

Fit Learning Into Your Life Worksheet

What is the general subject you want to learn about?

What is your main area of interest within that subject?

What is your main reason for wanting to learn it?

What is a specific project you want to be able to do from learning this?

(This needs to be a small project that you can start working on right away and will only require learning a few things)

Who can you ask for advice that has expertise in what you want to do?

Show your expert your answers to this sheet so far and ask for their help in answering the next few questions.

Be sure to ask how each thing they recommend is going to help you with your goal.

What key skills or information are part of the foundation you need to build for your main area of interest? Break these into one time lessons and maintenance/learn over time.

One time lessons: *(Basic information that gives a general understanding and may only need one time through.)*

Maintenance/Learn over time: *Things will require some maintenance and build over time.*

What specific things do you need to learn to do your first project?

Focus only on the parts that are necessary for your project to function. Details that aren't crucial can be added later if you want.

What are things you should learn but aren't necessary right away?

Where can you find the tools and information you need to get started?

Ask your expert or other learners what they recommend.

Ok, we brainstormed on how to figure out what your goals are and what you want to learn. This next part of the worksheet is going to help you figure out what you can commit to.

What routine do you already have where you would naturally be feeling more motivated towards the thing you are learning?

What things can you add into your day that might help inspire or motivate you?

How much time at a minimum would you be able to honor regularly?

What is your hard goal?

What is your soft goal?

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