

***Challenge Yourself  
with a Daily Learning  
Promise***

212-Careers



A lifetime of learning can begin today. Even if you've found difficulty picking up new skills and learning new things in the past, you can teach yourself how to learn anything. If you desire to improve yourself, you have everything you need to embrace learning.



If there isn't a college or adult education facility near you, take an online course. If you're a hands-on learner, check out the courses being offered locally. If you desire to learn, you'll find a way to get the job done.

Maybe you are set in your ways and happy right now. Your life is pretty good. You don't really see a need to acquire any new knowledge.

On the other hand, you recognize that adding to your knowledge base has its rewards. If you pick up a new skill, you can move up the corporate ladder. This means a quicker path to retirement in the future and more pay and benefits.

Perhaps you'd like to socialize more. You could take up volunteer work. That's a great way to serve the world while meeting people with similar interests.

*One Way to Embrace Learning Throughout Your Life Is to Give Yourself a Daily Learning Challenge*

Write down something you want to learn tomorrow before you go to bed tonight. It can be anything, big or small. It might take several days, weeks, or even months to learn the subject. That's okay. Your goal is to learn something new every day.

When you wake up tomorrow, take another look at your daily learning challenge. Repeat this process over time, and your subconscious will prepare you for tomorrow's learning experience while you sleep. Then, when you wake up and read what you have to learn today, you're already mentally inclined to have a positive outlook on the experience.

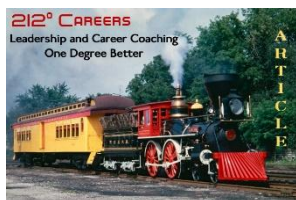
Remember, you don't have to learn a great skill. Maybe you've never baked a pie. You've always thought it would be cool to know how. That's something you can do in a relatively short period. You'll learn several things at once, like how to follow instructions, use your oven for a baking project, and clean your kitchen after you get flour everywhere.

That may not sound like something earth-shattering. After all, it's only baking a pie. What happens in your mind is truly wonderful, though.

Anytime you learn anything, you add circuitry to your brain. You make connections that weren't there before. You're growing your brain's ability to learn new things, and your memory is getting a boost at the same time.

*Repeated day after day, you create a pattern of learning. You benefit from both your successes and your failures.*

Sometimes failing can teach you a lot more about yourself than success. There are personal, financial, physical, emotional, and even spiritual rewards from continually learning new things. By learning something new daily, you promote a lifetime of learning that you can benefit from in every area of your life.



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