

My top 5 this week

- A massive mistake I made as a **beginner writer**
- **Grinding** harder won't get you there.
- The bad news: Your mind is a **magnet**.
Good news: You can **change its charge**.
- Fall in love with **walking**
- I discovered why
my coworker 'drove me crazy'



QuintSmart

*Learn how to Learn, Retain and
Recall with Ease*



A massive mistake I made as a beginner writer



Dickie Bush 🚢 • Following

I talk about digital writing & personal progress

[Visit my website](#)

3 simple steps to edit in 10' or less

- Wait 24h between writing and editing
- Read everything you write aloud
- Read your writing on a different screen

(plus 4 formatting hacks)

1. Avoid big "walls of text" to make it less intimidating
2. Use big bold subheads to make it skimmable
3. Use bulleted/numbered lists to optimize for SPEED
4. Open with 1 single sentence to make it easy for your reader to get started



QuintSmart

Learn how learn, retain and recall with ease



Grinding harder won't get you there.



Marcus Lefton · 1st

Architecting Sustainable High Performance for Founders, Executives & Pro Athlet...

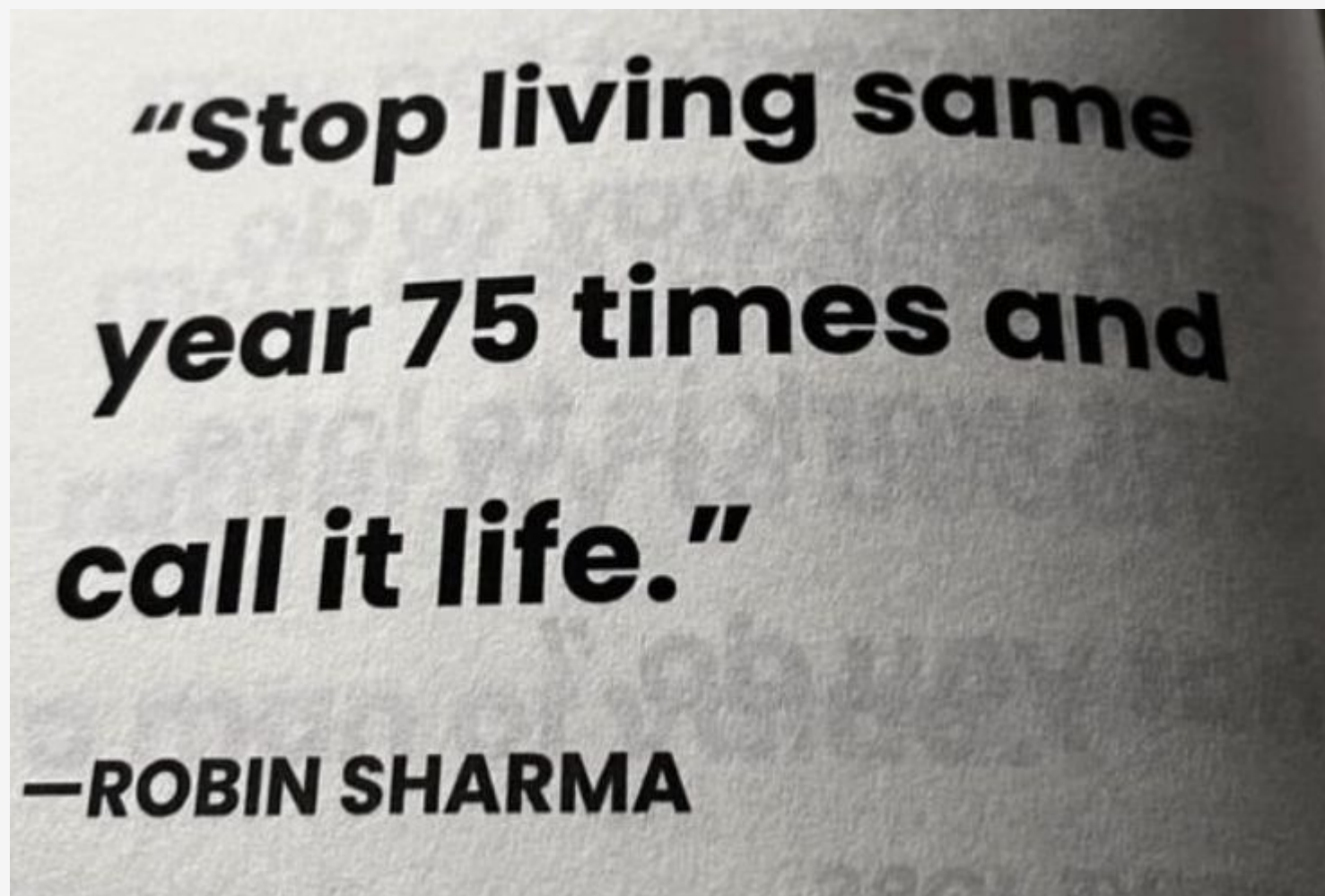
4d ·

High performers fear wasted potential

Here's the Shift:

Stop asking, "How do I do more?"

Ask instead, "Where can I create leverage?"



QuintSmart

Learn how learn, retain and recall with ease



The bad news: Your **mind** is a magnet.
Good news: You can **change its charge**.



Hayden Swerling · 1st

Rewriting the HR rulebook, one organisation at a time.

[Visit my website](#)



You get all the best mindset tools:

- Gratitude - Focus on what you have.
- Love - Fill your heart with positive emotions.
- Abundance - Believe there's enough.
- Mindfulness - Stay present and aware.
- Affirmations - Speak positivity into existence
- Visualisation - See your success clearly.
- Meditation - Calm your mind and find peace.
- Journaling - Reflect deeply
- Positive Self-talk - Encourage yourself daily.
- Letting Go - Release what no longer serves.



QuintSmart

Learn how learn, retain and recall with ease



Fall in love with walking.



Costas K. Gian · 1st

HR Operations | Human Resources Business Partner in HR Tech
4d ·

Walking Benefits

- 1 min - blood flow elevates
- 5 mins - mood improves
- 10 mins - cortisol reduces
- 15 mins - blood sugar reduces
- 30 mins - fat burning begins
- 45 mins - overthinking reduces
- 60 mins - dopamine increases

... aim for 10k steps per day.



QuintSmart

Learn how learn, retain and recall with ease



My coworker 'drove me crazy'
→ He *rushes* to *build*. I need to *analyze*.
We used to clash until...

I understood our different learning styles

He's a **HOW-learner** - learns by doing, with minimal theory.

I'm a **WHAT-learner** - need data, facts, and examples first.

→ Understanding these different styles changed everything.

***Join my Learning Styles Discovery
Workshop on January 14th!***

He was right!
And I?



Post statistics

- 925 impressions
- 132 comments
- 109 likes





Like This Post?

FOLLOW FOR MORE



***Reshare** this post if you found it useful

