

THE FIRST **20** HOURS

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10 Principles of Effective Learning



Research the skill and related topics



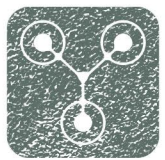
Eliminate distractions in your environment



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?