

**I found
a way to
supercharge
my learning**

**my 5 main changes and 3 books →
that provided the change impulses**

Your mind is for having ideas, not for holding them

David Allen

My impulse to **externalize** my knowledge in
my **Second Brain** and **share** it with others

RECENT 10 NEW NOTES

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*I'm a Gardener
and Architect
type of notetaker .. so a
little wild*



<https://digital-garden.ontheagilepath.net/>

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I grow Maps of Content for grouping and as main topic entry points

Example MOC for Building a 2nd Brain

MOC Building a 2nd Brain

Attribution

Thanks to [Tiago Forte](#) for the inspiration with your Building a 2nd brain movement and your rich set of description, your amazing book and all your love and efforts you put into this topic.

Building a 2nd brain in a nutshell - [Visual Notes](#)
[Building a Second Brain - Insights](#) - insights from [Building a Second Brain](#) - [Tiago Forte](#)

CODE - Capture-Organize-Distill-Express

Capture

- [BASB - Learning about Capture](#)
- [BASB - My ways to capture to my Second Brain](#)

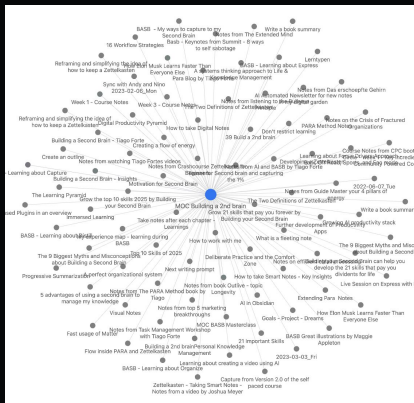
Organize - PARA

- [A perfect organizational system](#)
- [Para Blog by Tiago Forte](#)
- [PARA Method Notes](#)
- [BASB - Learning about Organize](#)

Distill

- [BASB - Learning about Distill](#)

Leading to many further thoughts



<https://digital-garden.ontheagilepath.net/moc-building-a-2nd-brain>

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I use AI as learning advisor

- To **analyse**
- To add **visuals**
- To **distill** information
- To find **new connections**
- To **help me understanding** topics
- To **have a dialog** with my knowledge



I combine modes of Focussed Learning with Diffused Learning

Pomodoro Technique for **Focused** Mode

Peloton, Yoga,... for **Diffused** Mode



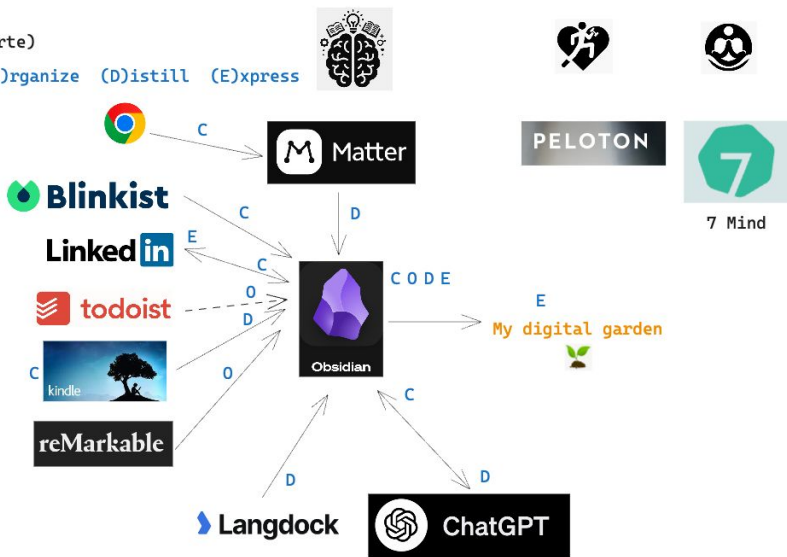
I optimize knowledge retrieval with C.O.D.E

My toolchain for Capture-Organize-Distill-Express

Second Brain

(by Tiago Forte)

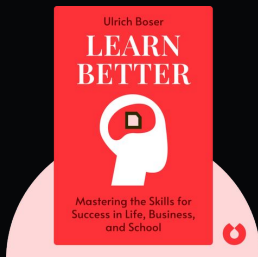
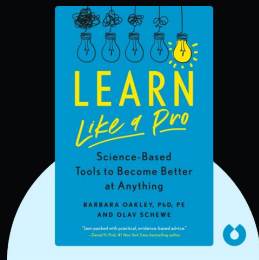
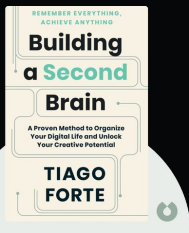
(C)apture (O)rganize (D)istill (E)xpress



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3 books that transformed my learning approach



SCAN ME



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My **Second Brain** entry point

Building a Second Brain (2022) by productivity expert Tiago Forte offers simple, effective, and workable solutions to one of the biggest challenges we face today: information overload. Using four key organizational principles, Forte shows how you can leverage digital tools to create a knowledge storage system as intuitive and efficient as a second brain.

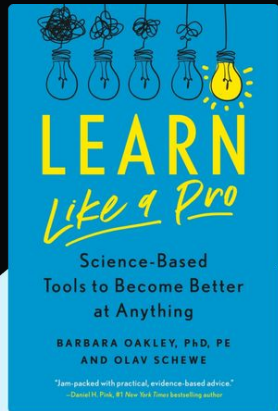


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Deep insights on Learning

Learn Like a Pro: **Science-based Tools to Become Better** at Anything (2021) looks at the most powerful strategies for staying focused and learning effectively. Both coauthors draw on their past struggles with learning, and use insights from experts and research to find out what works and what doesn't.



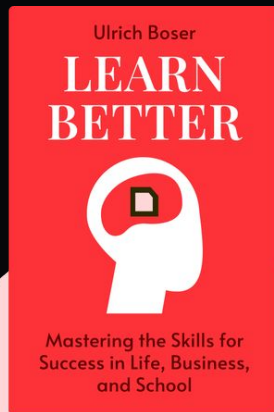
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6 steps to **learn better**

value, target, develop, extend, relate and rethink

Learn Better (2017) upends traditional approaches to learning skills and obtaining knowledge. Learning was once thought to depend entirely on the innate ability and intelligence of the learner. Rote learning was the order of the day. We now know there are much more effective ways to learn. In fact, there are six simple steps to better learning.



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GROW YOUR LEADERSHIP SKILLS

WITH GROUP COACHING BY BLINKIST



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(Combine virtual collaboration...

collaboration with bite-sized content for powerful learning



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Levels of e Work

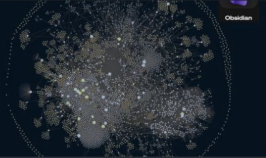


Blindly's Five Stages of Remote Work

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