



TRIPLE L

LEARNING AS LIFESTYLE

This Workbook belongs to

Was ist die eine **Fähigkeit**
die schon seit langem
erlernen willst?



Und warum wird
nicht´s daraus?

Meine Mission:
Ein **selbstbestimmtes** Leben
durch die nachhaltige **Integration**
von Lernen in den Alltag.

Notes

This workbook is intended to guide you through the workshop and to give you some concrete material and notes to reflect on.

You will find some additional assessment to carry out on your own in case you want to dig deeper.

Enjoy the tasks, do not rush: Setting up your learning system is one of the single most important time-investments you can do. Think of the long-term benefits frames the journey laid in front of you perfectly.

Join the ever growing group of dedicated self-learners in their quest for life-long-learning.

The Workbook
Learning as Lifestyle

Deep Work

Focus in a distracted world

Notes

- 4: Make a list of things you can do, in order to be completely unfocused.

- 1: Mark the three points you guilty of doing.

- 4: How could you counteract this point?

Deep Work

Focus in a distracted world

Notes

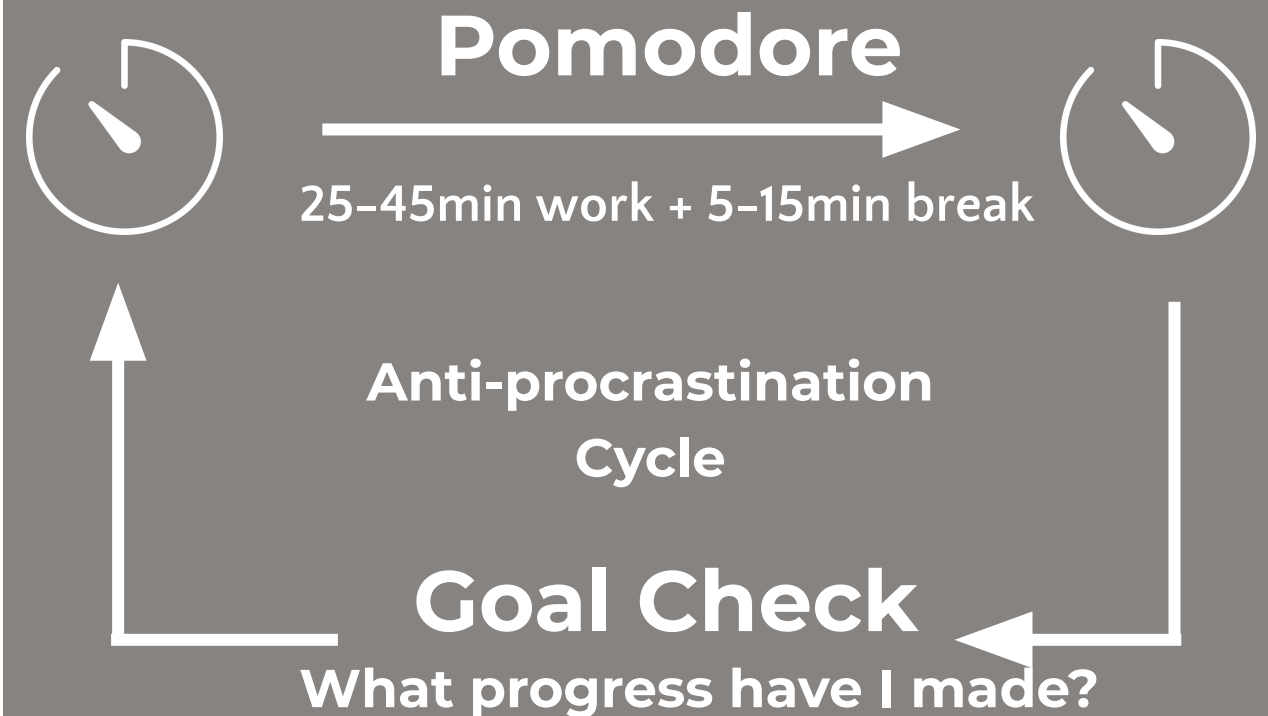
- DEEP*
 - Dedicated workspace, ritual
 - Exact end time, fighting Parkinsons law
 - Easy start sequence: ritual
 - Power ups: supply during session, reward at the end by break (coffee, water, etc.)
- Switch of phone, mail notifications etc.: attention residue dampens performance: 4 hours semi-distracted state vs. 1h undistracted focus
- Review regularly: how would I rate my work intensity on a scale of 1-5?
- Pomodore – Reviews, Feedback, Breaks: What did I accomplish? What can I accomplish in the next h?

Parkinson's law

...and the antidote Pomodoro

Work expands so as to fill the time available for its completion

- Cyril Northcote Parkinson (1909 –1993)
British naval historian and author



Notes

Parkinson's law

...and the antidote Pomodoro

Notes

- Identify tasks to tackle with Pomodoro. What will be the outcome of this experiment Pomodoro?

- Collect all required material and resources, including bottle of water.
- Set the Pomodoro timer (25 min to start with, any timer will do) and work on the task.
- Stop when timer expires, take a 5min break and revise your outcome.

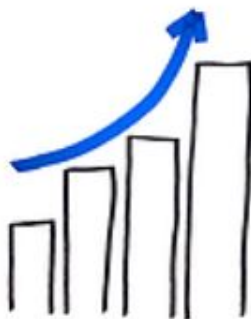


PERSONAL GOVERNANCE

Get a first glance at what a structured approach to planning can do for you by downloading the **Weekly Review Template**: This is my interpretation of David Allen's GTD approach.



Google
Sheets



EFFICIENCY

Ever since Cal Newport has coined the term *Deep Work* everyone is talking about it. Take the fast lane by downloading the **Deep Work Kick-Start Template**.



todoist



Google
Sheets



LEARNING

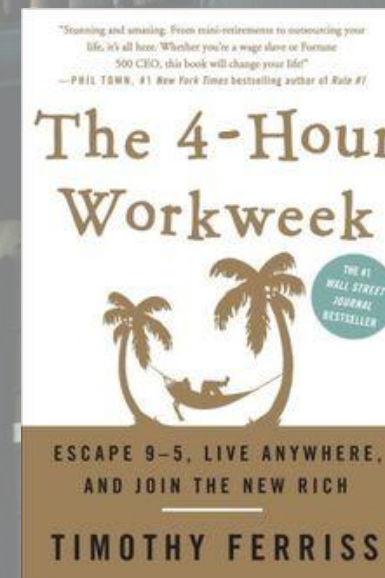
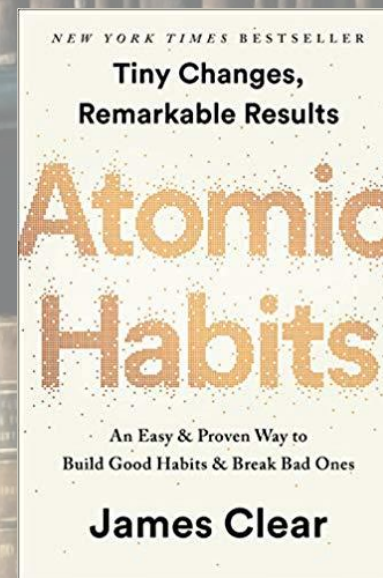
The sheer vastness of some learning fields can seem daunting. The **Learning Approach Template** gives you a step-by-step approach how to identify, sub-divide, study and apply new knowledge.



todoist



Google
Sheets



My Personal Book Picks

Efficiency

Unsere Timeline

TripleL und Expo Lingua



EXPOLINGUA
Online

LearningAsLifestyle **Workshop**
Series + Workbook

SPRING21



Wie könnte es weitergehen?

Workshops und Coachings



Free Stuff

LearningAsLifestyle
Workshop Series

1-on-1 Learning
Coaching

Deep Work Kick-Starter

Weekly Review

Lerncurriculum

Efficiency

Personal Governance

Life Long Learning

Special Packages

incl. Workshop and

Workbook available

Notes



TRIPLE L

LEARNING AS LIFESTYLE

This workbook is Confidential and
proprietary, Any use of this material
without specific permission by
TripleL is strictly prohibited