



**OUTSMART**  
the **LEARNING CURVE**

**Workbook**

How Ordinary People Can Achieve  
Extraordinary Success

v1.01

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## INTRODUCTION

Welcome to the *Outsmart the Learning Curve* companion workbook!

As we touched on in the book's Confidence chapter, experiential learning may be the only way to truly learn anything. Reading a book is just the start of the process. But to ingrain concepts into your everyday thinking, decision-making, and activity, you have to *do* them. While pondering questions and filling out forms in a workbook won't have as powerful a learning effect as real world experiences, this workbook will help you organize your thoughts, understand your tendencies, and prompt you to create real world opportunities to help you on your path to personal growth and transformation.

The workbook is structured based on the book chapters. A good way to use it is to step through (or at least start) the two or three exercises in this workbook right after reading each chapter, while it's fresh in your mind. If you've already read the whole book, zipping through this workbook sequentially works well too.

### How To Use This Workbook

This workbook is compatible with most PDF readers that support form entry, so you can type your answers right in the document to save or print. Alternatively, feel free to print out the PDF and use a pen or pencil to complete the workbook. Both methods work great!

**WARNING:** This workbook will only help you if you are completely honest with yourself. Garbage in, garbage out. One way to mitigate this natural tendency is to ask a peer reviewer, who knows you well, to review this workbook with you. Some extra support can only help you to understand yourself better.

Let's start outsmarting the learning curve!

## Identify Your Goals

Before diving into specific strategies, it's important to clarify what you hope to achieve through this process. Take a little time and reflect on your current challenges and aspirations. It's OK to change your answers as you work through this section as you might gain insights as you go.

### Questions

1. What areas of your *personal life* do you feel could benefit from improvement or transformation?

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2. What areas of your *career* do you feel could benefit from improvement or transformation?

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3. What skills or knowledge do you wish you had that would make a significant difference in your life?

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4. What obstacles or limitations have you faced in the past when trying to learn or grow?

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5. Imagine your ideal self one year from now. What would you like that version of yourself to look like? What can that version of you do that you can't do now?

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Based on your reflections, write down two to three specific goals you'd like to focus on as you work through this workbook.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## CHAPTER 1: FIND YOUR GLIMMER

In this chapter, we explore how to identify your true interests and passions, and how to turn them into a meaningful purpose that can drive your personal and professional growth.

### Exercise 1: Exploring Your Interests

Take a moment to think about activities, topics, or experiences that spark joy, curiosity, or excitement in you. These might be things you already do regularly, or things you've always wanted to try but haven't had the chance.

#### Questions

1. What activities make you lose track of time when you're engaged in them?

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2. What topics do you find yourself wanting to learn more about?

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3. If you had a free day with no obligations, how would you choose to spend it?

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4. Think back to your childhood. What were you naturally drawn to or curious about?

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5. What do people often come to you for advice or help with?

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List your top three interests or areas of passion.

1. \_\_\_\_\_

2. \_\_\_\_\_

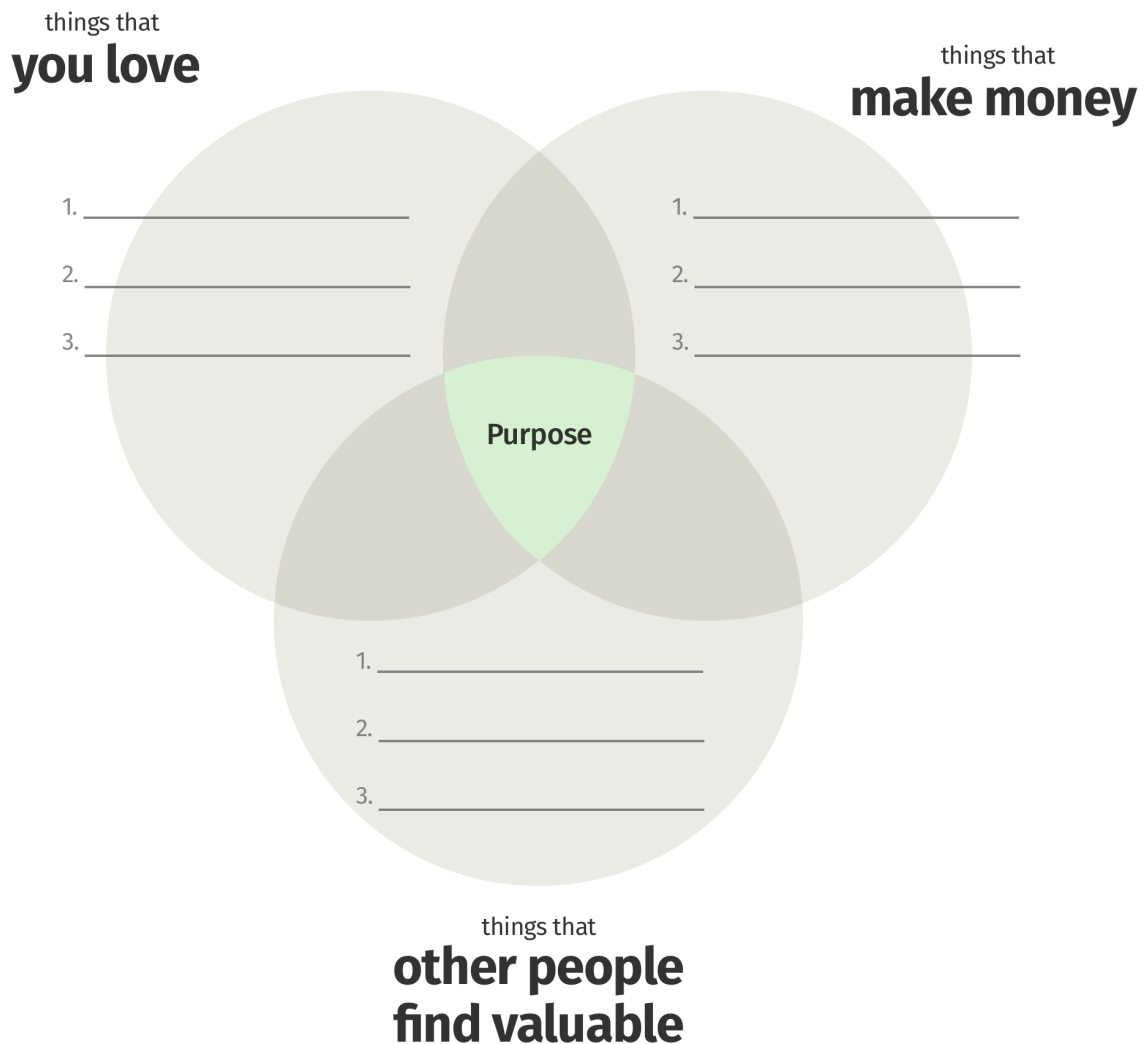
3. \_\_\_\_\_

## Exercise 2: Creating Your Own Venn Diagram of Purpose

Now that you've identified some of your key interests, let's explore how they might align with Helen's Venn diagram of purpose. This will help you find the intersection of things you love, things that make money, and things that provide value to others.

### Step 1

In each circle, list potential activities or careers related to your interests



### Step 2

Look for overlaps between the circles. Are there any activities or careers that appear in more than one circle?

**Step 3**

If you find any activities in the center of your Venn diagram (overlapping all three circles), these could be strong candidates for your purpose. If not, don't worry - this is a starting point for exploration.

**Reflection**

Based on this exercise, what insights have you gained about potential directions for your purpose or career?

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### Exercise 3: Turning Dissatisfaction into Growth Goals

Sometimes our greatest opportunities for growth come from areas of dissatisfaction in our lives. This exercise will help you identify these areas and turn them into concrete goals for improvement.

**Step 1:** List three to five areas of your life or work where you feel dissatisfied or unfulfilled.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 2**

For each area of dissatisfaction, ask yourself:

- What specific aspects are causing the dissatisfaction?
- What would an ideal scenario look like in this area?
- What skills, knowledge, or changes would be required to move from the current situation to the ideal?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Step 3**

Based on your answers, formulate a growth goal for each area of dissatisfaction. Make sure your goals are specific, measurable, achievable, relevant, and time-bound.

**Examples**

Area of dissatisfaction: *Feeling stuck in my current job role*

Growth goal: *Within the next six months, I will acquire the skills necessary for a promotion by completing an online certification in project management and taking on two additional projects at work to demonstrate my capabilities.*

Area of dissatisfaction: *Poor physical fitness*

Growth goal: *In the next 4 months, I will improve my physical fitness by establishing a consistent exercise routine, including thirty minutes of cardio three times a week and strength training two times a week.*

Your growth goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## CHAPTER 2: OPENNESS

Openness is a key trait for successfully navigating the Bumpy part of the learning curve and embracing new opportunities. In this chapter, we assess your current level of openness and practice strategies to become more open to new experiences and ideas.

### Exercise 1: Assessing Your Level of Openness

This quick, simple openness questionnaire<sup>1</sup> will help you gauge your current level of openness. Rate each statement on a scale of 1 (Strongly Disagree) to 5 (Strongly Agree):

1. \_\_\_\_\_ I enjoy trying new foods and cuisines.
2. \_\_\_\_\_ I seek out new experiences and adventures.
3. \_\_\_\_\_ I'm comfortable with uncertainty.
4. \_\_\_\_\_ I enjoy learning about different cultures and ways of thinking.
5. \_\_\_\_\_ I'm willing to consider viewpoints that differ from my own.
6. \_\_\_\_\_ I often come up with creative solutions to problems.
7. \_\_\_\_\_ I enjoy abstract or theoretical discussions.
8. \_\_\_\_\_ I'm curious about how things work and why things happen.
9. \_\_\_\_\_ I enjoy art, music, or literature that challenges conventional norms.
10. \_\_\_\_\_ I'm open to changing my mind when presented with new information.

\_\_\_\_\_ total your score

### Scoring

40-50: Very high openness

30-39: High openness

20-29: Moderate openness

10-19: Low openness

Reflection: What does your score suggest about your current level of openness? Are you surprised by the result? In what areas might you benefit from being more open?

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<sup>1</sup> This is a simplified Openness personality trait test without rigorous academic testing behind it. For a comprehensive Big Five personality trait test that includes a complete Openness evaluation, try <https://openpsychometrics.org/>.

## Exercise 2: Practicing Openness

As we learned in Chapter 2, you can change your level of openness using a few simple techniques. Challenge yourself to increase your openness with these daily exercises. Choose one challenge per day for the next week and write down the date you completed each challenge and note what you did, how it felt, what you learned or observed

1. Try a new food or cuisine you've never had before.

\_\_\_ / \_\_\_ / \_\_\_ \_\_\_\_\_  
 \_\_\_\_\_

2. Take a different route to work or to run errands.

\_\_\_ / \_\_\_ / \_\_\_ \_\_\_\_\_  
 \_\_\_\_\_

3. Strike up a conversation with someone you don't know well.

\_\_\_ / \_\_\_ / \_\_\_ \_\_\_\_\_  
 \_\_\_\_\_

4. Read an article or watch a video on a topic you know nothing about.

\_\_\_ / \_\_\_ / \_\_\_ \_\_\_\_\_  
 \_\_\_\_\_

5. Attempt a creative activity you've never tried before (e.g., painting, writing poetry, dance).

\_\_\_ / \_\_\_ / \_\_\_ \_\_\_\_\_  
 \_\_\_\_\_

6. Listen to a genre of music you don't typically enjoy.

\_\_\_ / \_\_\_ / \_\_\_ \_\_\_\_\_  
 \_\_\_\_\_

7. Attend a local event or class on a topic you're unfamiliar with.

\_\_\_ / \_\_\_ / \_\_\_ \_\_\_\_\_  
 \_\_\_\_\_

At the end of the week, reflect on how these experiences impacted your sense of openness and curiosity.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## CHAPTER 3: GET HELP

Building a strong support network and leveraging the expertise of others is crucial for getting through the Bumpy part of learning curves. This chapter will help you identify and expand your support system, develop likability skills, and create a mastermind group for mutual growth and accountability.

### Exercise 1: Mapping Your Support Network

This exercise will help you visualize your current support system and identify areas where you might need additional support.

**Step 1:** Each circle below represents a source category for your support network. Write names of people who support you today. Consider and note different types of support (emotional, practical, professional, etc.).

The diagram consists of a central green circle labeled "You". Surrounding it are five grey circles, each representing a support category. Each category circle contains six numbered lines for writing names.

- Family** (top-left): 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_, 6. \_\_\_\_\_
- Friends** (top-right): 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_, 6. \_\_\_\_\_
- Mentors** (middle-left): 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_, 6. \_\_\_\_\_
- Colleagues** (middle-right): 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_, 6. \_\_\_\_\_
- Others** (bottom): 1. \_\_\_\_\_, 2. \_\_\_\_\_, 3. \_\_\_\_\_, 4. \_\_\_\_\_, 5. \_\_\_\_\_, 6. \_\_\_\_\_

**Step 2:** Use ranking, symbols, or colors to indicate the strength and type of each relationship.

**Step 3:** Reflect on your completed map.

- Where do you have the strongest support?
- Are there any gaps in your support network?
- Who could you reach out to for support in areas where you need it?

Based on this reflection, list 3 actions you can take to strengthen or expand your support network.

*Example: Connect with a former colleague who works in the industry you're interested in. Tell them how interested you are in their career and invite them for coffee or a Zoom to discuss their experiences and potential opportunities.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Exercise 2: Networking Scenario Role Play

The book includes a lot of ideas for networking, but networking is a skill you can improve like any other. The more you practice it, the better you'll get. This role play exercise is intended to provide a safe place to practice in preparation for the real thing.

**Instructions:** Find a partner (friend, family member, or colleague you trust) and take turns role-playing the following scenarios. Spend about five minutes on each role, then switch. After each scenario, discuss what went well and areas for improvement.

**Scenario 1: Conference Small Talk** You're at an industry conference during a coffee break. Strike up a conversation with someone wearing a name tag from a company you're interested in.

*Example ice breaker: "Hi, I'm [your name]! I couldn't help but notice your company name tag. I've been following your organization's work in [specific area]. What's been the most exciting project you've worked on recently?"*

**Scenario 2: Dog Park** You're at the dog park that you haven't been to or are new to the area.

*Example ice breaker: "Hello! Your dog is adorable. I'm [your name], and this is my pup, [dog's name]. We're pretty new to the area. How do you like this park?"*

**Scenario 3: Online Networking** You've just joined a professional online community. Craft an introduction post and respond to another member's post in a way that could lead to further connection.

*Example intro post: "Hi everyone! I'm [Your Name], and I'm excited to join this community. I'm currently working in [your field] and am particularly interested in [specific aspect of the field]. I'd love to connect with others who are passionate about [related topic]. What's been your biggest learning in this space recently?"*

**Reflection:** After completing the role-plays, answer the following questions:

1. What felt most challenging about these interactions?
2. What strategies worked well for initiating and maintaining conversations?
3. How can you apply these learnings to real networking situations?

### Exercise 3: Create Your Mastermind Group

Mastermind groups provide more value than mentoring or other forms of peer support because

1. There's less baggage around hard questions. Since members of your mastermind group don't work with you or have a personal relationship with you, you can ask questions that might be uncomfortable for a manager, mentor, or partner.
2. You get a variety of perspectives. The mastermind group exposes you to people with a wider range of viewpoints, experiences, and ideas than a single coach or mentor.
3. It's a safe place to explore new ideas. Ideas that aren't fully developed can sometimes get quashed early by existing teams or peers at work.
4. They provide accountability. When the group comes up with a consensus and action items on your issue, there is a higher level of accountability when you go back to the next session.

Follow this step-by-step guide to form your own mastermind group for mutual support and growth. To ease into it a bit, you might make it a "time-limited" group that commits to meet four times over a single month. Of course, if it's working for everyone, you can keep going!

**Step 1:** Define the purpose and focus of your mastermind group (e.g., career development, entrepreneurship, personal growth).

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**Step 2:** List 5-8 potential members who share similar goals and values. Use LinkedIn, alumni networks, and other contacts to fill out the list.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**Step 3:** Reach out to these individuals and gauge their interest. Explain the concept and benefits of a mastermind group.

**Step 4:** Schedule an initial meeting (in-person or virtual) with interested members.

**Step 5:** During the first meeting

1. Introduce everyone and share individual goals
2. Establish group norms and expectations
3. Decide on meeting frequency and format
4. Assign roles (e.g., facilitator, timekeeper)

**Step 6:** Plan the structure for future meetings. For example:

1. Round table of member updates including any accountability check-ins from the last meeting.
2. Single issue focus led by the predetermined member of the group.
3. Selection of lead for next week's meeting.

**Step 7:** Schedule the next few meetings and establish a communication channel for the group (e.g., email, WhatsApp, Slack).

**After your first few mastermind meetings, reflect on:**

- What's working well in the group?
- What could be improved?
- How is the mastermind group supporting your learning and growth?

## CHAPTER 4: CONFIDENCE

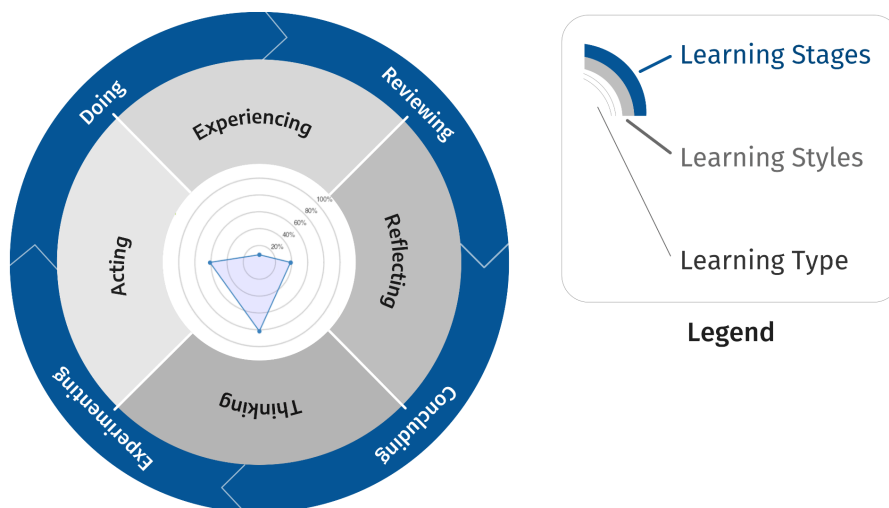
Building confidence is essential for tackling new challenges and persevering through the learning curve. The question echoing through the chapter is “how does a self-doubting person become more confident?” The exercises in this section will put you on a path to boost confidence in yourself and in the skills you want to improve.

Perhaps the best way to build confidence in a skill is to simply “do it.” In Jason and Chase’s stories, their most significant progress didn’t come in the form of classic classroom learning, but rather they built confidence via experiential learning. The next exercise is intended to help you optimize your learning performance.

### Identifying Your Experiential Learning Style

Knowing your experiential learning style helps you understand your learning strengths and weaknesses. By understanding these weaknesses, you can mindfully compensate for them. In addition, consciously “flexing” to other learning styles can make you a more well-rounded learner. If you are aware of your preferred learning style and actively get out of your learning comfort zone, you will become a more effective learner.

To determine your learning style, you first have to understand what learning stages you prefer. The questionnaire below is a very simple learning stage/style assessment, but to get a more accurate assessment of your learning style, I recommend using the Kolb Experiential Learning Profile (KELP)<sup>2</sup> assessment.



Kolb’s Learning Stages and Styles

<sup>2</sup><https://experientiallearninginstitute.org/product/kolb-experiential-learning-profile-kelp-individual-purchase/>

## Exercise 1: Simplified Learning Stage and Style Assessment

For each of the following 12 statements, rate how well it describes you on a scale of 1 to 4:

- 1 = Rarely describes me
- 2 = Sometimes describes me
- 3 = Often describes me
- 4 = Almost always describes me

1. \_\_\_\_ I learn best by actively participating in new experiences.
2. \_\_\_\_ I enjoy hands-on activities and direct involvement.
3. \_\_\_\_ I'm energized by new challenges and immediate experiences.
4. \_\_\_\_ I prefer to observe and reflect on situations before taking action.
5. \_\_\_\_ I carefully consider all perspectives before forming an opinion.
6. \_\_\_\_ I like to gather information and think things through thoroughly.
7. \_\_\_\_ I enjoy analyzing concepts and creating theories.
8. \_\_\_\_ I like to work with abstract ideas.
9. \_\_\_\_ I'm good at integrating observations into explanations for others.
10. \_\_\_\_ I like to experiment with new ideas and solve practical problems.
11. \_\_\_\_ I prefer applying concepts to real-world situations.
12. \_\_\_\_ I learn best by testing ideas in practice.

### Preferred Learning Stage

- Doing:** \_\_\_\_ Sum of questions 1, 2, 3
- Reviewing:** \_\_\_\_ Sum of questions 4, 5, 6
- Concluding:** \_\_\_\_ Sum of questions 7, 8, 9
- Experimenting:** \_\_\_\_ Sum of questions 10, 11, 12

Your highest score indicates your preferred learning stage.

My preferred learning stage: \_\_\_\_\_

## Your Learning Style

Your learning style is determined by your two highest-scoring stages.

**Experiencing:** Doing and Reviewing

**Reflecting:** Reviewing and Concluding

**Thinking:** Concluding and Experimenting

**Acting:** Experimenting and Doing

Characteristics of each learning style:

- **Experiencing:** You're good at brainstorming and ideation. You may be imaginative and emotional, but might struggle with practical applications.
- **Reflecting:** You excel at thinking through ideas and building theoretical models. You may focus too much on abstract concepts and struggle to act decisively.
- **Thinking:** You're oriented towards practical application of ideas and problem-solving. You might ignore interpersonal issues or rush to find a single "correct" answer.
- **Acting:** You enjoy carrying out plans and experiments with new experiences. You're intuitive and action-focused, but may rely too heavily on intuition and avoid reflection.

## Activity

Next time you go through a learning exercise, whether it's to learn a recipe, new sport, or new skill at work, be mindful of your learning style and first try to compensate for the weaknesses of that style as described in the second half of the definitions above. Next attempt to learn from the perspective of an adjacent learning style. You can try this with Exercise 3 below or in other learning activities.

## Exercise 2: Daily Practice Challenge

In the Confidence chapter, we learned about the power of consistent, daily practice. Chase's remarkable recovery was fueled by his commitment to practice "every single day." This exercise will help you experience how daily practice can build both skill and confidence.

**Step 1:** Choose a small skill you'd like to improve over a seven day period. This could be anything from juggling three balls, doing push-ups, or learning a few phrases in a new language. The key is to choose something that can be practiced in a short amount of time each day. Pick something that you really want to learn and you will be proud of for gaining this skill. You could start from no experience or it could be a skill you're already familiar with that you will commit to improving.

Your chosen skill: \_\_\_\_\_

**Step 2:** Set a specific, measurable goal to define what "improvement" will look like for your chosen skill after one week of daily practice.

Your one-week goal: \_\_\_\_\_

**Step 3:** Pick a source of knowledge about that skill. This could be a friend, a Youtube video, or a book. Also, define upfront a length of time for daily practice (e.g., 30 minutes or two hours). After each practice session, briefly note your progress and how you feel about your performance.

**Suggested schedule**

- Days 1-2: Focus on understanding the basics of the skill
- Days 3-5: Concentrate on repetition and improvement
- Days 6-7: Challenge yourself to apply the skill in a slightly more advanced way

**Day 1** practice notes: \_\_\_\_\_

Confidence level (1-10): \_\_\_\_\_

**Day 2** practice notes: \_\_\_\_\_

Confidence level (1-10): \_\_\_\_\_

**Day 3** practice notes: \_\_\_\_\_

Confidence level (1-10): \_\_\_\_\_

**Day 4** practice notes: \_\_\_\_\_

Confidence level (1-10): \_\_\_\_\_

**Day 5** practice notes: \_\_\_\_\_

Confidence level (1-10): \_\_\_\_\_

**Day 6** practice notes: \_\_\_\_\_

Confidence level (1-10): \_\_\_\_\_

**Day 7** practice notes: \_\_\_\_\_

Confidence level (1-10): \_\_\_\_\_

## Reflection

After completing your week of daily practice, reflect on your experience.

1. Did you achieve your one week goal? \_\_\_\_\_
2. How did your confidence level change from Day 1 to Day 7? \_\_\_\_\_
3. What did you learn about the relationship between consistent practice and confidence?

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4. How might you apply this "every single day" approach to other areas of your life where you want to build confidence?

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Remember: The goal of this exercise is not just to improve a specific skill, but to experience firsthand how daily, consistent practice can rapidly build both competence and confidence. Consider how you might apply this approach to larger goals or challenges in your life.

## CHAPTER 5: RESILIENCE

Telling a person facing adversity to be more resilient is really not great advice. The question is *how* do you become more resilient, that is persevere when faced with setbacks. This chapter includes several anecdotes, strategies and tools to create an environment where you can be more resilient. Below are exercises that go deeper on the reframing and gratitude strategies described in the book.

### Exercise 1: Reframing Stress Scenarios

In Chapter 5, we learned about Kelly McGonigal's research on reframing stress as a positive force. This exercise will help you practice reframing stress in your own life. Writing these down before you run into any of these situations will help you during an anxiety producing situation because it helps your brain practice for the real thing.

**Step 1:** List 3 upcoming stressful **situations** you anticipate facing in the near future.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Step 2:** For each situation, complete the following table.

	Situation Description	Symptoms I Expect	Initial Negative Interpretation	Reframed Positive Interpretation
<b>Example</b>	<i>Quarterly sales meeting where I have to present the status of all my sales activity and forecast for next quarter.</i>	<i>Rapid heartbeat, sweaty palms, shortness of breath</i>	<i>Ruminations about being anxious and unprepared. These symptoms show I'm not cut out for this level of pressure.</i>	<i>My body is energizing me for an important task. This heightened state will sharpen my focus and help me perform at my best.</i>
<b>Situation 1</b>				
<b>Situation 2</b>				
<b>Situation 3</b>				

**Step 3:** After encountering one of these situations, reflect on your experience:

Which situation did you face? \_\_\_\_\_

How did the reframing technique affect your experience?

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Did it impact your performance? If so, how?

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What did you learn from this exercise that you can apply to future stressful situations?

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## Exercise 2: Gratitude and Resilience Practice

The University of Nebraska study on student reactions to the COVID-19 pandemic showed that by simply cultivating gratitude, you can become more resilient. Below is a week-long exercise designed to help you develop a gratitude practice and thereby increasing your resilience.

**Instructions:** For the next 7 days, respond to the following gratitude prompts. Try to be specific and write at least 2-3 sentences for each prompt.

**Day 1:** List 3 things you're grateful for in your current circumstances.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Day 2:** Write a thank-you note (sent or unsent) to someone who has supported you.

Dear \_\_\_\_\_,

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**Day 3:** Identify a challenge you're facing and find two potential positive outcomes.

Challenge: \_\_\_\_\_

Potential positive outcome 1: \_\_\_\_\_

Potential positive outcome 2: \_\_\_\_\_

**Day 4:** List 3 skills or strengths you're grateful to possess.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Day 5:** Reflect on a past difficulty and identify how it made you stronger.

Past difficulty: \_\_\_\_\_

How it made me stronger:

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**Day 6:** Express appreciation for three everyday things you often take for granted.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Day 7:** Write about how practicing gratitude has affected your outlook this week.

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**Reflection:** After completing this week-long gratitude practice, answer the following questions:

1. How has this practice influenced your resilience?

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2. Did you notice any changes in your ability to face challenges?

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3. How might you incorporate gratitude into your daily life moving forward?

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## YOU MADE IT!

Congratulations on completing the *Outsmart the Learning Curve Workbook*! You've taken important steps towards personal growth and transformation. As you reflect on your journey, remember that growth is an ongoing process. The strategies and insights you've gained here are just the beginning.

### Celebrate What You Did

Take a moment to reflect on your progress:

1. What were your biggest takeaways from this workbook?
2. Which exercises had the most impact on your thinking or behavior?
3. How do you plan to apply these learnings in your daily life?

Remember, the real power of these exercises comes from consistent application. Consider revisiting this workbook periodically to reinforce your learning and track your progress.

### Share the Knowledge

This workbook is free to share with friends, family members, or colleagues who might benefit from it. By sharing this resource, you're not just helping others, you're reinforcing your own learning. Teaching or discussing these concepts with others can deepen your understanding and provide new perspectives. You can find a fresh copy at [www.outsmartbook.com/workbook](http://www.outsmartbook.com/workbook).

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