

Learn Something New Every Day Challenge

This is an example sheet for the Learn Something New Every Day Challenge. It's meant to give you an idea on how to approach this challenge. But, you can also use it for the challenge if you find it fits your needs.

The most important thing to remember is that you want to learn something new every day that benefits your life. While there are plenty of sites that will teach you something new every day, the stuff they teach may not be interesting or valuable to you. So, use your learning time wisely and learn something that is interesting or valuable to you.

Education is what remains after one has forgotten what one has learned in school. - Albert Einstein

Categories of life that will benefit from education:

1. Relationships – How can you improve your relationships? Think about your partner, family, friends, co-workers, strangers, etc.
2. Health – Improve your physical and mental health by asking question and seeking answers around concerns you have.
3. Career – Learn new things that will help you advance in your career or business.
4. Home – How can you clean faster, cook better, or create a happier environment?
5. Happiness – What is happiness really all about for you?
6. Spiritual – What would help you feel more connected to the world around you?
7. Hobbies – What skills would you like to improve? Which ones would you like to develop?

Live as if you were to die tomorrow. Learn as if you were to live forever. - Mahatma Gandhi

Note: What comes to mind for YOU? Nature? Photography? Psychology? Dogs? Biochemistry? Replace or add as necessary.

Weekly Learning Chart

When/What	
Monday - Relationships	Question: Answer:
Tuesday - Health	Question: Answer:
Wednesday - Career	Question: Answer:
Thursday - Home	Question: Answer:
Friday - Happiness	Question: Answer:
Saturday - Spiritual	Question: Answer:
Sunday - Hobbies	Question: Answer: