BECOME A
SUPER
LEARNER

GET RIDICULOUSLY GOOD AT JUST ABOUT ANYTHING, **FAST**

WITH THIS SUPERLEARNER OUTCOMES PROCESS

DON'T PURSUE ANY NEW SKILL UNTIL YOU'VE DONE THIS FIRST!

One of the biggest mistakes budding learners make is right at the very beginning, in the 'pre-learning' phase.

They start out disconnected from their outcomes for learning, their interest, motivations and purpose, not just for themselves, but also what it will do for others when they learn this.

Super Learners have good, strong outcomes tied to what they're learning which shapes their approach to learning and gives them unstoppable motivation.

Learning Expert and renowned NLP Master Trainer, Dr Christina Hall shared this process with me and I adapted it for my own courses. I use this at almost every training program I run.

Each question is meticulously crafted to set you up for success as a Super Learner before you've even begun to learn something new or if you're continuing to learn something you've already developed some skill in.

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Learning Outcomes

Give yourself time to soak in the feelings of your responses and meditate on them a little. This process should not be rushed. Slow down and get a felt sense of your responses before putting your answers into words and then give 1 -3 word label/keyword description, NOT paragraphs or sentences. You should have 3 responses per question, 1 - 3 keywords per line. At the end, read it all back to yourself, allowing it to sink in deeply.

START HERE:

What first sparked your interest in becoming a SUPER LEARNER)?

eg. becoming exceptional

eg. change

eg. human behaviour

What motivated you to take action to begin the process of becoming a SUPER LEARNER)?

What are some of your most particularly powerful learnings about becoming a SUPER LEARNER that have made a big difference in your life?

Use this process any time you begin learning something new. Just replace "SUPER LEARNER" with your chosen skill, subject or topic you are learning.

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Learning Outcomes - continued...

How have your previous learnings about SUPER LEARNING enriched your life and interactions with others?

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What do you consider as some of your powerful inner resources that support you in the process of learning and accomplishing your outcomes as a SUPERLEARNER?

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What motivated you to be here, continuing the process of learning, discovering, exploring and getting ridiculously good at stuff, faster?

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What are you particularly curious to learn to do in relation to getting ridiculously good at stuff and the continued development of your capabilities and skills?

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Learning Outcomes - continued...

As a result of expanding your capabilities and skills as a SUPER LEARNER, what resources and choices can open up?

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How can becoming a SUPERLEARNER be useful in your life in the days, weeks and months to come?

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How can becoming a SUPER LEARNER enrich the lives of others in the days and weeks and months to come?

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What makes all of this meaningful and significant for you and for others?

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Learning Outcomes - continued...

How are you going to know, looking back in some days and weeks from now that you have been putting your learnings and new choices into action?

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Congratulations
you're all set to continue learning as a
SUPER LEARNER now...

and if you're hanging out to level up
more, head on over
www.amybell.com.au/resources

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