

10 X 10-MINUTE LEARNING IDEAS



| LEARNING IDEAS | | WHAT I COULD TRY | WHAT I TRIED |
|----------------|--|------------------|--------------|
| 1 | Watch half a TED talk | | |
| 2 | Start reading a chapter of a book | | |
| 3 | Read an article from a publication related to your role | | |
| 4 | Engage in a quick conversation with an expert | | |
| 5 | Start a podcast episode and listen to 10 minutes a day | | |
| 6 | Notice how someone you admire does their work (without looking like a stalker) | | |
| 7 | Take a notebook and pen when you watch TV and write down a quote/action | | |
| 8 | Ask someone to help you with a task | | |
| 9 | Watch a YouTube tutorial | | |
| 10 | Write down your learning points for the day | | |