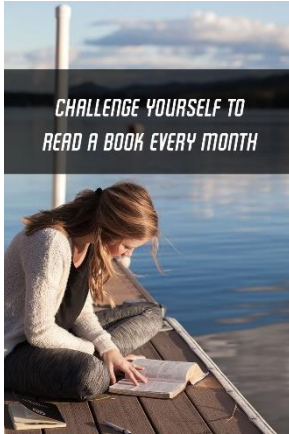


# HABITS OF A LIFELONG LEARNER



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You've heard that becoming a lifelong learner is critical to success, but staying in the mindset to learn something new every day can be difficult.

Below are some habits that lifelong learners use to keep themselves in the learning mindset. If you are struggling to become a lifelong learner, adding some of these habits to your own life might help keep you on track.

## **Read Every Day**

Reading is a fundamental aspect of learning. No matter what you are interested in or how much free time you have during the day, you need to devote some of that free time to reading. Reading opens your mind to new things and helps train your brain to be ready to learn new things.

Not only that, but according to Healthline, reading is great for heart health, as it lowers your blood pressure.

## **Sign Up for Courses**

This doesn't mean you need to register for college classes. Nor does it mean you should sign up for every course you see. Rather, if you are interested in something, take a course to further your knowledge in it. For example, if you are interested in pottery, sign up for a pottery class at a local art studio or community center. Even if it is just once a week, it will deepen your knowledge and help you learn. If you enjoy it, you can increase your class frequency later on.

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# HABITS OF A LIFELONG LEARNER

## **Take Care of Yourself First**

Being a lifelong learner means you need to prioritize learning, but you will be ill-equipped to learn if you don't care for yourself and your body. Be sure you are getting enough sleep, exercise, and eating a balanced diet, as all of these things will keep your mind healthy and ready to learn!

## **Have Numerous Passions**

Lifelong learning will be terribly boring if there is only one subject you are interested in learning about. This is why most lifelong learners have numerous passions they are interested in learning more about. Not sure where to find a new passion? You can start by trying some new things!

Most activities have trial packages. Think you might enjoy yoga? Take a trial class. Interested in cooking? See if you can take a lesson at a local restaurant or bakery! The options are endless, and you never know when you might find your next passion!

Becoming a lifelong learner is easy if you implement these habits in your life. Even if you don't implement them all, implementing one or two will go a long way towards helping you become a lifelong learner! So fire up that search engine and start getting yourself some new passions to learn!