



The Recipe For Continuous Learning

Think of learning like a delicious, well-prepared meal ... but this meal is different; it feeds your mind and soul. Like with any good meal, you would need salt and pepper.

So what is the salt of continuous learning?

It's your MOTIVATION. The salt to your continuous learning journey is not just any motivation. It is intrinsic motivation, your WHY, why do we do what we do.

Is it because of the outcome and the results we expect (extrinsic motivation) or because of our interest and enjoyment in the task itself (intrinsic motivation)?

When we focus on our intrinsic motivation, we learn because of the joy of learning. We enjoy expanding our knowledge and skills and broadening our views. Our purpose for learning is enjoyment, growth, curiosity, self-expression, and fun – not getting good grades, winning prizes, or receiving perks.

**"When you stop learning, you start dying."
-Albert Einstein**

If your motivation is the salt of learning that leaves us with the question, what then is the Pepper?

The pepper of the continuous learning journey is your MINDSET!

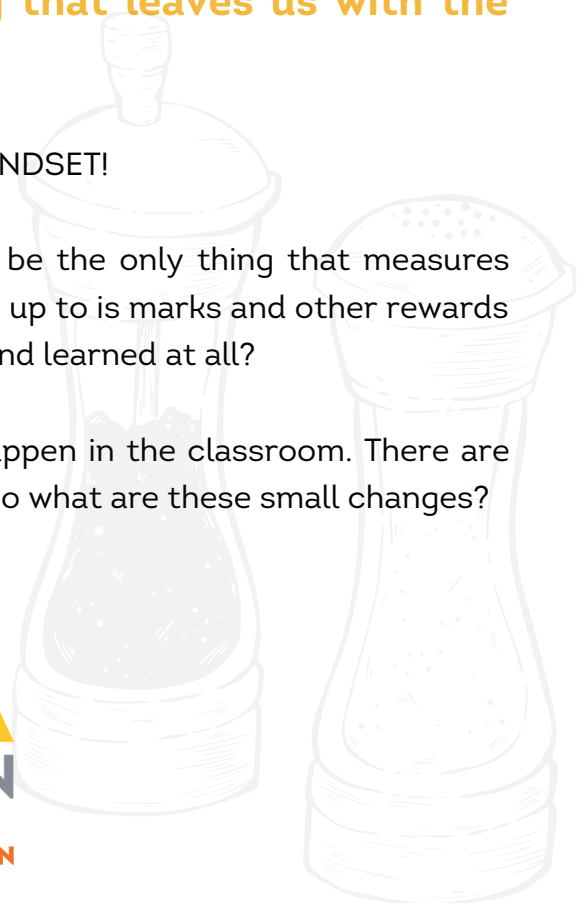
Your test mark or bonus on your performance cannot be the only thing that measures your intelligence or worth. If all we ever did aspire to live up to is marks and other rewards that define our capacity then have you ever really lived and learned at all?

Not all knowledge lies in books, nor does all learning happen in the classroom. There are small changes in your thinking that will have an impact. So what are these small changes?

Well, it starts with that dialogue you have with yourself.

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Why not rethink what you're saying to yourself:

- I'm not smart" replaced with "I'm really smart when it comes to _____."
- Instead of saying "I don't like problems" say "Overcoming challenges makes me grow."
- Change "I have no idea how" to "I can learn."
- Reframe "I can't do this " to "I can't succeed if I don't try."

When you actively choose to reframe the negative thoughts - you begin to shift your mindset to be more positive, kinder, open to growth and opportunities.

Consider the following tips to support your quest to a lifelong journey to learning, exploring and discovering:

- Lifelong learning is your responsibility. It takes everyday steps/actions to find the opportunities in every situation to learn and grow
- Identify your learning style and adapt your approach to suit your individual needs. It is said that our fingerprints are not all the same, then, in that case, our learning styles shouldn't be either. Find what works for you and be open to adjustments and tweaks that better serve your needs. Don't be afraid of being completely honest with yourself about what your learning needs and style may be. After all, what do you have to lose? You can only get better!
- Try new things regularly! It's how habits are formed, soon you will be learning and growing at every opportunity.
- Ask many questions. We often think that "asking questions " are only reserved for a selected few among us... Those who are braver than we could ever be. What would happen if you changed that mentality and let go of your fears? What if you could take your lead from Nike and "JUST DO IT! " Just ask and ask again until you are confidently comfortable that you know enough.
- Start or join a learning group or find an accountability partner. In doing so you will be better equipped to take advantage of tools, technologies, and digital spaces that support learning through a shared space.

Oh, and don't forget to have fun!

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