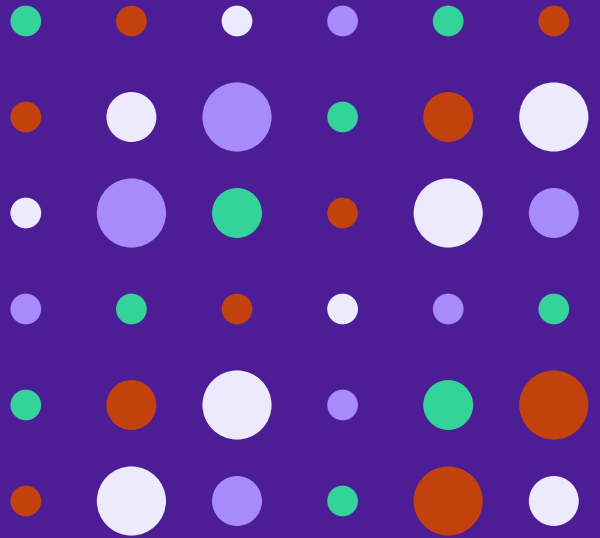
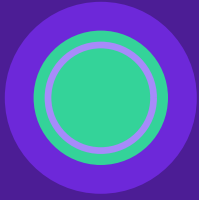




Learn Anything Workbook

Plan it, practice it, keep it

General information only.

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Goal sheet

Specific, with milestones.

The skill

Why it matters to me

My goal (what, by when)

Milestone	Target date	Done
1		☐
2		☐
3		☐
4		☐
5		☐

Weekly study plan

Short, regular sessions.

Day	Time	Minutes	Focus	Done
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐

Review calendar

Review each topic after 1 day, 3 days, 1 week and 2 weeks.

Topic	Learned	+1 day	+3 days	+1 week	+2 weeks
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐

Hours and wins.

[illegible]

Free first.

[illegible]

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