

# 4 Easy Ideas to Keep Learning Even When Life Gets Crazy

Tue, 7/27 12:16PM 9:31

## SUMMARY KEYWORDS

learning, self improvement, reading, teach, podcast, app, books, improve, ways, yl, listen, auckland, moving, joy, language comprehension, called, standstill, habits, enjoy, bobby flay

## SPEAKERS

Diane Laffoon



Diane Laffoon 00:00

How do I keep learning when I have so much to do? That's a question we all ask ourselves quite frequently, isn't it. But there are plenty of ways for busy women like you and me to find personal growth and self improvement and education without having to cut back on work commitments or family commitments, things like that. So let's discuss four simple ways that you can work on self improvement and keep learning new things, even when life gets crazy.



Diane Laffoon 00:30

Hi, I'm Diane Laffoon. And I'm here with your joy Tip of the Week. And I'd love to know where you're tuning in from, let me know also, is there something that you do one of your favorite ways that you like to learn new things? Tell us all about it in the comments, I'd love to hear from you, and find out how you like to learn new things.



Diane Laffoon 00:50

So it's really true that we never really stay in the same place in our lives, you're never really at a standstill. Honestly, you're either moving forward, or you're moving backward

when it comes to your self improvement. So that's the way it should be, you should continue to move forward each day for as long as you live, be a lifelong learner, keep learner keep learning and growing throughout your years. And one of the ways to do this is through your personal experiences. And I know for us busy people that can be hard sometimes. So I want to share with you four simple ways that you can incorporate those habits of learning and improvement and moving forward in your life on a daily basis. You don't want to get stuck in the same way of doing things you want to grow your skill sets you want to improve and become a better you all the time.



Diane Laffoon 01:38

So number one, embrace technology. I know it's kind of scary for some people. But you know, right now we have so many things at our fingertips. Hello from Morocco. Hi, thanks for joining us. There are so many apps for productivity for self improvement. There's a lot of free things that you can do on your devices like you're doing today to learn and grow and be self improved. So don't be afraid of them. Go download him download an app, play around with it, watch a tutorial video about how to use it best. And if you don't know which app to go for, or where to begin, ask around ask your friends, what are they using? What are some of the things that they do to use their devices for betterment for improving themselves for learning new things.



Diane Laffoon 02:27

I'll share with you three of my favorite apps right now they're all free, which is a good thing. The first one is called Trello. And it's an app that keeps me organized and productive. I have daily to do's I have weekly to do's monthly to do's things like that I keep all of contact information of when I talk to people and that kind of thing. Oh, I have all kinds of things, all of my wish lists and dreams for what I need to do when I have some time. So Trello is a great app that I use, it's free. And it keeps me on track and productive in my days and in my weeks into my month.



Diane Laffoon 03:01

So next is one that I just recently found a few months ago called Google Keep. And you know, Google has all these different apps that you can use when you have Gmail, you have all these free apps that go along with it. Well, one of them is called Google. Keep k Eep and it's free. And it's a little Chrome extension if you use the Chrome web browser, or you can just add things to it through your phone or through you know, your computer, anything that you're using. And it's a great place to save notes to save images to save

infographics, articles, you want to read later videos you want to watch later. You can categorize them and save them all in Google Keep. So that's one that I found that I really enjoy.



Diane Laffoon 03:39

And then my third favorite free app right now is called Grammarly, Grammarly. It does have a paid app, but there's a free app called Grammarly. And it basically is helping to teach me to be a better communicator. And I hope that's evident as I'm communicating to you. So when you keep learning and you keep improving, you will be more successful. Our first easy idea was to embrace technology.



Diane Laffoon 04:02

Secondly, we're going to teach others you know, teaching others is one of the best ways to keep your brain engaged, and keep your mind sharp and focus. It's just a great idea to find a way to teach someone else. Whether you're teaching a Bible study at your church, maybe you want to teach a family member how to cook your favorite dish. Just teach something that you can learn in order to teach someone else because when you teach someone a skill or subject that you've learned, it kind of solidifies that process for you. And helps you organize your thoughts and focus on the fundamentals of what you've learned. And then you're teaching them which just reinforces that it's a perfect test to see if you've internalized what you've learned. So find a group of people or a family member or some kind of community where you can teach something. You know, it also gives you a great sense of accomplishment and self confidence. So find something to teach and teach it. So we're embracing technology, we're teaching something.



Diane Laffoon 04:58

And then thirdly, read read Read read everything readers are leaders, my dad always said, and so reader reading books, really like reading books, magazines, newsletters, reading, anything you can get your hands on is vital to understanding the world around us. You know, you can read fiction books, nonfiction books, company newsletters, you know, blogs, there's so much to read out there. And that not only helps you learn new things, but provides sort of a mental escape from day to day life. For example, right now I'm reading a book, and it's set in it's a fiction book, it's set in Auckland, New Zealand, a place I have never been before. But I'm enjoying hearing about Auckland, New Zealand and the culture there and what it's like to live there. And so I'm feel like I'm an escape, I feel like I'm almost on a vacation every time I read that fiction book.



Diane Laffoon 05:46

You know, reading for pleasure has long been overlooked as a central part of learning. But really, it can provide entertainment and information, it can help you improve yourself as well. Reading different authors proves time and time again, that understanding is more than just kind of language comprehension. It present provides us with a perspective to from somebody else about another culture or a place where we might not experience it ourselves. So again, I say read, read, read.



Diane Laffoon 06:14

And in fact, I will share with you if you'd like a recommended reading lists that I have on Amazon, I have a reading list for pleasure, I have a reading list for inspiration, I have a reading list for self improvement. And I'd be glad to share that with you down below.



Diane Laffoon 06:29

So we've embraced technology, we are teaching others, we are reading, reading, reading. And now finally, we're listening more. You know, listening to podcasts, while I'm on my lunch break has become a really habit that I enjoy. I look forward to it every day of hearing a podcast from one on or another person. And it's not just about keeping up with the latest trends and learning from other people. It's about hearing, you know, different perspectives is nice from from experts in all kinds of different fields. There are podcasts from



Diane Laffoon 07:00

Oh, yeah, Tommy, I will share my reading list in the comments. I'm so glad you're watching.



Diane Laffoon 07:04

Yeah, the podcasts are just, there's so many different kinds out there that you can listen to and you know, take time on your commute while you're eating a meal or whatever. It's just something I have come to what really enjoy, it keeps my mind engaged, keeps me feeling current with what's going around on around us today. And it's a great way to get inspired and learn from people who are innovative and experts in their fields.



Diane Laffoon 07:27

So some of my favorite podcasts that I listen to right now, one of my favorite Food Network stars is Bobby Flay. So I like Always Hungry. It's with him. Bobby Flay and Sophie Flay his daughter and the interaction between father and daughter is kind of fun to listen to. It's very authentic.



Diane Laffoon 07:43

Another podcast I love is called the YL drop by Jacob Young. Jacob Young is the founder of Young Living's son, he's I think 21 years old. And the YL drop stands for Young Living. So that's when one that's all about essential oils, of course, because you know, I'm an essential oil enthusiast.



Diane Laffoon 07:59

And then another podcast I enjoy is called Your Move by Andy Stanley.



Diane Laffoon 08:04

So you can find all kinds of them, search for them, you know, ask for recommendations from your friends. And I gotta tell you,



Diane Laffoon 08:10

if you think you're as intelligent as you're ever going to be, you're wrong. You're either moving forward, or you're moving backwards, you're never at a standstill. So it's so important to be a lifelong learner. And you know, when you're busy, it's hard to do, but you can find ways to incorporate it into everyday life. Find a few ways that work for you, and stick with them until they become habits. Do what works best for your schedule, your personality type or the way you learn best. You don't need expensive courses or fancy equipment. All you need is an open mind and curiosity.



Diane Laffoon 08:44

The more we keep learning, the more we keep growing and the better our lives can become. Plus, you're going to be better equipped to choose joy. And that's what we're all about here is choosing joy. So again, look for that list of recommended reading I have in

the comments, I'll put it below here. And it will be include a books for inspiration books for just general enjoyment, and then books for self improvement as well. Now remember, let me know if you've read any of them because I'd love to hear what you think I'd love your feedback and hear what you think as well.



Diane Laffoon 09:16

So thank you for joining me today and tuning in. And remember joy isn't something that simply happens to us. We have to choose joy, and keep choosing joy every single day. We'll see you next week.