

WAYS TO LEARN

This works with any subject you're genuinely interested in, not just one book. Pick a way in and stay consistent.

Read & Summarise

One chapter, one page of notes. Simple, and it works for any book on any subject.

Best for: locking in what you actually read

Online Courses

Structured, paced, and usually cheaper than you'd think.

Best for: a skill you want built properly, not just skimmed

Podcasts On Your Subject

Learning that fits around a commute or a walk.

Best for: people who don't have a spare hour to sit and read

Teach What You Learn

Explain it to someone else. If you can't, you haven't learned it yet.

Best for: checking you actually understood it

Read Biographies

Learn a skill or a mindset through someone else's actual story.

Best for: learning that doesn't feel like studying

Join A Community

Learning alongside other people keeps you further along than learning alone.

Best for: staying consistent past week two

THE RULE

Pick one subject and one method for the month. Depth on one thing beats a skim across five.