



NeuroScience Tips: Video 2

Out Loud Learning

Key Takeaways

- Neuroscience teaches that one way to Lock in Learning is to, ***“Say it into the world”***.
- This can be done **verbally**, where you talk out loud. Or this can be **written**, where you write it out. While both ways work, Introverted Entrepreneurs often find writing easier.
- If you want to absorb something (a concept, strategy, technique, thought) and use it in your life on a daily basis, you need ownership of that concept.
- 3 benefits of Out Loud Learning:
 - 1) **Increase your learning**
 - 2) **Turbo Charge your growth**
 - 3) **Increase your ownership**

Print out this **Support Guide** and using a pen or pencil, write out your answers, your comments and your notes. Remember, this is one way to **“Lock in Learning”**.

Questions to Ask Yourself + Actions to Take

1. Where is a safe place for you to ***“Say it into the world”***? At home, in the shower, in your car, at the office? Where do you feel safest? Where do you feel most exposed?

2. Introverted Entrepreneurs often feel more comfortable writing when they ***“Say it into the world”***. Challenge yourself to try both writing AND verbally saying it out loud. And realize that your feelings are a normal HUMAN reaction to trying something new. So try and overcome your natural fears that may get in the way. E.g. “I don’t have the time right now” or “I don’t want anyone to hear me so I will do this later”.



- 3. Are you seeing a pattern of excuses that are preventing you from Out Loud Learning?
What are your chronic excuses?

- 4. Bounce your excuses off yourself as if you were your own child. Maybe whine a little as you say them. Are they valid excuses? Try them out on a family member and see how they react to them. Remember, you are often at the heart of the problem. Actually, YOU are often the problem! So try to get out of your own way if you have to.

- 5. What can you do RIGHT NOW to change this pattern of excuses so that you can start to benefit from Out Loud Learning?
