

# EFFICIENT LEARNING ZERO TO MASTERY

Date

1 **Feb 25th, 2020**

Section

2 **Principles**

Key takeaway in 1 sentence:

5 **Add this at the end (i.e. How we frame our mind has a tremendous impact on our ability to learn)**

PRINCIPLE:

3 **Learning vs Winning the System**

4 **Add your own notes in here to be able to come back to and remind yourself of key takeaways.**

PRINCIPLE: