

The most important thing about learning ☐☐

The core idea of the book is: **What matters most isn't "what" you learn, but "how" you learn—i.e., "learning how to learn" (meta-learning).** Because this skill can be applied to *anything*.

1) The basic model: the 3 "M"s as the key ☐☐

According to Kwik, when learning (or progress) doesn't work out, there's almost always a limit in *one* of these areas:

1. **Mindset (the "what")**
 - Your beliefs about what's possible ("I can't do this," "I have a bad memory," etc.).
2. **Motivation (the "why")**
 - Your *goal/purpose* + your *energy* + *small simple steps* (Kwik uses the formula: **Motivation = Purpose × Energy × S³**).

“☐ **What do you mean by that?**

☐☐ **Meaning of the formula "Motivation = Purpose × Energy × S³"** ☐

It means: **Long-term motivation arises when three things come together**—and they *reinforce each other* (that's why it's × and not +):

1. **Purpose** ☐☐
A meaningful, personally important goal ("a good reason") that gives you a sense of meaning.
2. **Energy** ⚡
The physical & mental energy you need to take action at all (sleep, nutrition, focus, stress management, etc.).
3. **S³ = "small simple steps"** ☐☐
Small, simple steps that take little effort to start and keep you moving forward consistently.

Important: If *one* of the factors is close to **0** (no real purpose, no energy, no doable steps), the product also becomes **very small** → motivation collapses.

3. Method (the “how”)

- The right learning methods (focus, learning technique, memory, reading, thinking).

You only become truly “limitless” when all three come together (Kwik calls this “integration”).

2) The most important practical lever: **focus and active processing** ☐☐

Kwik emphasizes again and again: **Learning is not a spectator sport.** What matters is learning *actively* (e.g., taking notes, doing exercises, asking questions, applying it) rather than just consuming.

As a very concrete tool, he mentions the **FASTER method**:

1. **F - Forget**
 - Briefly set aside distractions, unnecessary thoughts, and limiting self-images.
2. **A - Act**
 - Get active: highlight, take notes, do exercises.
3. **S - State**
 - Control your learning state: energy, posture, emotion (Kwik: *Information × Emotion = long-term memory*).
4. **T - Teach**
 - Learn as if you had to explain it to someone.
5. **E - Enter**
 - Schedule learning firmly into your calendar.
6. **R - Review**
 - Review with spacing (against the “forgetting curve”).

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