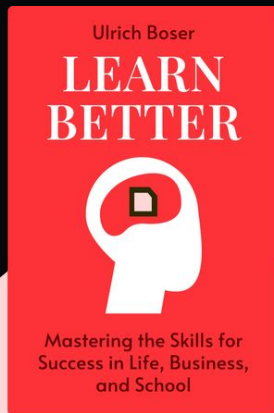


I struggled to
retain what I
learned for
decades

my **Second Brain** + these **6 Strategies** help me today →

My source for the 6 Strategies I build upon

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.



1) Find Meaning and Relevance

I grow from my 12 Favorite Problems

My running list of 12 favorite problems

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

How can I help others to grow & learn fast and leverage my knowledge and be learned over the years?

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

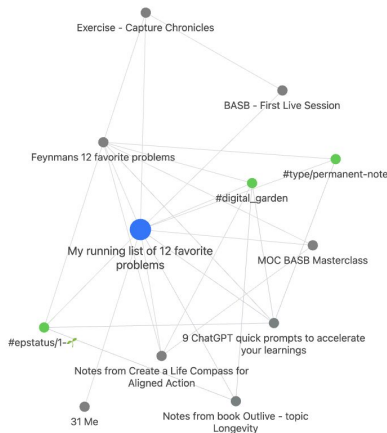
How can I find a good balance of learning topics that make sense to get capable same time leverage technology and already existing knowledge?

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

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?

- How can I generate income pursuing my interests?

How can I hold a good connection with all my children and help with their growth and at the same time ensure that they stay highly engaged, with their curiosity?

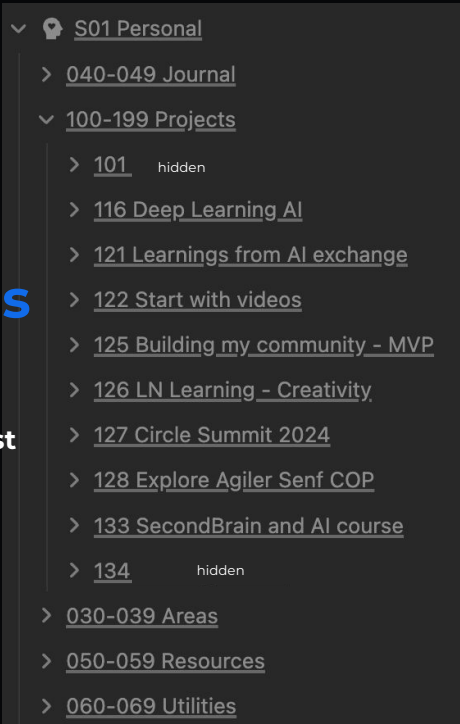


2) Set Small, Specific Goals

P.A.R.A

and PACT
progress goals

e.g. Write one LinkedIn Post
each day for one year to
grow my Smart Learning
network



3) Seek and Act on Feedback

Through working out loud in my digital garden

[My digital garden](#)

Q Search this garden ...

MAPS OF CONTENT

- [Moc learning how to learn](#)
- [Moc 10k\\$ framework](#)
- [Moc agile 2](#)
- [Moc agile leadership course](#)
- [Moc agile learning path](#)
- [Moc artificial intelligence](#)
- [Moc building a 2nd brain](#)
- [Moc cohort base courses](#)
- [Moc community based courses](#)
- [Moc continuous discovery habits](#)
- [Moc course effective communication and negotiation](#)
- [Moc digital garden](#)
- [Moc feedback](#)
- [Moc goal setting](#)
- [Moc ikigai](#)
- [Moc lifehacks](#)
- [Moc midjourney](#)
- [Moc negotiations](#)
- [Moc presentation and public speaking](#)

RECENT 10 NEW NOTES

[Magnetic writing tips distilled](#) | [About Testosteron](#) | [Notes from Good Strategy, bad S](#) | [MOC Midjourney](#) | [On Writing](#) | [About Brainwriting](#) | [Curiosity Reflections](#) | [35Five checkins](#) | [Levels of Remote Work](#) | [13 Mindful productivity books](#) |

Welcome to my digital garden! 🌱

I'm publishing early thoughts on topics Agility, Lean, Product Discovery, and more. I'm exploring.

SCAN ME

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



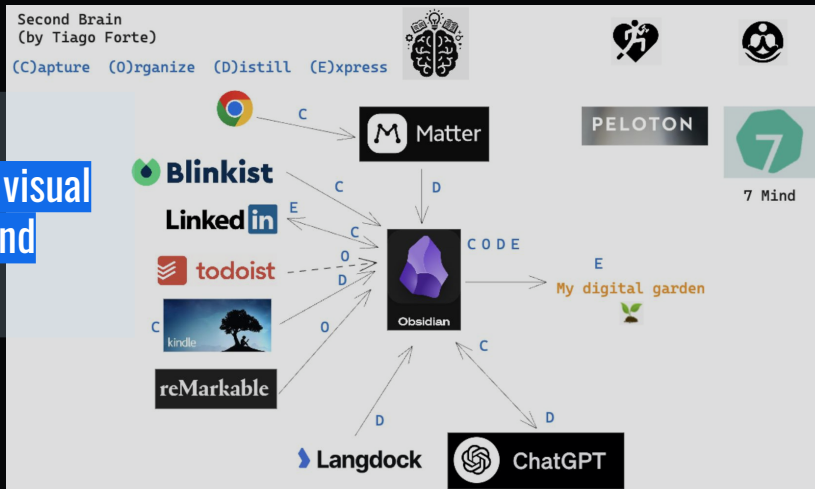
Second Brain Builder ★ AI enthusiast ★ Leadership Coach

4) Immerse Yourself and Visualize

Excalidraw for Visuals

Brain.fm and Super Focus mode for immersion

Example
Excalidraw visual
in my Second
Brain



5) Understand Relationships and Vary Practice

Some immediate connections shown via Smart Connections while writing this post

Set Small, Specific Goals: Break larger goals into smaller, more manageable targets, and build up background knowledge first.

- ↳ Each project I maintain in my PARA structure grows my background knowledge
- ↳ I leverage progress goals and reflect on my projects and progress regularly by scanning through my active projects maintained in Obsidian

Seek and Act on Feedback: Getting feedback from others is crucial for improving your skills. Monitor your mistakes and turn it to opportunities for growth.

- ↳ Via working out loud in my Digital Garden with direct exports from my Second Brain, I can share my ideas fast and help others to start

My MOC for Building a Second Brain and its connections

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 the time 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

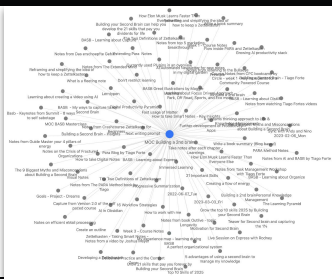
- BASB - Learning about Capture
- BASB - My ways to capture to my Second Brain

-049 Journal/46 LinkedIn posting/Learning Better with my Second Brain

personal > 040-049 Journal > 46 LinkedIn posting > Your mind is for having ideas not holding

personal > 040-049 Journal > 46 LinkedIn posting > When we learn

- > 0.89 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > Blooms Taxonomy on Second Brain
- > 0.89 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > 2 years of working with a Second Brain
- > 0.88 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > Write about Smart Learning Questions
- > 0.88 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > Motivation for Second Brain
- > 0.87 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > 5 advantages of using a second brain to manage my knowledge
- > 0.87 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > Building your Second Brain can help you develop the 21 skills that pay you dividends for life
- > 0.87 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > Learning through LinkedIn Writing
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- > 0.85 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > approach from Podcast to Knowledge
- > 0.85 | S01 Personal > 040-049 Journal > 46 LinkedIn posting > Using Second Brain for capturing presentation content fast



6) Effective Learning Techniques (e.g., Self-Quizzing, Spaced Repetition)

Flashcards LLM and Spaced Repetition

Spaced Repetition

🔗 201.482

Version: 1.12.3

By [Stephen Mwangi](#)

Repository: <https://github.com/st3v3nmw/obsidian-spaced-repetition>

Last update: [6 days ago](#)

Fight the forgetting curve by reviewing flashcards & entire notes.

Install

Copy share link

Donate

Flashcards LLM

🔗 4.419

Version: 0.0.5

By [Marco Pampaloni](#)

Repository: <https://github.com/crybot/obsidian-flashcards-llm>

Last update: [9 months ago](#)

Use Large Language Models (such as ChatGPT) to automatically generate flashcards from your notes.

Install

Copy share link

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WITH GROUP COACHING BY BLINKIST



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🔧 Unlearn to Relearn in L&D
(Combine virtual collaboration...

collaboration with bite-sized content for powerful learning



👍 3 · 4 comments

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🕒 Navigating Level 5 of Remote Work: A Journey of...

Levels of e Work

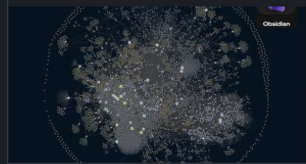


emig's Five Stages of Remote Work

👍 23 · 22 comments

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🌟 Second Brain and AI: Elevate your knowledge management...



Second Brain and Smart Connection AI - a powerful...

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