

PART 1

# FREE YOUR MIND

CALL TO ADVENTURE

- 1. Becoming Limitless
- 2. Why This Matters Now
- 3. Your Limitless Brain
- 4. How to Read and Remember This (and Any) Book

PART 2

# LIMITLESS MINDSET INITIATION

- DISPELLING THE 7 LIES OF LEARNING
  1. Intelligence is fixed
  2. We only use 10% of our brains
  3. Mistakes are failures
  4. Knowledge is power
  5. Learning new things is difficult
  6. The criticism of other people matters
  7. Genius is born, not made

PART 3

# LIMITLESS MOTIVATION REVELATION

- PURPOSE ENERGY SMALL SIMPLE STEPS FLOW

PART 4

# LIMITLESS METHODS TRANSFORMATION

- FOCUS
  - Calm Your Mind
  - Breathing
  - Schedule Time for Distractions

- MEMORY
  - Visualization
  - Association
  - Emotion
  - Location
- STUDY
  - Active Recall
  - Manage the State You're In
  - Music for the Mind
  - Take Note of Taking Notes

# LIMITLESS YOU

THE REWARD & RETURN

- THINKING
  - The Thinking Hats
  - How Are You Smart?
  - Your Learning Style
  - Mental Models
  - Thinking Exponentially
- SPEED READING
  - Visual Pacer
  - Peripheral Vision
  - Comprehension



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Purpose can be an elusive concept for many of us. We may want to lose weight, but what is our purpose in wanting to achieve that goal? Some goals will be easier to associate with purpose. Getting promotions or excelling at our jobs can be tied closely with our purpose, especially if we're in a position that we're passionate about.

The easiest way to discover our purpose is to ask why. Why must we do this? Why is this goal important? Why do I want to achieve this?

We can come up with all kinds of reasons to achieve a goal. The what, where, who, when, and how are all tactical pieces of our goal-setting plan. But the heart of the goal is in the why. Answering this question has to be more than, "because I have to". There's all kinds of goals we have to do, but getting a good grade or losing weight is rarely the actual why to any goal. It could be that getting a good grade means we have a better chance to getting into the University of our dreams. Losing weight is likely less about the number and more about something deeper like our health or our confidence.

We'll know when we found the purpose of our goal when we have more than logic attached to it. The purpose, the real why that will drive us to success, will evoke an emotional reaction within us. Purpose is meaning, and meaning is heart.

### **But First, Be SMART**

#### **3 Habits That Will Make You Mentally Strong**



 Aleid ter Weel in [Better Advice](#)




#### **10 Things To Do In The Evening Instead Of Watching Netflix**

 Alex Mathers



#### **How to create life clarity in four quick steps [illustrated]**

 Dr T J Jordan



#### **Dangerous People: Learn to Watch Out for the Dark Triad**



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We're fond of acronyms here at Kwik Learning. They help us remember difficult or complicated concepts by taking longer segments and retracting them down to short, digestible bites. When it comes to goal-setting, we want to make sure they're SMART.

## S — Specific

A good goal is well defined with a clear focus. We don't just want to get a raise, we want a 3% raise, or whatever is a realistic number within your company parameters. We don't want to get in shape, we want to run a six-minute mile. When we describe our goal to strangers, success should be easy to define and relatively easy for them to understand.

## M --Measurable

It's difficult to stay on track with a goal if it isn't measurable. Goals need to be managed, and to do that, they need to be measurable. Getting in shape isn't measurable, but losing a specific amount of pounds or inches is something that can be tracked and measured. If the goal is more abstract, like getting a good end of year review, set up markers of success so you can track your progress. Things like a certain number of completed projects or commission sales closed. Make sure it's tangible and can be tracked.

## A --Actionable

Once we have the specific goal and how we're going to measure our progress, we need to make sure we have action steps that are going to give us momentum forward. If our goal is small, we may not need check in points, but we still need specific, measurable steps that will get us there. We're going to run for thirty minutes every day or we're going to set aside thirty minutes for sales calls every morning. For larger goals, we may need to create smaller goals with these steps taking us to each progress point.

## R --Realistic

As much as we encourage people to have stretch goals, we want them to still be achievable. If we're in an entry-level position, getting promoted to upper management may not be a realistic goal. Same with a raise. If the company range only goes up to 5%, setting the goal for a 10% raise isn't realistic. Make sure the goal is something that could be achieved, even if it would force us to really work for it, within our timeframe and capabilities.

## **T** --Time-Based

While it's true that with enough time almost anything is possible, we also want to put time-frames on our goals. That doesn't mean we shouldn't have long-term goals. But we should have smaller goals within shorter time periods that build up to the larger and longer goal. This helps our brain continue to build the habits we need to stay on track and keep our reward system activated to help motivate us to continue pursuing our goals.

### **Now Add The HEART**



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SMART goal-setting is the nuts and bolts of the goal. They're the tactics to how we're going to approach the goal, but they aren't really giving us our purpose or drive. When it comes to reaching our goals, our motivation comes from the HEART.

## **H** --Healthy

Making sure our goals encompass all aspects of our health and well-being means we are looking out for ourselves over the long-term. It's one thing to have a goal we know we're going to have to work hard at, but if it's at the expense of our health, achieving that goal may not end up being good for us in the end. Always evaluate how our SMART goals take into consideration our emotional, mental, and physical health.

## **E** --Enduring

Our goals should mean enough to us that they inspire us to keep going, even when it's difficult. The E here could easily stand for Emotion, as this is what

our goal should evoke. The thing is, every goal worth pursuing is going to be hard at some point. It's going to make us question ourselves, our commitment, our capabilities. And that's normal. But this is when we need the emotional pull of our goal to help keep us going. Attaching strong emotions to our goal helps ensure we can endure the hard times and make it in the long run.

## A --Alluring

This doesn't mean a good goal is sexy or glamorous. When we think of alluring goals we're thinking of them in terms of irresistibility. As we mentioned, reaching our goals should be hard. They should make us work. And while emotion is important in terms of motivation, having something that excites us is also important. We want to be pulled towards our goal, so make sure we find aspects that are exciting, enticing, and engaging.

## R --Relevant

When we're evaluating our goal, we want to be sure it's relevant to our lives. We need to ask ourselves why we're setting this particular goal and how it will improve our life once we reach it. Ideally, our goal will be tied to a challenge we want to overcome, our life's purpose, or our core values. The stronger the ties to these personal beliefs, the more motivation we'll discover as we pursue our goal.

## T --Truth

The final aspect of giving our SMART goals HEART is being honest with ourselves. Who are we setting this goal for? To impress our boss? Fit in with the neighbors? Catch someone's eye? These may be compelling and emotional in the short-term, but they're not likely to sustain us or push us through difficult goals. We want to be sure our goals are true to who we are and to be brutally honest with why this goal is important to us.

## Conclusion



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SHOW NOTES:

The 4 Keys to Genius

The first key to genius is Growth

- Mindset by Dr. Carol Dweck is all about the difference between a growth mindset and a fixed mindset.
- People who excel at the highest level are committed to growth and consistent improvement.
- It's not about perfection but progress because practice makes progress.
- In what ways are you committed to the growth mindset?
- Have you scheduled that growth into your calendar?
- People say they want better health and more income but if you don't schedule it, it won't happen.
- Consider: what is your self-growth time? What is on your to-learn list (and not just your to-do list)? What's on your to-grow list?

The second key to genius is Giving

- The road to excellence isn't about "me." It's about "we."
- Everything in nature gives or is eliminated – which means you grow so you have more to give.
- This is why when you teach something, you get to learn it twice.
- When you learn and grow with the intention to give, you have more of yourself.
- You don't give to get. You give because it's who you are.

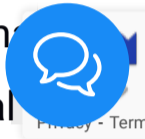
The third key to genius is Gratitude

- Some people create vision boards to help them achieve their goals. Why not create a gratitude board?
- In Kwik Brain 016: My Morning Routine (How to Jumpstart Your Brain & Day), I spoke of how I like to start my day with gratitude.
- How can you appreciate the things you'll eventually have if you don't appreciate what you have now?
- If you want to truly feel wealthy, write down everything you have in your life that money can't buy. Think of your health, the people you love, your sense of sight, etc.
- Success builds on success – but you must appreciate the success you already have.

The fourth key to genius is Grit

- Grit is perseverance, persistence, and your ability to overcome difficulties. There is a bestselling book called Grit by Angela Duckworth.
- When you have a big goal, you're going to face challenges.
- Look at your problems as puzzles.
- At a past Kwik Brain event, I asked renowned music producer, the then-84-year-old Quincy Jones, how he overcame problems.

- He responded, "I don't have problems. I have puzzles."
- This is a great perspective because puzzles are fun AND have solutions.
- I dedicated my life to solving the puzzle of how memory works. Now, I give it to other people because I am grateful for the opportunity. My struggle led to strength.
- You build grit through practice.
- Grit is a muscle, and challenge leads to change.
- Most people have heard of post-traumatic stress, but not post-traumatic growth.
- Many people who've faced adversity say they wouldn't change anything because this adversity gave them a mission and a new sense of meaning they couldn't get anywhere else.
- To build grit, put yourself in uncomfortable positions.
- Bruce Lee once said, "If you always put limits on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there. You must go beyond them."
- The difference between a normal person and a champion is that a champion is willing to push past the pain period.
- I once was invited to a boxing match with Arnold Schwarzenegger. When I asked them what the difference between a normal person and a champion is, he said, "With curls, the one you don't want to do the most is the one that's going to help you the most."
- Grit also helps you be resourceful.
- MacGyver was able to survive on his island not because he had resources but because he was able to find and develop resources when he had none. This required a level of grit and persistence – which he developed by going through painful times.
- When you are going through painful times and unsure whether to take on something, ask yourself: will the pleasure outweigh the pain?



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