

3 REASONS TO BE A LIFELONG LEARNER

why you should move out of your comfort zone and try new things

Deliver New Results



Achieving better results requires a change in human behavior. In other words, if you want to achieve something new, you better step out of your comfort zone and start doing some new things. This isn't a wildly new concept, but it is often forgotten.

Keep Work Interesting



To be effective, true achievers embrace the practice of both marathoners and sprinters. Yes, they are committed for the long-term, but they remain interested by running multiple sprints along the way. They take on new projects, tackle new challenges, and strive to move a key metric every quarter.

Maintain Brain Elasticity



Our brains have the ability to change physically, chemically, and functionally – but, you have to use it or lose it. Children can quickly learn new things; however, as we age we often lose much of this ability. It's much easier to learn a new language at 3 years old than when you are 50. It's not impossible at 50, but it's arguably much harder.

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