

Start with - "what can this TEACH me"



BALANCE

Internalise
Valuable to Retain



Neglect
Needs Disruption



Choose stuff that GROWS you



Choose stuff that keeps the STATUS QUO



Choose stuff that EXCITES you

Then REST, recovery is key



DECOMPRESSION - to release yourself from the
pressure of learning

Read the original Blog Here:

<https://link.medium.com/jHP3TM4UIV>