

## Exercise sheet for chapter 13: Speed up your success with the learning staircase

**Reflect on your current steps on the learning staircase:** For each step of the learning staircase (unconscious incompetence, conscious incompetence, conscious competence, unconscious competence), think about a skill where you are at this step. How do you feel when you need the respective skill to solve a task? How can you improve the skill so that you can seize opportunities more quickly in the future?

**Question beliefs and unlearn:** Think about which beliefs or methods in your professional or personal life you would like to question in order to make room for new knowledge. What can you unlearn in order to develop yourself further? What new skills would you like to acquire in order to progress in your desired roles?

**Develop a routine for your mental hygiene:** schedule daily blocks of time for self-reflection and mental hygiene. During these blocks of time, write down your thoughts, successes and conflicts in a success journal. Go for a walk and use the memo function on your smartphone to record your thoughts. Use meditation or similar techniques to free yourself from mental baggage.

**Carry out a deep clean in your mental attic:** Clean out your mental attic thoroughly to get rid of mental clutter and strengthen your mental immune system. Regularly reflect on your thoughts and decisions to promote clarity and concentration.

**Question a deeply held belief:** Identify a belief that you would like to review. Research current information on this topic and check whether your belief is still valid. Develop an updated view and reflect on how it affects your success.

**If my team and I can help you, contact us for a free introductory call and find out what we can do for you:**

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