

10 Steps to Life Long Learning

Throughout our lives we are continuously learning new things - and forgetting old things. While it is almost impossible to *not* learn something new every day, there are certain ways that one can proactively learn new things and continue to grow in many aspects - mentally, emotionally, physically and spiritually. Below is a list of 10 steps to lifelong learning. This is not a "must do" list or is in anyway set in stone, but is more of a guidance or suggestion list of things one can do to continuously learn something new and discover unknown worlds of possibilities.

1. Read - everyday. Reading is one of things you can do anywhere. A book can fit in any size purse, briefcase or sometimes right in a back pocket. Also, it is easy to read something that interests you every day- politics, news, novels, the new diet fad - anything that gets you reading is worth the time.

2. Keep a "To-Learn" List. This is different from a "To Do" list. Instead, this is a list of things at some point in your life you want to learn or try. Some items can be life changing while others can be something small, but fun. The point is to start writing them down, and then begin crossing items off the list. A good list is one that is continuously having items crossed off and new items added.

3. Try New Things. Try things outside of your comfort or knowledge zone. Doing something that seems completely in left field to you means exploring unknown worlds and could lead to unexpected possibilities and outcomes. This one is more about putting aside all fears, and going for it! You never what might happen.

4. Play. Have fun, and enjoy yourself. Just like laughter is some of the best medicine, having fun and playing adds to the learning experience.

5. Start a Project. Find something you have always wanted to try or create (it can be from your "To-Learn" list), and start doing it. Add time to your weekly schedule to focus only on your project, and see it through to the end. By the time you finish you would have learned a whole set of new skills and knowledge, and will have something of which you can be proud and show off to friends and family afterward.

6. Challenge yourself. This is important! Challenges add knowledge and keep things interesting. Try learning something that challenges you either physically, mentally or emotionally and keep at it. Keep yourself motivated to overcome the challenge, and when it's over, you will have learned new skills and new things about yourself.

7. Meet new people. Not all knowledge is found in books, in fact some of the most interesting things come straight from the minds of our friends and family. Just imagine the world of possibilities each new acquaintance or friend could hold. People love to share their knowledge, so tap into the possibilities and see what others have to offer and what you can offer in return.

8. Teach others. It's pretty easy to read a book on knitting, but putting your knowledge into action is one of the best ways to learn what you know and pass it on to others. Teaching is also fun! Try teaching a couple of friends or family members, start a blog.

9. Reflect. You have learned some new things, maybe have read something profound or took a class by an amazing teacher who showed you a completely new world. Spend some time digesting and soaking in this new information through meditation, journaling or having an in-depth conversation with a friend or family member.

10. Never stop. This might be last, but it is very important. Always continue to grow and learn. There is never a reason or excuse good enough for stopping.