

EPISODE 28: COMMIT TO LIFELONG LEARNING

For those who know me, you know that I am a constant state of learning. I'm looking up information, listening to podcasts, and I always have a book on the go. I consider myself a student for life and I want to encourage you to do the same. The world is in a constant rapid state of change and if you don't learn and improve your skills you can become outdated very quickly.

No matter your profession whether you are an employee of an organization or business owner growing your business, you need to connect to a lifelong learning. I have gone to many conferences where you see people sign up for all the courses and webinars that are available. I wonder are they going to implement all of those things or are they caught up in the involvement of being part of those things.

There is a big difference between being involved in something or committing to something. You may have heard the story about bacon and eggs. The pig was committed and the chicken was involved. Those who are committed and are putting in the work are the ones who will see a return on their investment. They don't get caught up in comparing themselves with others and other distractions to their focused on their end game and they know that these distractions will just get in their way. Being committed means that you're invested and you are giving 100% in whatever you do.



To stop learning, is to truly get old. One of my endgames is to live 103 years old and I want to be as sharp as a tack. I know in order to do so, one of the most important things I need to be doing is to be open to learning and being interested in the world. Someone once said that if you want your life to be interesting you need to be interesting. So in order to do so, you need to try new things and learn new ways of doing things. When you start doing different things and get involved in conversations, people will find you interesting. They will be curious about what you know and want to learn more about what you have to share.

Ask for feedback. The world gives you continuous feedback. We must start shifting our thinking from failing and making mistakes is bad things and instead view them as learning opportunities. How would you know if something would not work unless you made an attempt? Recently I made my first Facebook live video and needless to say I do have room for improvement. My video went sideways literally and when I went to

publish it but you didn't realize you could delete it was turned sideways. Did it stop me from publishing the content? No, the message was important and timely and it actually calls people's attention to it wondering what I had done. Did I learn from it? Absolutely. I'm so proud that I followed the prompting of going ahead and doing it. It was great to see the interaction and the kindness of people teaching me how to use it properly.

When you look to people you know and trust, you can learn new ways of doing things as well as seeking to improve. By asking for feedback, you are opening the door of opportunity to elevate yourself to a new level. When you hear the feedback, you have a choice whether to accept or reject it or at least entertainment. Ask yourself, "What can I learn from what was shared with me?" Get feedback from someone who's been in your situation before. This can save you a lot of time and money as you may learn mistakes that they have previously made which you can avoid.

Find a mentor. A mentor is someone who is been in the space that you are working to achieve. They can share a variety of experiences and mistakes in which you can learn and grow from. You do not have to be on this journey all alone.

Get educated. So many people think that education is a formal process in the classroom. Life is education. Yes there are formal courses in which you need to grow and learn in different areas but not all education has to be within the doors of the classroom. With the Internet, there should be no excuses in committing to lifelong learning. There are so many websites with free resources in which you can fill in the gaps and hone your skills. There are programs like Coursera, Udemy, and TedTalks to guide and teach you new things from positive psychology to social media marketing. There are podcasts, YouTube videos, and articles available at your fingertips. What is most important is that you integrate what you learned how you show up in the world and what you do.



Thanks to the Internet, the excuses of needing money to get educated or purchase books or getting to classes no longer stand. You can take books out from the library for free. There is a way to get to what you want if you just into your resources. You don't need to know everything or claim to. The most successful people know where the

resources are and utilize them. They reach out to experts. They are open to new ideas and perspectives. People look for better ways to streamline what they currently do.

Get hands-on. Many people learn by doing. When you take the initiative to follow through and try new things, you create new experiences. You are actually taking action and learning as you go. You can adjust when you need to and carry-on.

Make a plan each day to learn. Take notes from articles and books that you read and decide what it is that you're going to implement into how you show up in the world. You have everything you need to succeed truly at your fingertips and it was in the world that you live in right now it all depends on how you plan to use.

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