?
How do your capabilities
relate to that?*



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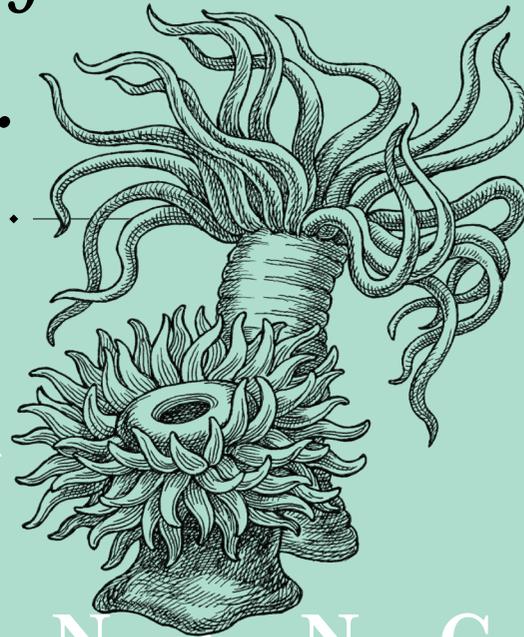
*What kind of challenge would prove
real mastery in your field? And why?
What is a smart next step to move in
this direction?*



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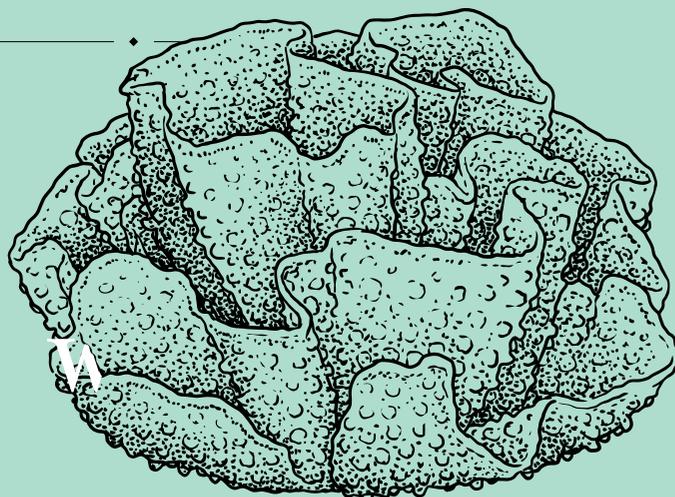
*Write a weekly
learning journal.
Seriously.*



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*To move forward,
you have to stop.
Where can you stop?*



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Reflect: What are the most reachable skills neighbouring your already existing competencies? Which one would be most relevant?



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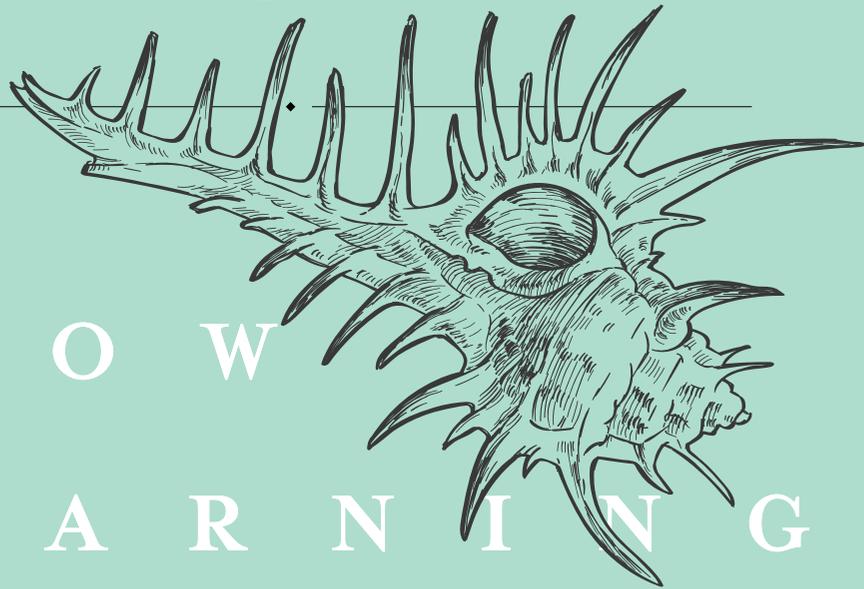
*Think of something really
challenging: Can you unlearn
something you once learned?*



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*What around you is causing
a fast pace? Distance your
learning from it.*



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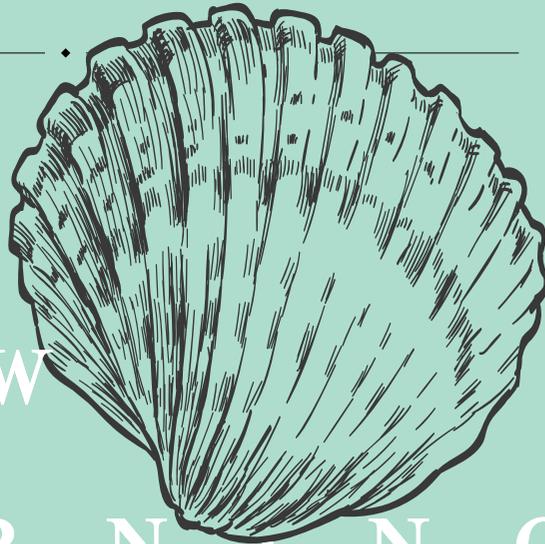
*What do you think about
when you make decisions?
Whom are you talking to?*



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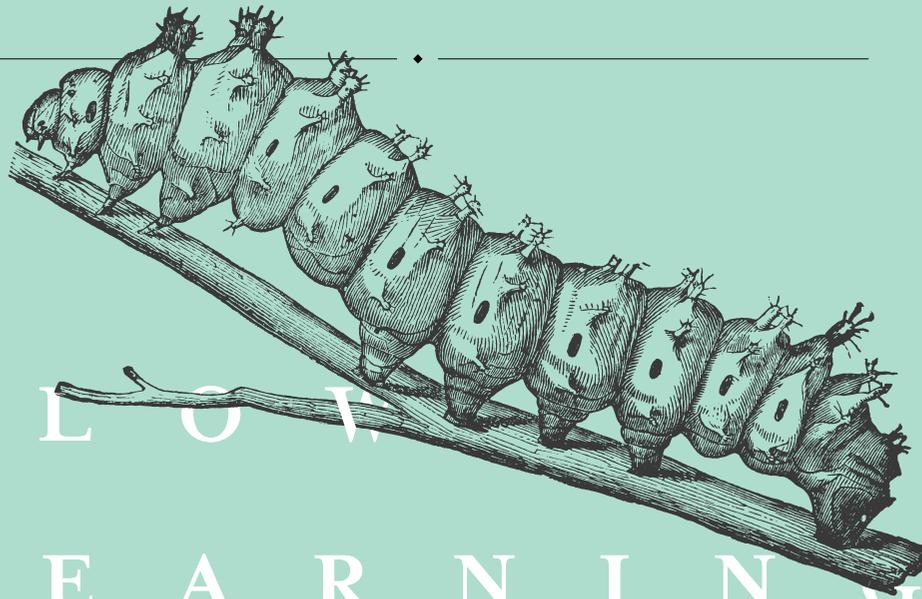
*When was the last time
I had the feeling
"Now I can do something I haven't
been able to for a long time"?*



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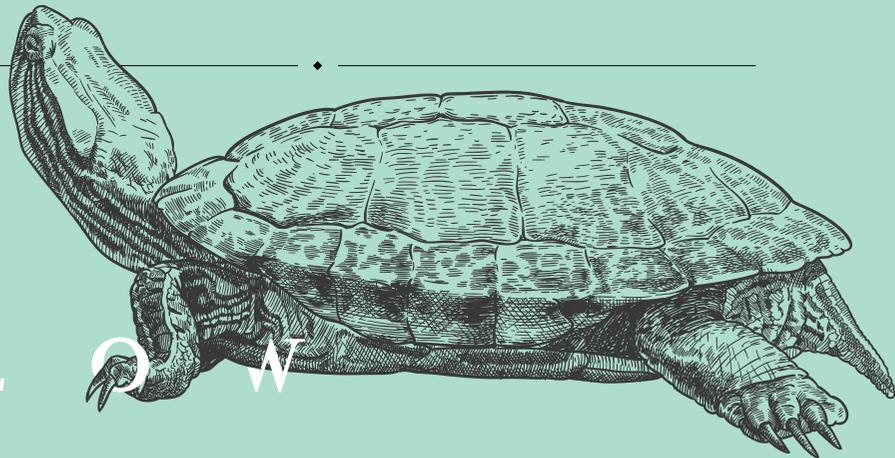
*Digitality means distraction.
Unplug yourself to learn
with focus.*



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*What are your
top three values?
Not 5, nor 4 but 3.*



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*Books are and always will
be where you can sink
into your learning.*



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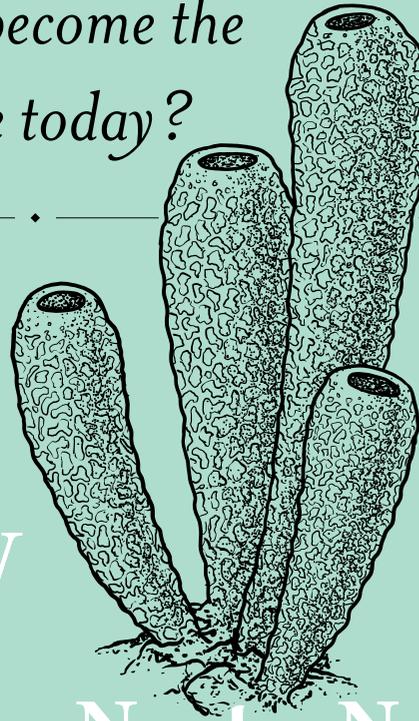
*Slow Learning is about
reflecting about yourself, not
about consuming information.*



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*To shape your future, you
should first explore your past.
How did you become the
person you are today?*



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*In what situation
do you feel completely free
of time pressure?*



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*Do not sit.
Walk around.*



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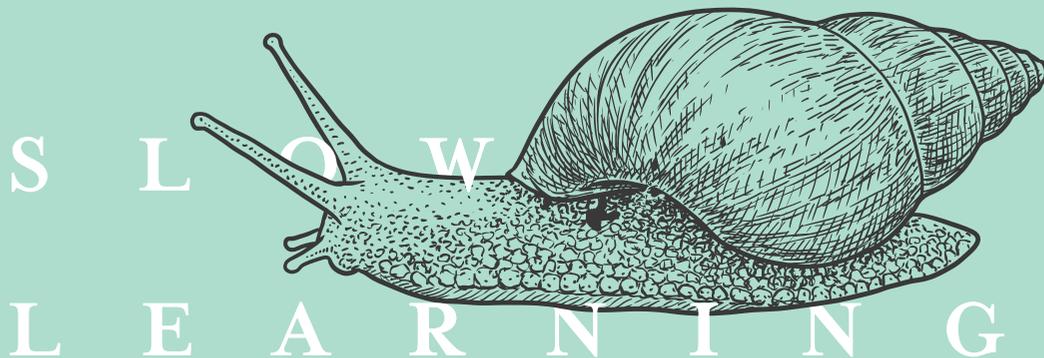
Identify the most important open questions on a subject, approach a true expert and ask for a discussion.



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*Reflect: Which five
activities should be
added here?*



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