

Learning excites me

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I love to enrich my mind. Learning excites me. I want to realize my potential. Increasing my brain power helps me to reach my personal and professional goals. I appreciate each experience more.

I want to contribute to the world I live in. By investing in myself, I strengthen my ability to give.

I want to create a legacy for my children. I raise them to love learning too. **I show my sons and daughters that acquiring knowledge and information can be fun.**

I read fiction and nonfiction books. Novels, biographies, and inspirational texts give me food for thought. I see the world from a different perspective and go on fascinating adventures.

I ask questions. **Each person I meet can be my teacher if I listen to what they have to share.**

I attend cultural events. I drink in foreign movies, art exhibitions, and physics lectures.

I travel to unfamiliar places. I visit interesting destinations on family vacations and business trips. I explore my own neighborhood for hidden gems.

I keep up with news that helps me to care for myself and my family. I check out the latest studies on exercise and nutrition. I pay attention to economic conditions that could affect our finances.

I engage in deliberate practice. I put effort into enhancing my performance, whether I am playing tennis or writing a sales report.

Today, I continue my education. I am committed to lifelong learning. I seek out challenges and opportunities that test my mental powers.

Self-Reflection Questions:

1. How does teaching others help me to learn?
2. Why is curiosity essential for learning?
3. Why is my mind my most valuable asset?