

Lifelong Learning Workbook

Prepared by Aneta Pawlik for
Skillshare Breakfast @ Impact Hub Vienna



Hi!



This workbook will help you kick off your very own learning journey by identifying your learning goals and motivations. It contains three exercises that we will go through during our Skillshare Breakfast so make sure you download it and have it handy when you join the session.

You can print this workbook, or - if you are creative - recreate the exercises in your own notebook before the session. I also provided online tools options for the wheel of life and mind mapping exercises.

See you at the Skillshare Breakfast!

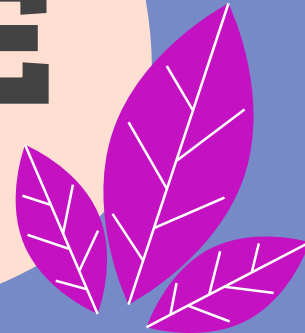
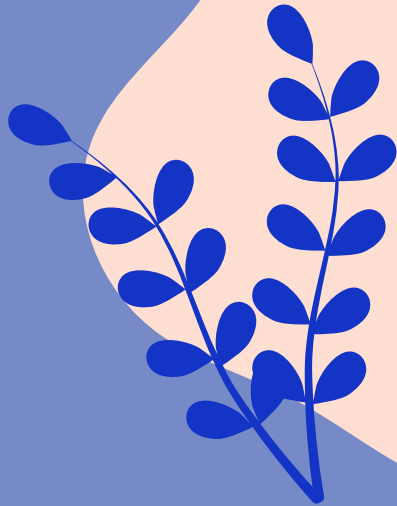
Aneta

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01.

**WHEEL
OF LIFE**

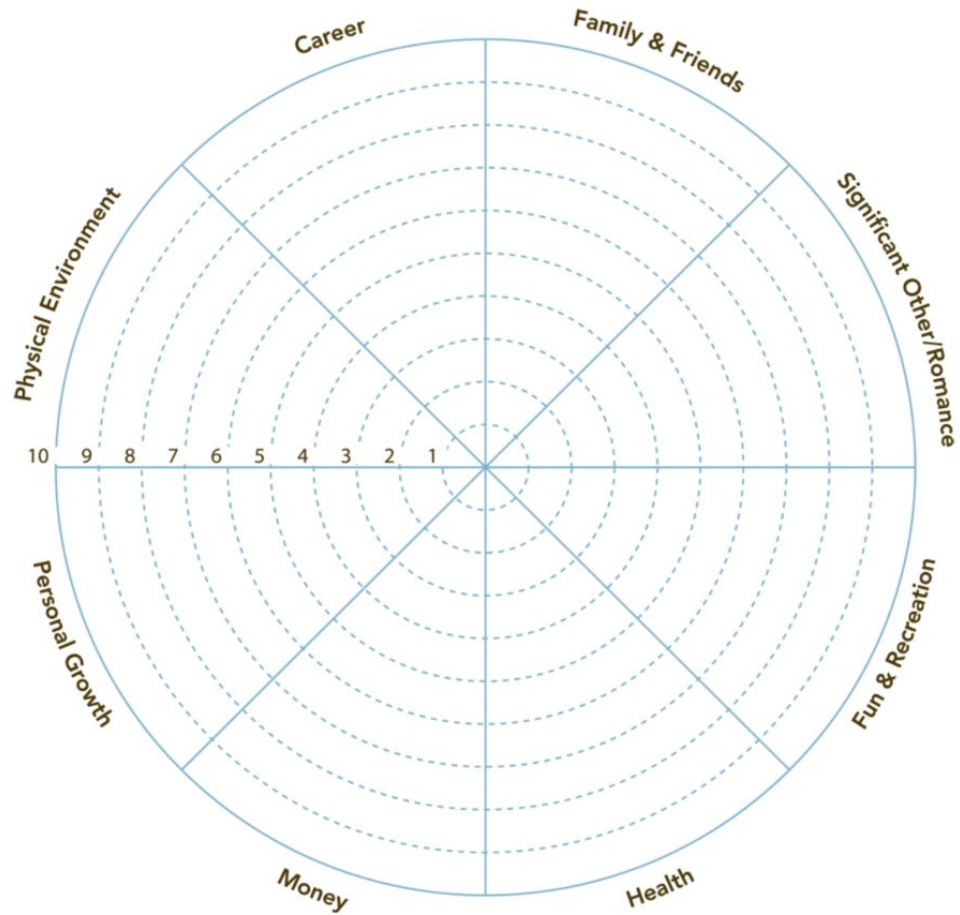


The first exercise, the Wheel of Life, will help you identify areas in your life that you are happy with and areas that you would like to improve. The latter is the baseline for your decisions on what to focus your learning efforts on.

Print this slide and rate the areas indicated on your wheel of life from 1 to 10. 1 – horror, 10 – everything is fine.

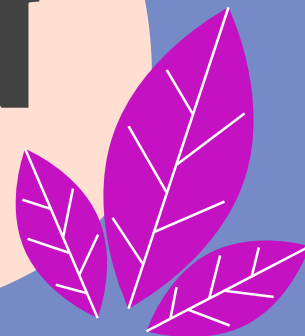
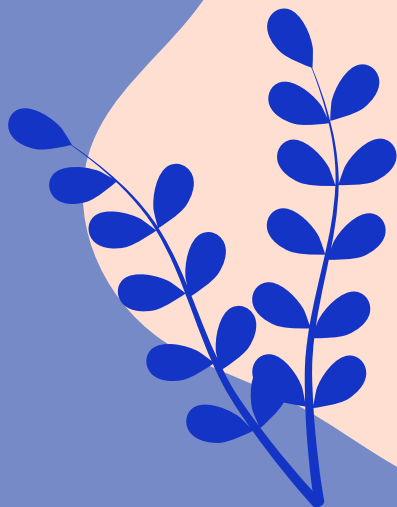
Or, generate your own wheel using this online tool:

<http://www.resourcesof.life/>



02.

VISUALI SATION



Look at your wheel of life and the areas that you want to immediately address through learning.

Now, imagine the perfect scenario for each of the areas that are currently could use some work.

How would 100% improvement in that area look like for you?

Imagine how you look like, how you behave, what or who is surrounding you.

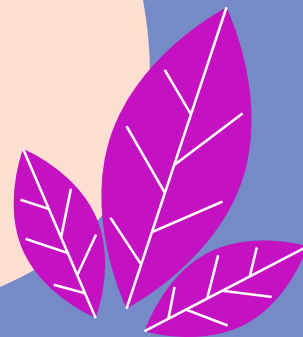
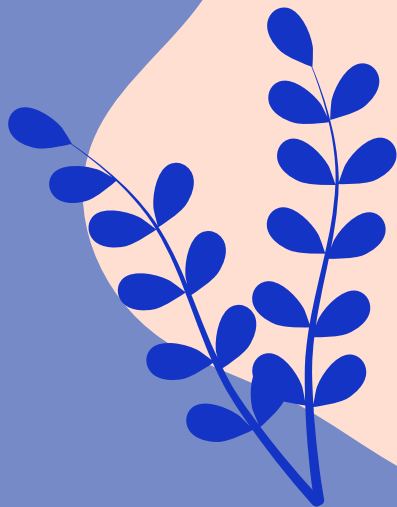
Use the suggested structure (provided on the next page) for each life area you want to start changing.

Area of your life you want to improve:

How perfect scenario of achieving this goal will look like:

03.

**MIND
MAP**



Now that you know what you want to achieve, you will break the goal down into smaller, easier to manage components. Milestones, if you will.

I like to use mind mapping technique because it allows for a merry thought dump that I can later sort out. Your breakdown doesn't have to be a step-by-step hierarchical map if it's too restrictive for you. Or it could be! It's completely up to you.

The goal is to chunk the goal down to make your learning plan manageable and realistic.

Draw your goal on the next page and start mapping out items that are needed to achieve that goal.

You can also use an online tool to do it:

<https://app.mindmapmaker.org/>

Your mind map goes here:

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