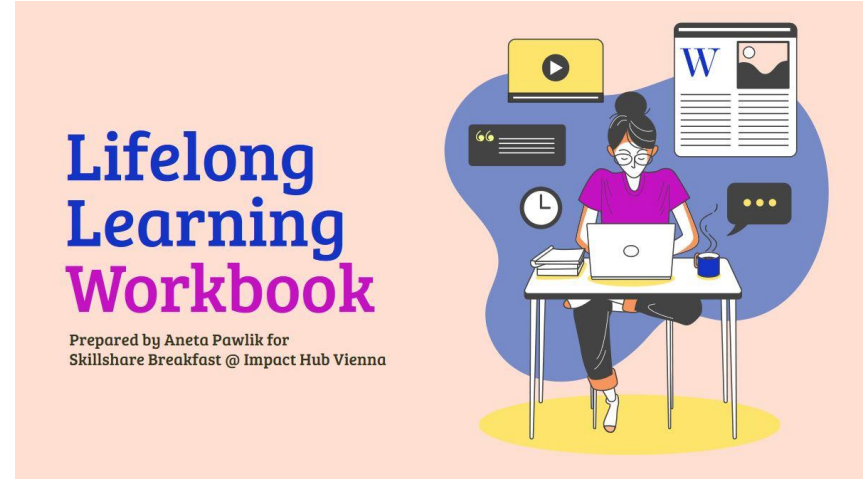


# How to Fall in Love with Learning.

*by Aneta Pawlik - Skillshare Breakfast @ Impact Hub Vienna 13.05.2020*

# Housekeeping:

1. There will be three exercises - is your workbook ready?
2. There will be 15 minutes for questions at the end - **but keep asking questions in the chat!**
3. You will get this presentation after the event
4. To keep the technical disturbances to minimum, please turn off your video
5. If you are sharing on social media, tag @impacthubvienna or use #impacthubvienna hashtag



[Link to download the workbook.](#)

What's in it  
for you?



Okay, but **HOW** did lifelong learning enter the picture?



# What is lifelong learning?

“All learning activity undertaken **throughout life**, with the aim of **improving knowledge and skills** for either personal or professional reasons”



Outside of formal  
education system

**Voluntary**

Self-planned

Driven by purpose

Fluid

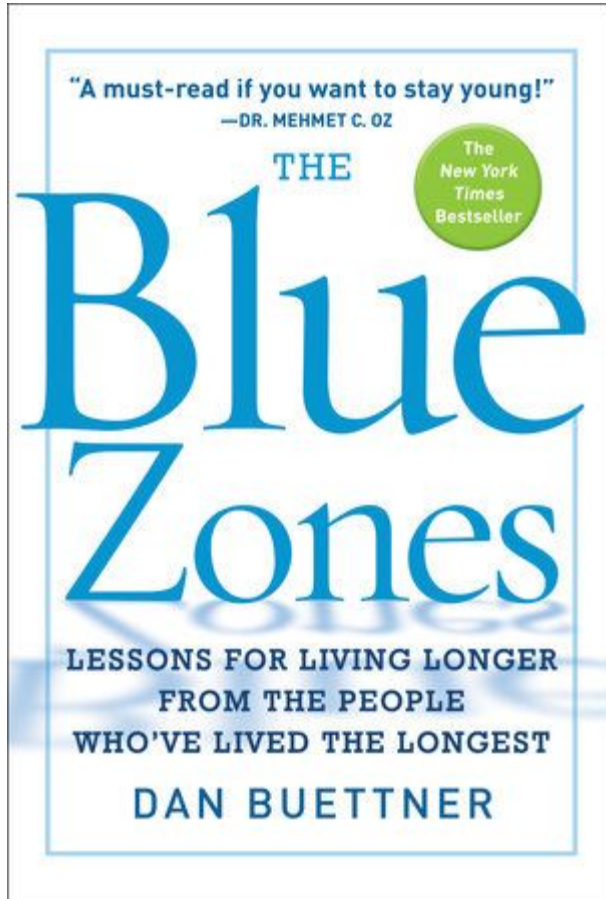
**Self-motivated**

A mindset.

# How lifelong learning can help you?

1. A framework for growth
2. A tool of proactive problem-solving
3. A tool of identifying personal interests and goals
4. Career opportunity finder

# Your purpose.



## The Right Outlook: How Finding Your Purpose Can Improve Your Life

[Take the Blue Zones vitality test, if you want to!](#)

[Browse](#) > [Personal Development](#) > [Personal Development](#)

## Finding Purpose and Meaning In Life: Living for What Matters Most

★★★★★ 4.5 30 ratings | 👍 96%  Share



Vic Strecher

Enroll for Free  
Starts May 11

Financial aid available

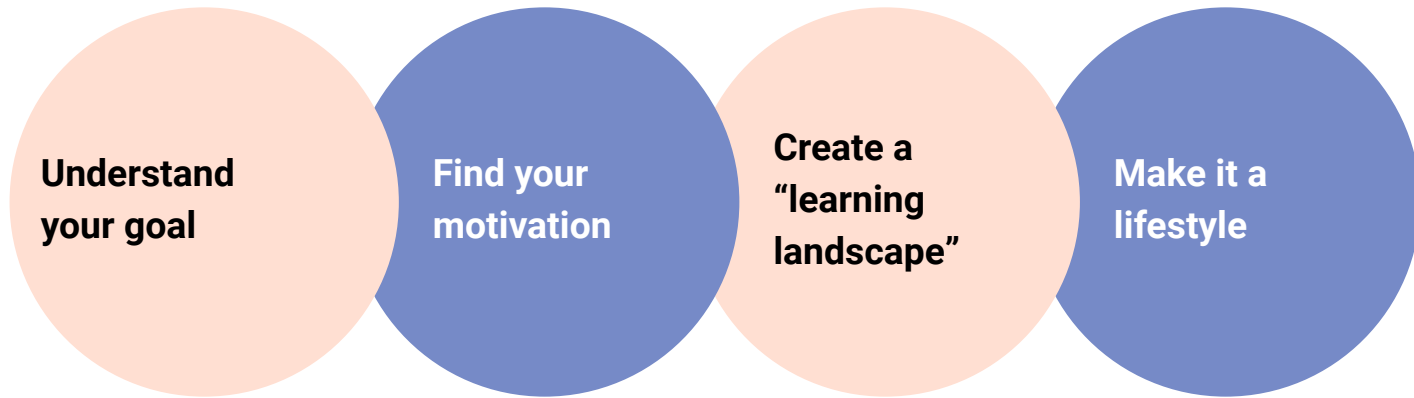
28,741 already enrolled

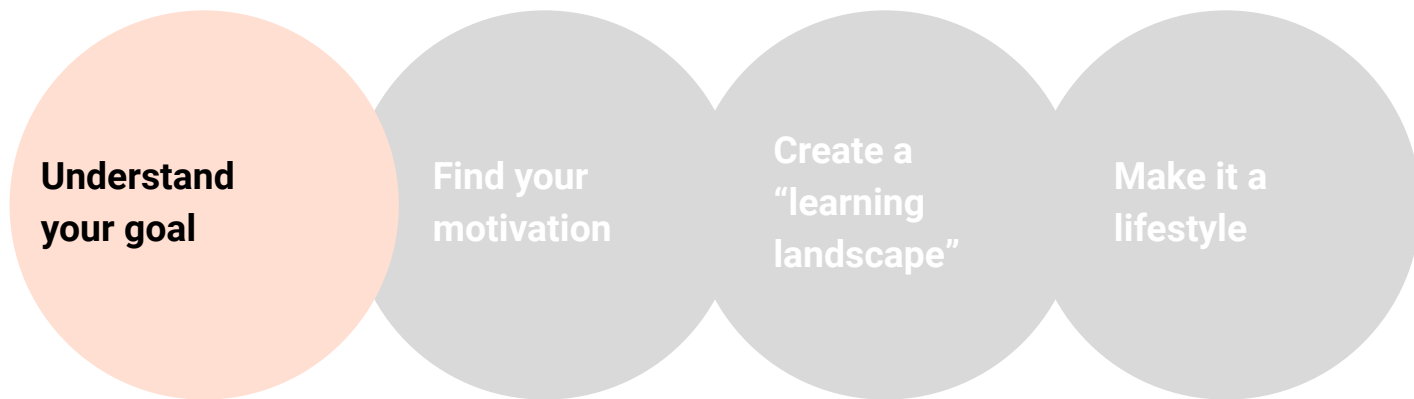
Finding Purpose  
and Meaning In  
Life: Living for  
What Matters  
Most Class on  
Coursera (free)

If you want to dive into discovering life  
purpose, this class is really good!

Incorporating lifelong  
learning into **your life.**



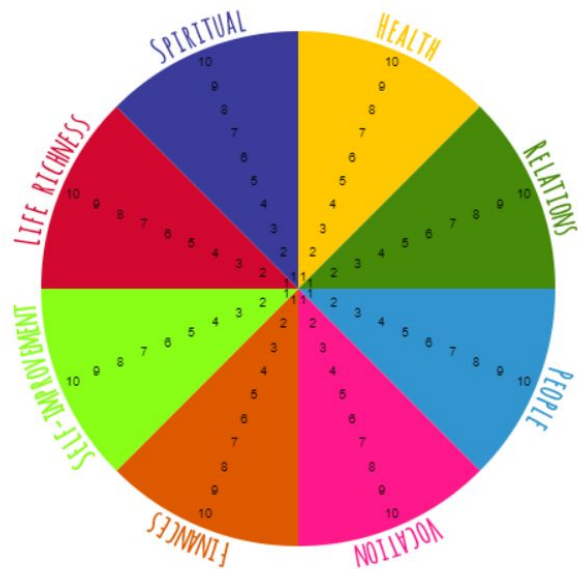




# Understand your destination.

Knowing your **goals** means  
knowing what you **want**.

And knowing what you **don't want**.



## HEALTH

0

Wellbeing, look, nutrition, daily regime, sport, sleep

## RELATIONS

0

Communication, friendship, love, family

## PEOPLE

0

Siblings, friends, co-workers, opponents

## VOCATION

0

Work, career, business, occupation, social status

## FINANCES

0

Income, outcome, living conditions

## SELF-IMPROVEMENT

0

Education, personal growth

## LIFE RICHNESS

0

Entertainment, rest, hobby, travel, experiences

## SPIRITUAL

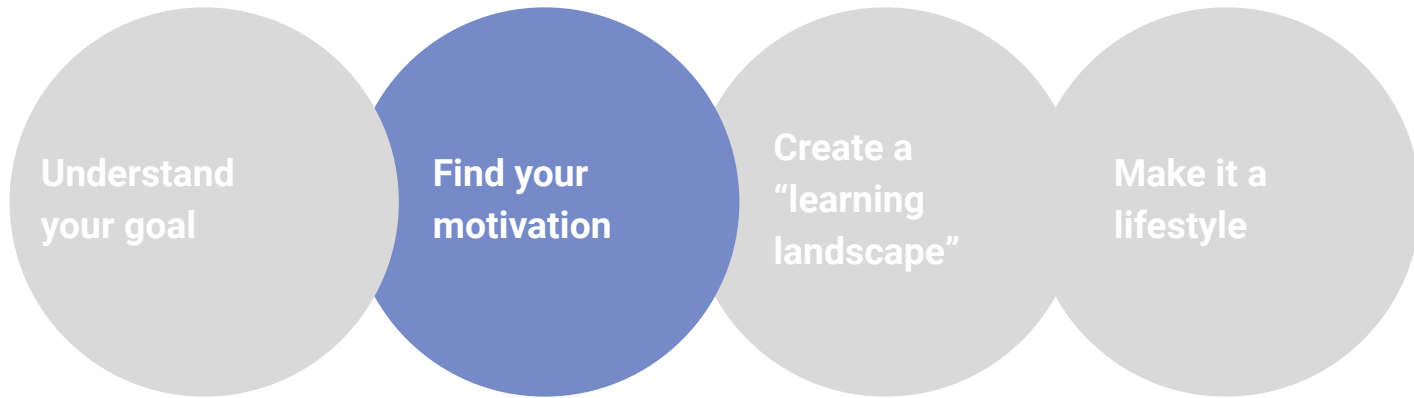
0

Faith, creativity, arts

# Exercise 1:

# Wheel of Life

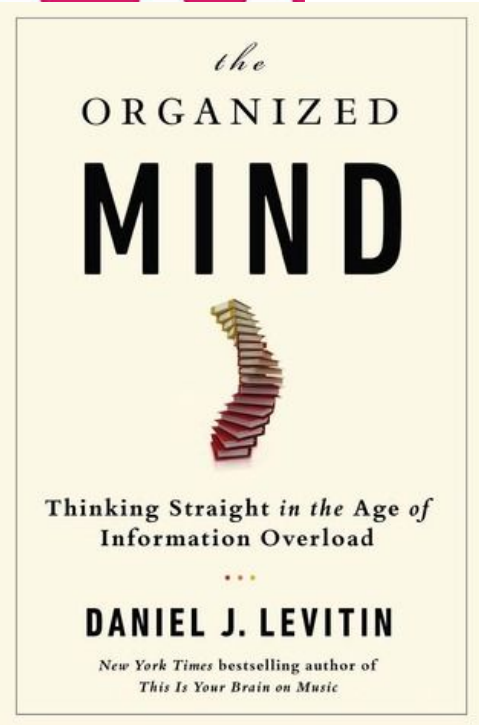
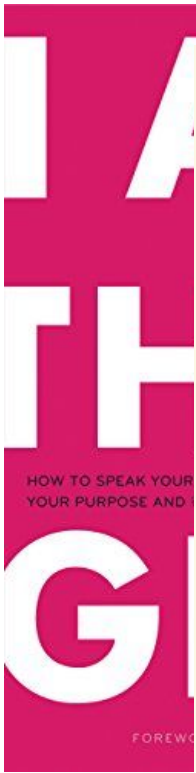
*2 mins*



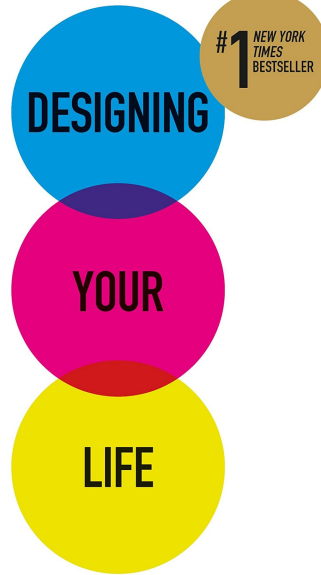
# Finding your motivation.



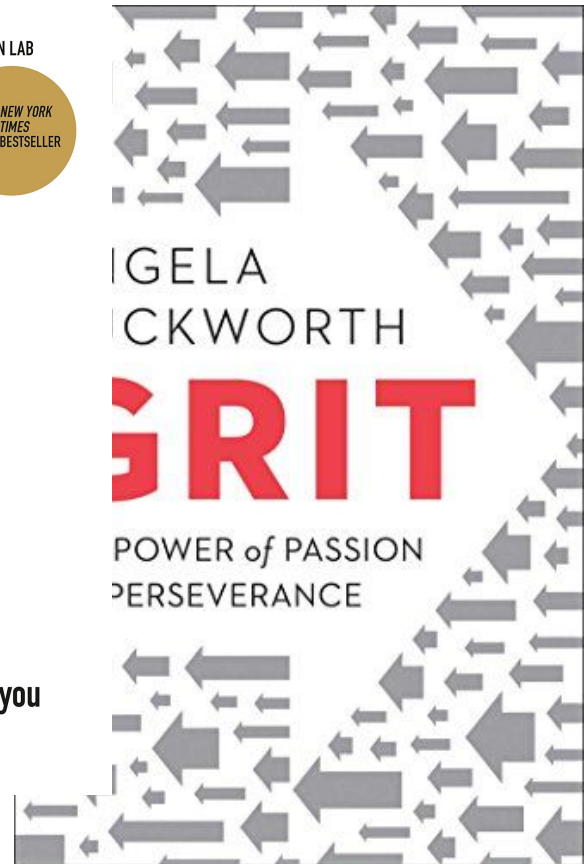
“Your general willingness  
to do something”



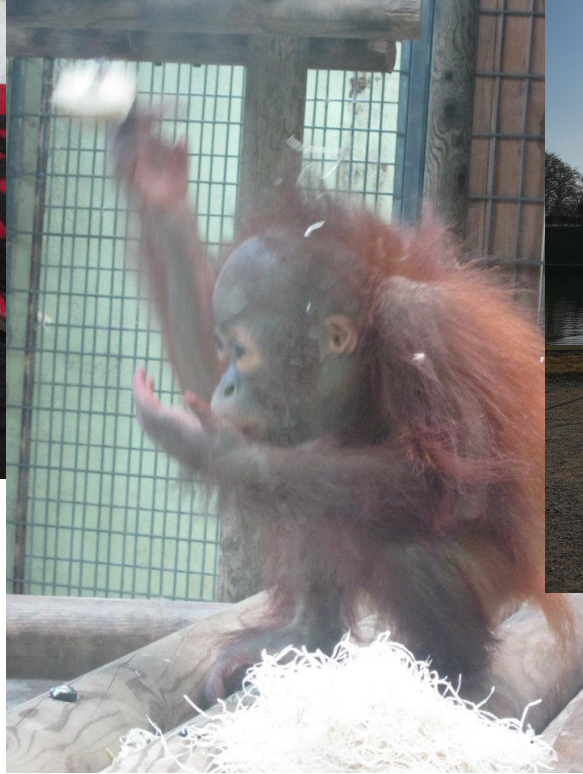
TRIED AND TESTED IN THE STANFORD LIFE DESIGN LAB



Build a life that works for you  
Bill Burnett & Dave Evans

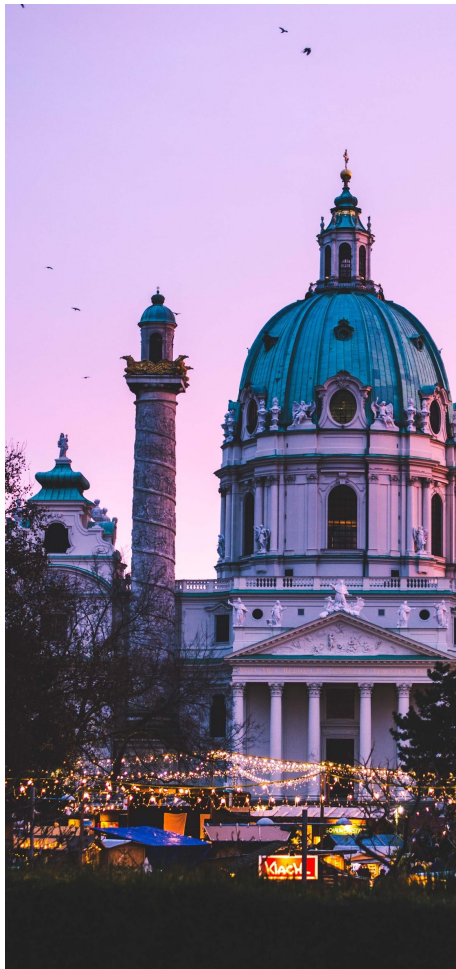


The secret.



1. I identified what I wanted to improve = photography
2. I visualized how achieving the goal looks like = I can produce social media content with professional photos
3. I identified my learning map: photography basics > DSLR camera > Lightroom software > shooting objects > shooting people
4. I googled free classes and YouTube videos and started learning







The secret.



# Exercise 2:

# Visualisation

*2 mins*

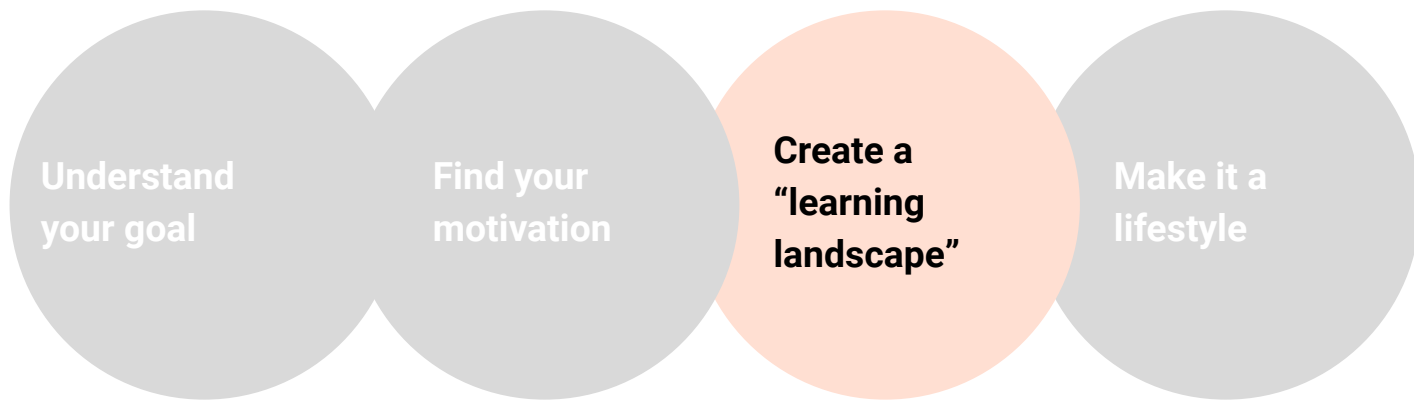
## My example

**Area of your life you want to improve:**

*Career - Growing as a performance marketer*

**How perfect scenario of achieving this goal will look like:**

*I can work with Hubspot CRM and set up complicated workflows to track leads and online conversions. I am a Google Analytics certified professional and I know exactly how to identify website performance issues and work with large volumes of data in Google Sheets.*



# Obesogenic environment.

# Noise.

- Constantly online
- Constantly distracted
- Constantly questioned
- Fighting stereotypes and bias
- Constantly processing feedback (social media)
- Constantly having our internal compasses challenged
- FOMO & FOBO



# Habits.



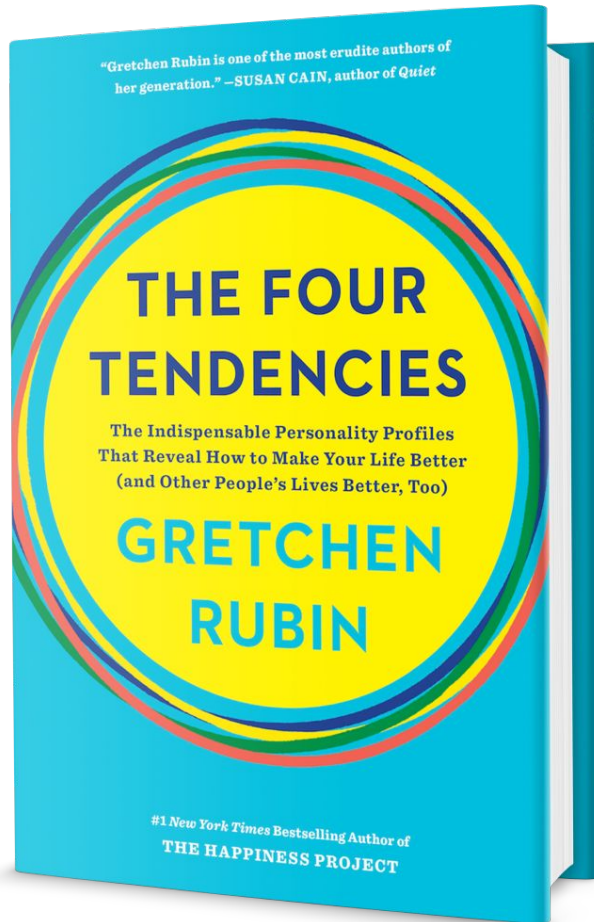


**BEWARE**

**OF  
ZOMBIES**

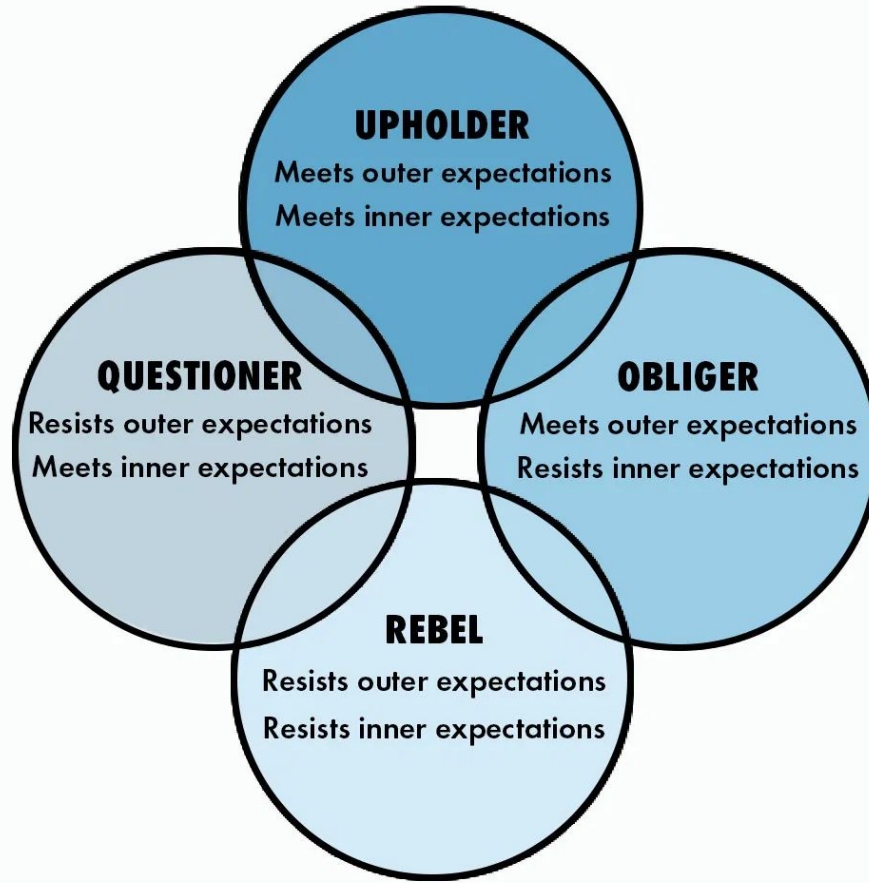
Motivation is not enough.

Know yourself.



“How do I respond to expectations?”

[Take the four tendencies quiz](#)



Gretchen Rubin's Four Tendencies

Browse > Personal Development > Personal Development

# Learning How to Learn: Powerful mental tools to help you master tough subjects

★★★★★ 4.8 55,747 ratings • 15,578 reviews  Share



Dr. Barbara Oakley [+1 more instructor](#) **TOP INSTRUCTORS**

Go To Course

Already enrolled  
Financial aid available

2,219,770 already enrolled

Learning How to Learn: Powerful mental tools to help you master tough subjects

# Good learning habits.

- Habit pairing, for example, exercising + audiobooks
- Monthly study goals
- Total immersion - learning German means set app and social media languages to German; Netflix - subtitles or dubbing, radio, “German hour”, reading Falter every week, reading favourite books in German, etc.



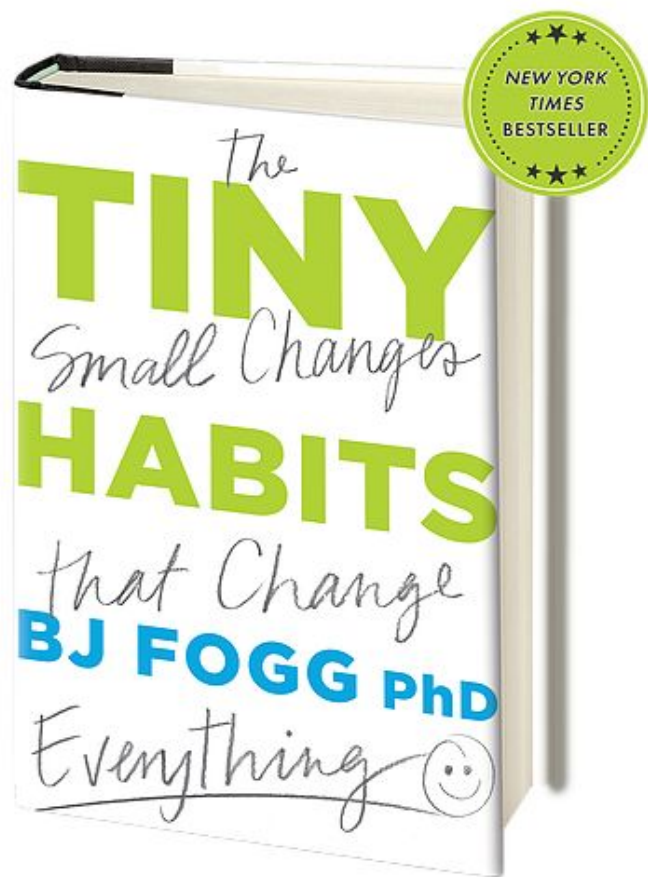
## Scheduling time to learn

Booking time for study in my calendar - I have a dedicated “Goals” Google Calendar with scheduled learning sessions!

-> Pomodoro Technique - <https://tomato-timer.com/>

## Learning schedule:

- Fits in your weekly timetable
- Is realistic
- Slow pace vs fast pace



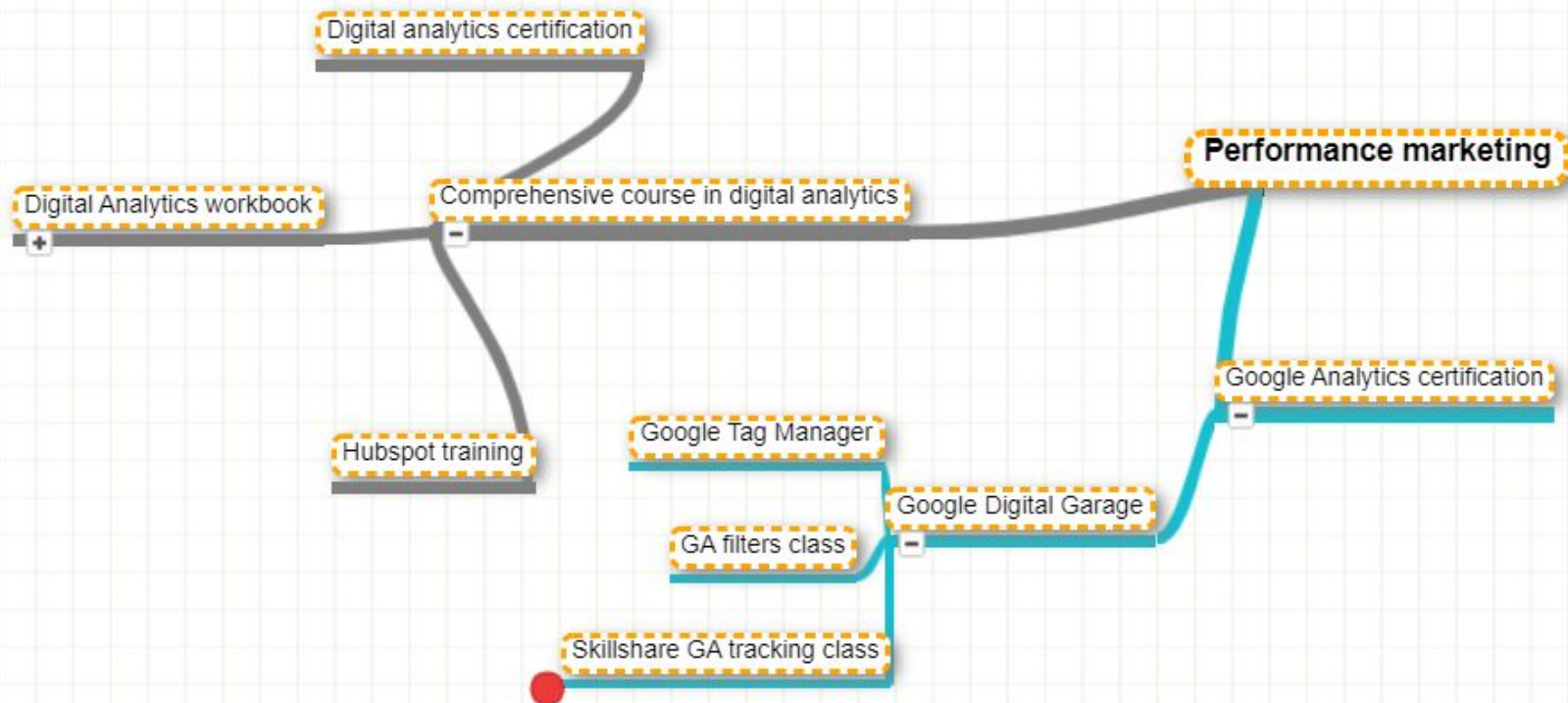
<https://www.tinyhabits.com/>

# Exercise 3:

## Mind map

*2 mins*

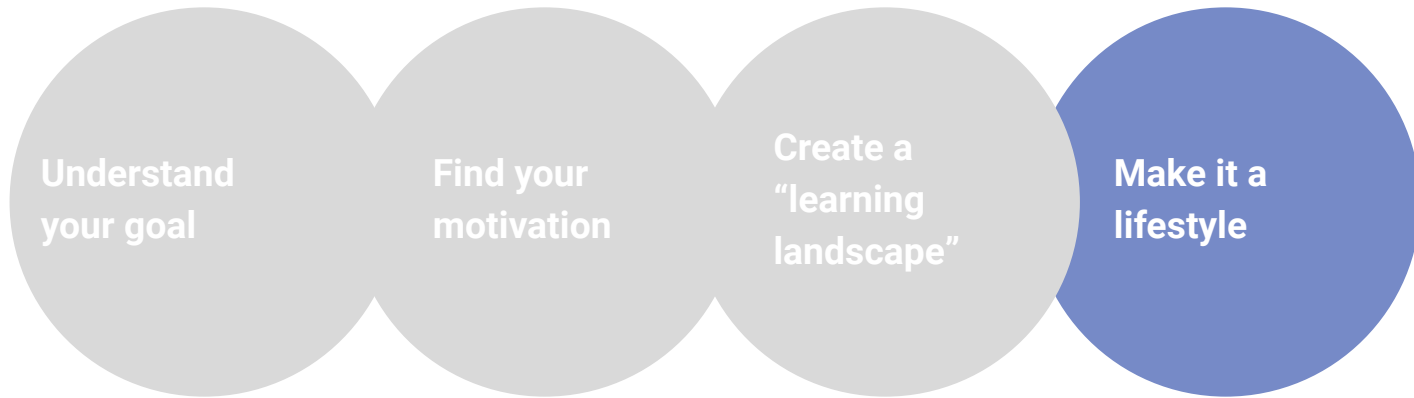
## My example



# Tools to track progress.

## Track your progress

- Keep results journal
- LinkedIn certificates/achievements updates
- Google Sheets tracker
- Learning Bucket List
- Framing certificates
- Evernote/Google Keep/Asana
- Google Calendar App - schedules goals in your calendar - <https://www.google.com/calendar/about/>





Wheel of Life = What areas make you discontented

Visualisation = Ask your brain to conjure the end goal

Mind map = Breaks down the goal into realistic milestones



Questions?

# Thank you!

## Connect with me:

<https://www.anetakpawlik.eu/>

<https://www.linkedin.com/in/anetapawlik/>

<https://www.instagram.com/akpawlik/>

<https://twitter.com/anettepawlik>

[https://www.goodreads.com/drinking\\_tea](https://www.goodreads.com/drinking_tea)



## Helpful resources:

- <https://infed.org/mobi/lifelong-learning-and-adult-education/>
- <https://www.bakadesuyo.com/>
- <https://tim.blog/podcast/>
- <https://gretchenrubin.com/podcasts/>
- <https://medium.com/@alltopstartups>
- <https://www.jeffhaden.com/>
- <https://www.tinyhabits.com/>
- <https://www.coursera.org/learn/the-science-of-well-being>
- Helps with understanding what makes us tick:  
<https://www.16personalities.com/free-personality-test>

This motivational  
video of a speech  
by Matthew  
McConaughey  
gets me every  
time.

