

4 Easy Keys To Successfully Learn New Things

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SPEAKERS

Diane Laffoon



Diane Laffoon 00:02

Hi there, Diane Laffoon here. And I just wondered if you ever heard the expression that your brain is like a muscle. And just like any other muscle, you have to work those muscles in order to keep them healthy and strong. Well today, we're going to talk about how you can exercise your brain by learning new things. And then in turn, keep it strong and healthy. So we'll talk about four easy keys to successfully learn new things.



Diane Laffoon 00:27

I'm Diane Laffoon, as you already heard, and I'm here with your joy Tip of the Week, I would love to know have you learned something new recently? What have you learned? Tell us in the comments and let us know.



Diane Laffoon 00:39

So personally, over this past weekend, I learned how to install a smoke detector. And then I did it. It's not something amazing. But it did take some doing on my part, I had to learn how to measure exactly where it went, how to mark it, how to drill, how to put the molly

anchors in and get it just so. It was not pretty. But it was successful. And I did get that installed. So I did learn something new this weekend about how to install a smoke detector.



Diane Laffoon 01:07

But today, we're going to look into four easy keys of learning new things. So keep in mind that there is ample research out there that shows that when you do learn these new things, it builds these neuron pathways and neuron connections in your brain, which helps you enjoy a healthier brain, it actually staves off some disease that can affect your brain. And it also helps you to feel happier, feel more successful. I felt good after knowing that I installed that smoke detector to protect us in our home. And so I know you know that learning new things can help you feel better about yourself, too.



Diane Laffoon 01:43

So what are these four keys to unlocking success and learning new things? Well, first of all, it's be consistent. Josh Kaufman is an author. And I believe he's got a couple of TED Talks out there too. And he explains that according to his research, that line that says it takes 10,000 hours to learn anything is in fact not true. He found that that 10,000 hours statement came from research of becoming an ultra competitive or an expert and an ultra competitive field. When you're trying to become an expert and ultra competitive field, it can take 10,000 hours, which isn't a lot of hours to learn something.



Diane Laffoon 02:22

But from going to knowing absolutely nothing to be pretty good at something actually takes an average of about 20 hours, which is a lot more doable. That's like 45 minutes a day for a month. Now, it didn't take me that long to learn how to install my smoke detector. But had I practiced had I practice measuring and you know, drilling the holes in the right spot and pulling putting the molly anchors in and that kind of thing, I might have had a little more successful, a little more pretty look to my smoke detector. But what I'm trying to say is that you've got to be aware that everything you learn is going to have a different amount of time value to it as far as that what it's going to take the effort to go into it. So you've got to be consistent in reaching that. So first is consistency.



Diane Laffoon 03:06

Second, you've got to be creative, and you can be creative, even if you don't call yourself a creative person that can be learned. One of the best ways to learn to be creative is to ask lots of questions. My brother asks questions all the time. And he's one of the most creative people I know. He if you're out to dinner with him and a group of people or if you're at church or any any setting where there's people and he's talking to them. He is just peppering them with questions, question after question. He's a great example of that. And I believe that that lends itself to his creativity.



Diane Laffoon 03:39

The other thing you can do to be more creative is get physical. Like I've said before, go out for a walk or have a dance break, or make time for play. I get to enjoy some great time with my great niece. She's 10 months old this weekend, and spending time with children or acting like a child having room for play can just release those endorphins in your brain, it can help you to be more creative. Oh, she was something else. She was teasing me with a little piece of something. I can't remember her Cheerio or whatever. And she would, you know, pretend to give it to me and then say no, no, no, and take it away. And just it gave me such joy. And we had great giggles over it. and that in turn gave me some release and some room for creativity.



Diane Laffoon 04:22

And then finally, a good way to become more creative and be creative is to embrace boredom. I hate that word boredom. There's no such thing as boredom. There's no reason anyone in this world should ever be bored. You might have time. You might have extra time in your day and I would challenge you don't grab that phone and scroll through it if you have that extra time. Don't find something to listen to or watch on TV. But instead embrace the boredom. Find somewhere quiet to sit. Let me tell you what in Michigan right now it is just gorgeous here watching the buds on the trees pop the flowers coming through the soil. This Grass turning green. Yet that might sound like boredom to you. But to me, it's very exciting if you enjoy and appreciate God's creation here. So embrace the boredom. And it will help you to be more creative.



Diane Laffoon 05:13

So we've talked about being consistent, we've talked about being creative. Next is to be committed. So let's face it, when you're learning new things, it can be hard, difficult to be creative, to be committed to learning that new thing. And so life seems to get in the way, you know, whether it's the weather disrupting you or a person disrupting you, or just

circumstances, disrupting your life, there's things that get in the way and your way your commitment to that learning new things can waver. So I would suggest that you exercise your commitment, muscle, I guess, is what I would call it or that skill of commitment.



Diane Laffoon 05:49

And the way I do that is by practicing habits of credibility, I got to turn that off sorry, habits of credibility. And that helps me to be more committed in the long run, and just the daily things that come my way. So the habits of credibility include this showing up on time, my dad always told us, I think he got this from a football coach from the army or something I don't know. Anyway, he always told us and encouraged us that if we were 15 minutes early to something we had scheduled, we were on time, if we were on time, we were late. And if we were late, we were downright rude.



Diane Laffoon 06:29

Think about it. If you show up late, something that starts at a specific time or a meeting at a specific time, what you're communicating is, hey, my time is more important than yours. That's why I'm late. You know, that's just plain rude. So try to be early, try to show up on time. And that will create that commitment level in you.



Diane Laffoon 06:48

Next, do what you say you're going to do. If you can't fully commit to doing what you say you're going to do, make sure that person that you're talking to knows that make sure that you say you know, I'm going to try to do this, but I can't fully commit to doing it. And then those things that you do say you're going to do do them, don't let it go by the wayside. Don't let circumstances and things come in the way, do what you say you're going to do.



Diane Laffoon 07:12

And that kind of goes along with finish what you start, I tend to be a bit of a perfectionist. And so I just tweak and tweak and tweak until I don't get things finished in a timely manner. And so I have to make myself finish what I start, let's just get this done. Let's finish it. And we can go back later if there's problems with it. But let's finish what we started, Diane. And so those are some of the habits of credibility that I apply and in my daily life, in order to be able to stay committed when it comes to learning new things.



Diane Laffoon 07:42

So we've talked about being consistent. We've talked about being creative, we talked about being committed. And finally, the fourth key to successfully learn new things is to be confident. So do you want to know the best way to be more confident to become more confident? Look at other people who you feel are confident when you watch people that you feel are more confident and just have have their their wits about them in any situation? What do you see? What's their posture look like? How do they speak? What do they do when they shake your hand? You know, what are some of the things and characteristics that they have, that you can incorporate to become more confident yourself, I believe this is something that we can all learn as well.



Diane Laffoon 08:24

You know, I sit at a desk quite often. And so I have this tendency to slouch. And if I am not mindful of it, I do that slouching. So I have to be mindful of standing up straight, sitting up straight. Having that posture. Let me tell you, posture is one of the biggest keys to confidence for me. And also that strong voice. People who are timid or don't talk loudly, not loudly, but talk with authority don't seem to exude as much confidence to me, as well as that handshake that greeting. And the other thing about your posture is that when you have a good posture, you've opened up your lungs, you've opened up your diaphragm, and you're going to breathe more easily, you're going to breathe more freely, you're going to oxygenate your brain, your body, and you're going to have confidence as a result of that as well.



Diane Laffoon 09:10

And finally, for confidence for me, I add an essential oil you know essential oils are kind of my magic potion that I add in when I need a little help. And valor essential oil is a great oil to use for confidence. Whenever I am going to speak or whenever I'm going to be on camera or have a serious meeting anything like that. Then I will take a few drops of valor and apply it to my shoulders into the back of my neck and and even just smell it. The aroma of it just helps me be reminded to be confident and stay confident now, Gary Yang, the reason it's called valor, he created this mixture of oils. It's a blend of essential oils based on some things that he read about what the gladiators would do centuries ago, before they would go into battle. And so when I think of that I smell this oil and I think of that, and I have more confidence. And I stand up straight and have that posture. And it just kind of helps me to relate that aroma to being more confident and standing up straight and having good posture. So that's what that essential oil does for me.



Diane Laffoon 10:18

So the four keys to successfully learn new things, and you've got this down, you can do this so you can exercise that brain is to be consistent, be creative, be committed. And finally, be confident. I would love to know what is it that you want to learn what is a skill, or something specific that you would like to learn over the coming weeks, I would love to hear from you and see what you know, listen in and find out how that goes to. For me, I think I'm going to choose something a little more fun than installing a smoke detector next time. I'll be sure to let you know what it is. Again, thank you for joining me for this joy Tip of the Week. And we can all commit to learning new things because we have these four keys to successfully exercise that brain. We'll see you next week.