



Second Brain

251 Sebastian Kamilli-
Second Brain
Workshop

Notes & Ebook
Compiled by:
Beau Davie

How to Build a Second Brain That Saves You Hours Each Week

Sebastian Kamilli

24 years learning and coaching experience:

<https://program.quintsmart.com/second-brain-discovery-workshop>

Attendant- Workshop: 29 January 2025 – 18:00-20:00

Discover Your Second Brain:

- Start turning your information overload into organized knowledge
- Discover how a Second Brain can work for your daily life
- Learn three simple workflows you can use right away
- See how your knowledge system can grow
- Get answers to your starter questions

Introduction:

This workshop was to help overwhelmed professionals turn information chaos into organised knowledge that drives results.

As one former participant recently told him:

"I was drowning in information—reading everything but retaining nothing. Now I have a system that actually works."

If you're struggling to manage an endless flood of information while watching your best insights slip away—keep reading.

A practical Second Brain implementation that allows you to:

- Access your insights instantly when you need them most
- Transform scattered information into actionable knowledge
- Build a personalized system that grows with your learning journey

Sebastian's approach doesn't force you to change your entire workflow overnight.

It doesn't demand hours of daily maintenance.

It doesn't require complex software setups.

Instead, you'll follow a proven system that puts your natural learning style first.

Then you'll build a knowledge vault that serves you for years to come.

By using this system he creates distilled advanced knowledge management techniques into simple, actionable steps that anyone can follow,

and this system is currently being used by beginners and seasoned professionals alike.

Three years ago, he hit a wall with information overload:

- Projects required constant rework
- Valuable insights disappeared in forgotten files

→ Hours spent re-reading material I'd already covered

Then he discovered the Second Brain methodology. The impact was immediate and lasting.

Within months, he built a robust system that:

→ Captures insights from every book, course, and project

→ Makes information instantly retrievable when needed

→ Transforms one-time work into reusable building blocks

He has spent the last three years refining this system through:

→ Daily journaling practices

→ Project-based learning implementations

→ Book highlight workflows that actually stick

The results:

→ Presentations now take minutes instead of hours to prepare

→ Workshop designs flow naturally from accumulated knowledge

→ Client support draws from deep wells of organised experience

This isn't just theory—it's battle-tested practice.

He has packaged everything he has learned into a focused workshop

That 2-hour workshop gives you:

- ▣ A clear understanding of Second-Brain fundamentals
- ▣ Hands-on experience with the complete workflow
- ▣ A glimpse into advanced system capabilities
- ▣ Three immediately applicable use cases

If you are ready to stop drowning in information and start building knowledge that serves you, this workshop is your starting point.

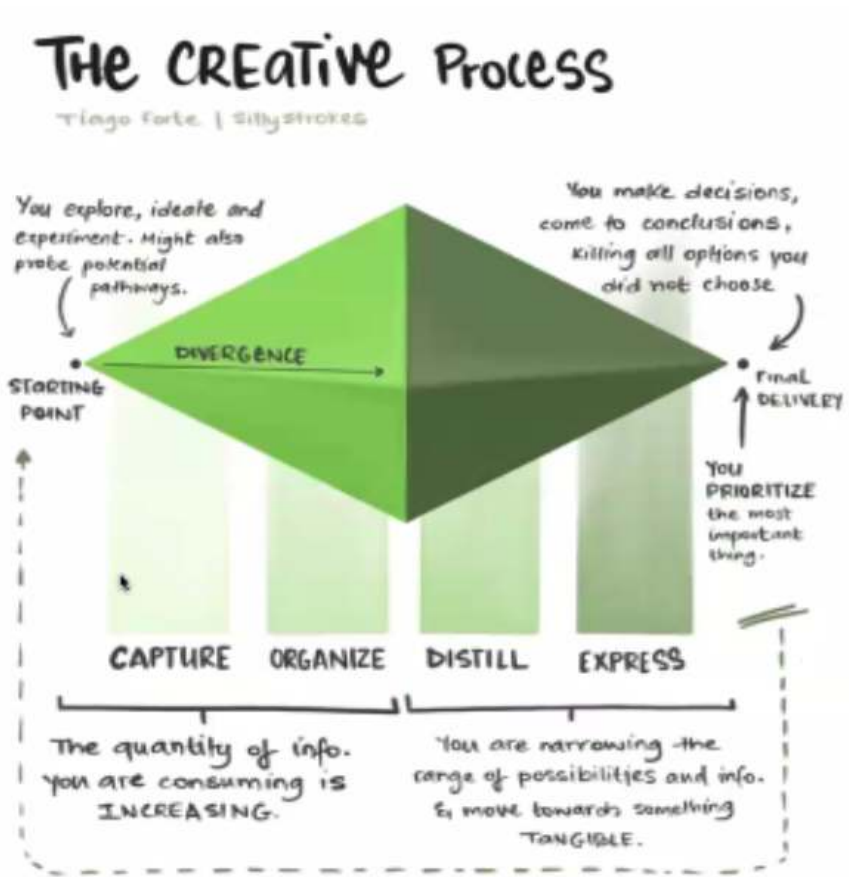
<https://program.quintsmart.com/second-brain-discovery-workshop>

Workshop: How to Build a Second Brain

The workshop on building a second brain emphasized using technology to store and retrieve information, freeing up mental space for creativity.

Tiago Forte's approach was highlighted, focusing on

- capturing,
- organising,
- distilling, and
- expressing information.



Participants shared their mental images of information management, from a library to digitalised data. Practical tips included using read-later apps like Meta and Obsidian for organising notes, and the **PARA (Projects, Areas, Resources, Archives)** method for action-based organization. The importance of distilling information into key insights was stressed, enabling efficient retrieval and application of knowledge.

PARA

project

A series of tasks linked to a goal, with a deadline

area of responsibility

A sphere of activity with a standard to be maintained over time

resources

A topic or theme of ongoing interest

archive

Inactive items from the other 3 categories

Action items

- Experiment with a "read later" app like Matter or Readwise to decouple information discovery and consumption.
- Explore building a daily note-taking system using a tool like Obsidian to capture information from various sources.
- Reflect on and document your current information sources and relevance criteria to help define your "12 favourite problems" approach.

Outline

Introduction to the Second Brain Concept

- Sebastian introduces the idea of the second brain, emphasizing its role in storing and retrieving information to focus on creativity and idea generation.
- The second brain approach was developed by Tiago, as mentioned in his book, which helps manage information by making it easy to store, organise, and retrieve.
- Sebastian describes the diamond model of working with information: capture, organise, distill, and express.
- Participants are asked to imagine how their productivity and decision-making would improve with instant access to the right information.

Participants' Initial Reactions

- Jamie shares a mental image of a big library surrounded by books, symbolizing the ability to quickly access and combine thoughts and ideas.
- Speaker 2 discusses the importance of digitalizing information to see connections and generate new ideas, emphasizing the value of recalling information rather than just storing it.
- Speaker 3 highlights the challenge of having fast access to information for confidence in sharing it in their work.
- Speaker 4 talks about the importance of probability in decision-making and how having access to the right information can help in making informed decisions.

Exploring Different Information Sources

- Participants are asked to reflect on their regular sources of information and how they decide on the relevance of new information.
- Sebastian shares his own sources, including the web, Kindle, newsletters, and AI chats, and emphasises the importance of filtering information.
- The concept of **Richard Feynman's 12 favourite problems approach** is introduced as a method to filter and organise information.
- Participants are encouraged to think about their own filter criteria and how they balance consumption versus distraction.

🌱 (seedling) | 📌 Permanent note | 📅 * Monday, May 1st 2023, 5:49:50 am ↻ Thursday, May 18th 2023, 6:15:57 pm

My running list of 12 favorite problems

Health

How can I **extend my nutrition with healthy elements** without at the same time harming the environment?

Help others to grow

How can I **help others to grow & learn fast** and leverage my knowledge and build on what I learned over the years?

Permaculture

How can I **grow a permaculture based garden** where I flourish with being in flow while thinking about topics?

Continuous Learning

How can I find a good balance of learning topics that make sense to get capable of and at the same time leverage technology and already existing knowledge?

- How can I establish my OKR habit - How can I consistently achieve the goals I set for myself?
- What facets of my life can I automate?

Wealth

How can I **grow my wealth to a level that I can think and act independently** and at the same time stay connected, social and caring?

Using Read Later Apps and Daily Note Journals

- Sebastian introduces the use of read later apps like **Meta and Readwise** to decouple consumption from discovery, allowing for more efficient information processing.
- The concept of daily note journals in **Obsidian** is explained, where information is captured and organized for easy retrieval.
- Speaker 5 shares their use of a read later app that automatically moves marked articles into their notes app, highlighting the benefits of streamlined information management.
- The importance of integrating highlights and notes from various sources into a single system for easy search and retrieval is emphasised.

Action-Based Organisation Principle

- The Power Approach, an action-based organisation principle, is introduced, focusing on storing information based on their actionability.
- The four pillars of the Power Approach are explained: projects, areas of responsibility, resources, and archives.
- Sebastian shares their implementation of the Power Approach in Obsidian, showing how information is organised by project and **area of responsibility**.
- Participants discuss the challenges and benefits of the Power Approach, with some finding it relieving and others needing more structure.

Maps of Content and System Integration

- The concept of maps of content is introduced, where index nodes link to detailed notes, providing a quick access point to information.
- Sebastian shares an example of a map of content for a course on learning how to learn, showing how it can be used to organise and retrieve information.
- The importance of integrating different systems and tools, like Google Drive and Remarkable, into a unified second brain is emphasised.
- Participants express interest in the maps of content concept and its potential to improve information retrieval and organisation.

Starting with Simple Organisational Principles

- Sebastian advises starting with simple organisational principles and not getting bogged down in researching the best note-taking app.
- The importance of starting small and gradually expanding the organisational system is highlighted.
- The goal is to create a system that saves time and improves efficiency, rather than spending too much time on setup.

Distilling Information for Effective Retrieval

- Sebastian emphasises the importance of distilling information to its **core essence**, using highlights and key insights to quickly retrieve important information.

- The benefits of extracting key insights from books and other sources are discussed, including the ability to share and use the information in different contexts.
- The process of distilling information is presented as an **investment in the future self**, providing building blocks for new ideas and projects.
- Participants are encouraged to experiment with different methods of distilling information and find what works best for them.

Part 2

The discussion focused on using a "second brain" tool like Obsidian to capture, organise, and express information. Participants shared their methods, such as highlighting physical books and using voice notes. Key points included the importance of distilling information into actionable nuggets, linking related content, and leveraging AI tools like ChatGPT for summarisation and retrieval. The conversation emphasised the need to balance capturing details without overwhelming oneself and the benefits of externalising thoughts for better retrieval and application. The session concluded with a reflection on current learning habits and potential improvements using AI-enhanced systems.

How to extend?

Everybody knows how to handle a flute (you blow into one end and press your fingers on the holes according to the notes you are playing), but nobody would try it out once and then judge the instrument on what they hear.

Action items

- Experiment with externalising one knowledge snippet and feed it to an AI tool like ChatGPT to see the potential benefits.
- Try implementing a "second brain" system, such as using Obsidian, and start with distilling the essence of a recent book or information source into a single note.

Outline

Second Brain Tool and Information Management

- Sebastian discusses the **concept of creating a "nugget"** or essence of a book he read, which is not about the content but what he gets out of it.
- He mentions using the second brain tool, specifically **Obsidian**, to store these nuggets and link them to relevant projects or resources.
- He suggests **immediately** putting new information into a project or resource area, emphasising the importance of linking related information.
- He explains how he link ideas from books to his Obsidian tool and use a "read later" folder for articles he finds interesting but can't read immediately.

Challenges with Physical and Digital Note-Taking

- Speaker 3 shares his preference for physical books and the challenge of translating physical notes into a digital format.

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- Speaker 3 mentions the difficulty of maintaining traceability of thoughts in a growing list of bullets and the struggle to distill and use information easily.
- Speaker 2 suggests using digital tools like ChatGPT to scan and extract notes from physical books, making the process more efficient.
- Speaker 2 explain the importance of externalising insights and using AI to aggregate and organise information for better retrieval and application.

Course: [Learning how to learn](#) by Dr. Barbara Oakley, Dr. Terrence Sejnowski
Course claim: [Learn more effectively and with less frustration](#)
I attended this course in 05/2023

Week 1 - Focused and Diffuse Thinking ¹

[Week 1 - Course Notes](#) ⁰ Focused and Diffuse Thinking

- Focused thinking is like a spotlight, where we concentrate on a specific task or idea.
- Diffuse thinking is like a relaxed state where our minds can wander and make connections between different ideas.
- Using both modes of thinking can help us learn more effectively.
- Switching between focused and diffuse thinking can help overcome mental blocks.
- Taking breaks and engaging in physical activity can help stimulate diffuse thinking.

Week 2 - Procrastination and Memory

[Week 2 - Course Notes](#) ⁰ - Procrastination and Memory

- Procrastination is often caused by fear of failure or discomfort.
- Techniques like the Pomodoro technique or the "just get started" approach can help overcome procrastination.
- Sleep is crucial for memory consolidation.
- Taking breaks during study sessions can improve learning.
- Visual aids like mind maps or diagrams can help with chunking.

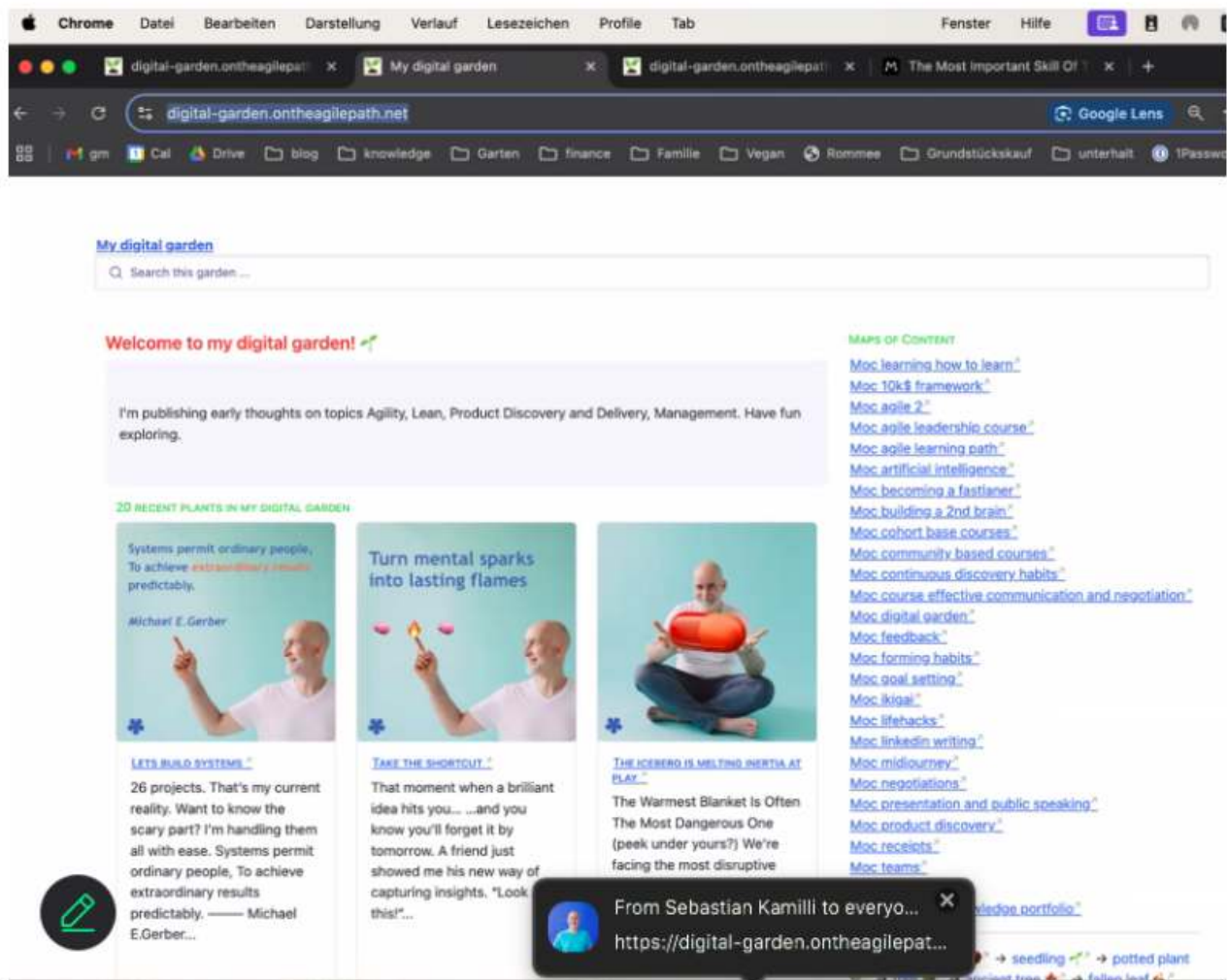
Implementing the Second Brain System

- Sebastian recommends taking one core information source, such as a recent book, and distilling the essence into a single note to see how it works.
- He reflects on the benefits of having distilled versions of information, which are more accessible and used more frequently.
- He introduces the final stage of the process, "**Express**," and asks participants to reflect on their satisfaction with applying and expressing the information they capture.
- Speaker 4 shares his reliance on memory and the potential of the second brain system to capture and organize thoughts better.

Balancing Capture and Expression

- Speaker 5 discusses the challenge of capturing too much information and the difficulty of connecting data to relevant moments of need.
- The importance of externalising information and using AI to enhance retrieval and application.
- Speaker 3 reflects on the need to focus on capturing only the most relevant information and distilling it to avoid information overload.
- Sebastian underlines the need to start with expressing information immediately and growing from there to ensure effective use of captured data.

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AI Integration and System Enhancement

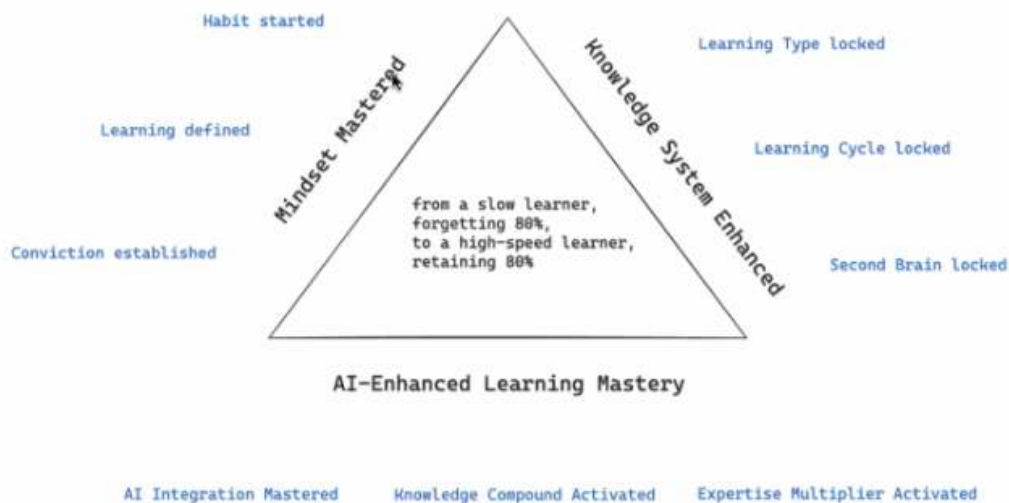
- Sebastian shows how AI can be integrated with Obsidian to enhance the retrieval and application of information, providing examples of AI-generated summaries and connections.
- He explains how AI can help identify contradictions in thinking and provide new insights by analysing a large number of notes.
- He demonstrates how AI can be used to create newsletters and other forms of expression, making the process more efficient and effective.

- He encourages participants to experiment with externalising knowledge snippets and feeding them to AI to see the difference in results.

Reflection and Future Scenarios

- Sebastian presents three scenarios for the future: continuing with current learning habits, failing to adapt to new technology, and leveraging a compounding effect to improve learning and productivity.
- The importance of adapting to rapid technological changes and leveraging systems to handle information overload.
- A combined system approach, including mindset mastery, a knowledge system, and AI integration, to enhance learning and productivity.
- Sebastain invites participants to reflect on their current state and identify areas for improvement using a provided Google Doc.

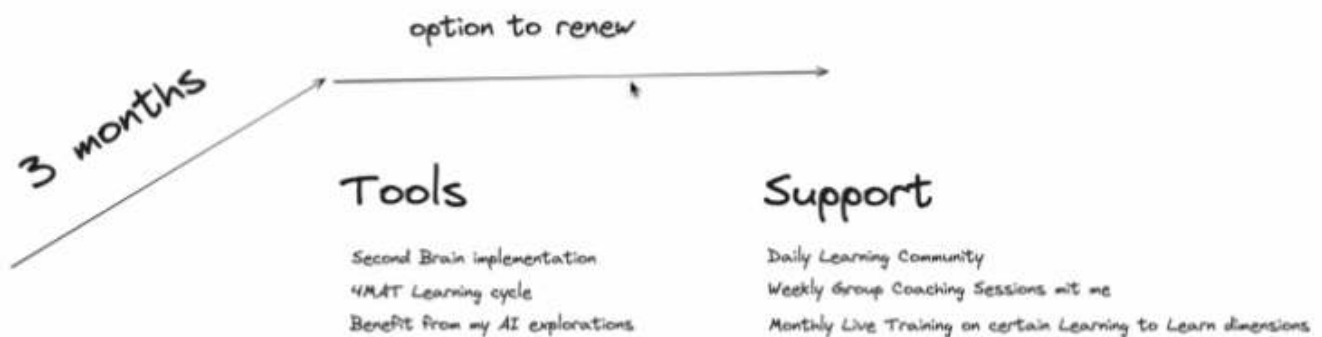
A complete overview



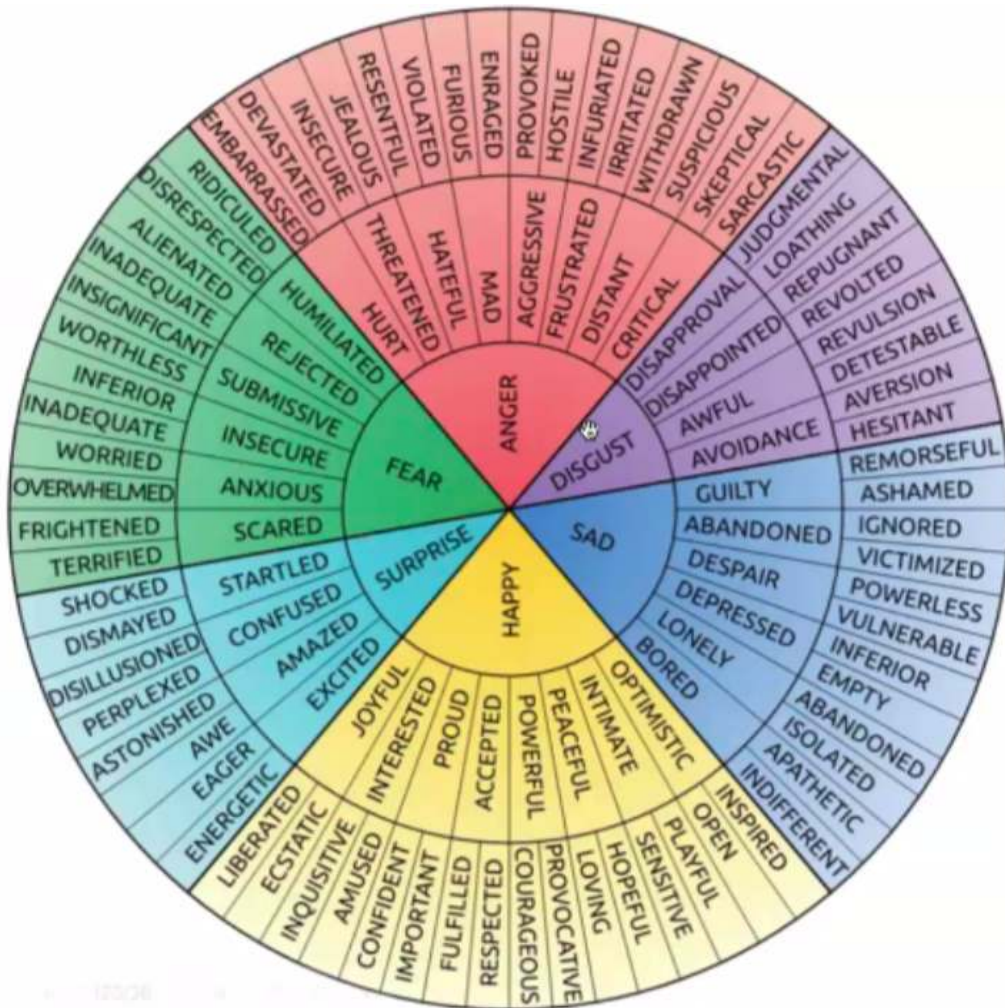
Group Reflection and Next Steps

- Participants reflect on their current state in various dimensions of the combined system, identifying areas for improvement and strengths.
- Sebastian offers a three-month program to help participants build and implement the combined system, including weekly group coaching sessions and live training.
- He encourages participants to register for feedback calls to discuss their experiences and plans for implementing the second brain system.
- He highlights the benefits of continuous learning and the **compounding effect** of investing in a well-structured learning system.

My offer



Exercise:



There are 3 main elements to becoming a joyful learner with high retention and high-speed learning: Mindset, Knowledge Systems, and their seamless Application. Together, these elements empower you to learn with clarity, efficiency, and adaptability, making learning a fulfilling and lifelong pursuit.

Use this assessment to identify where you stand right now and craft your roadmap and next steps.

● Red - I'm not yet really on it // ● Yellow - I'm okay but need to improve // ● Green - This is my superpower

1. Mindset Mastered

Starting Point **90 day checkpoint**

You've transformed limiting beliefs about learning into empowering, positive ones.

You've defined clear learning objectives and identified the key paths to focus on.

You've implemented a continuous learning habit.

You effectively apply the 8 stages of holistic learning, connecting ideas deeply and meaningfully.

Your retention is robust, and retrieval is fast, allowing you to access and use knowledge with ease.

Result: Foundational clarity and motivation.

2. Knowledge System Enhanced

Starting Point **90 day checkpoint**

Your learning strategies align with your personal style, optimizing how you absorb and process information.

Result: High retention and speed through your personalized learning approach.

3.AI-Enhanced Learning Mastery

Starting Point 90 day check point

AI tools integrate seamlessly with your system, amplifying output quality and speed while supporting your growth.

You've created an AI-augmented knowledge ecosystem that compounds your learning exponentially

You're consistently creating new intellectual assets by combining your expertise with AI capabilities

Result: An AI-augmented learning ecosystem that turns your expertise into compound growth

<https://calendly.com/sebastian-kamilli/second-brain-feedback-coaching-call>

You in 2 years?



How the Second Brain Workshop can help you learn and retain what you learn. .

Sebastian helps busy professionals turn overwhelming information into organised knowledge that drives real results. As one past participant shared:

"I used to drown in information—constantly reading but retaining nothing. Now, I have a system that actually works."

If you are struggling to keep up with an endless flow of information while losing track of your best ideas—keep reading.

Sebastian has implemented a practical Second Brain system that helps you:

✔ Instantly access your insights when you need them most

Turn scattered notes into meaningful, actionable knowledge

✔ Build a personalised system that evolves with your learning journey.

His approach doesn't require you to overhaul your entire workflow overnight. No complicated software. No hours of daily upkeep. Instead, you'll follow a simple, proven system designed to fit your natural learning style—so you can stay organised without the overwhelm.

