

The Journey to
**LIVE YOUR
MAGIC!**TM



The Six Tools
WORKBOOK SERIES

RAM-JAMTM

How to Read to Learn

Larry Anderson with Sarah Janzen



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Journey to Live Your MAGIC!TM
Workbook Series

The Truth About You Series

1. How to Discover Your Gifts
2. How to Make Empowering Choices
3. How to Discover and Live Your Personal Mission

The Six Tools Series

4. How to Read to Learn
5. How to Connect With Allies
6. How to Reach Out to Mentors
7. How to Journal For Self-Discovery
8. How to Ask Better Questions
9. How to Meditate to Hear Your Inner Guide

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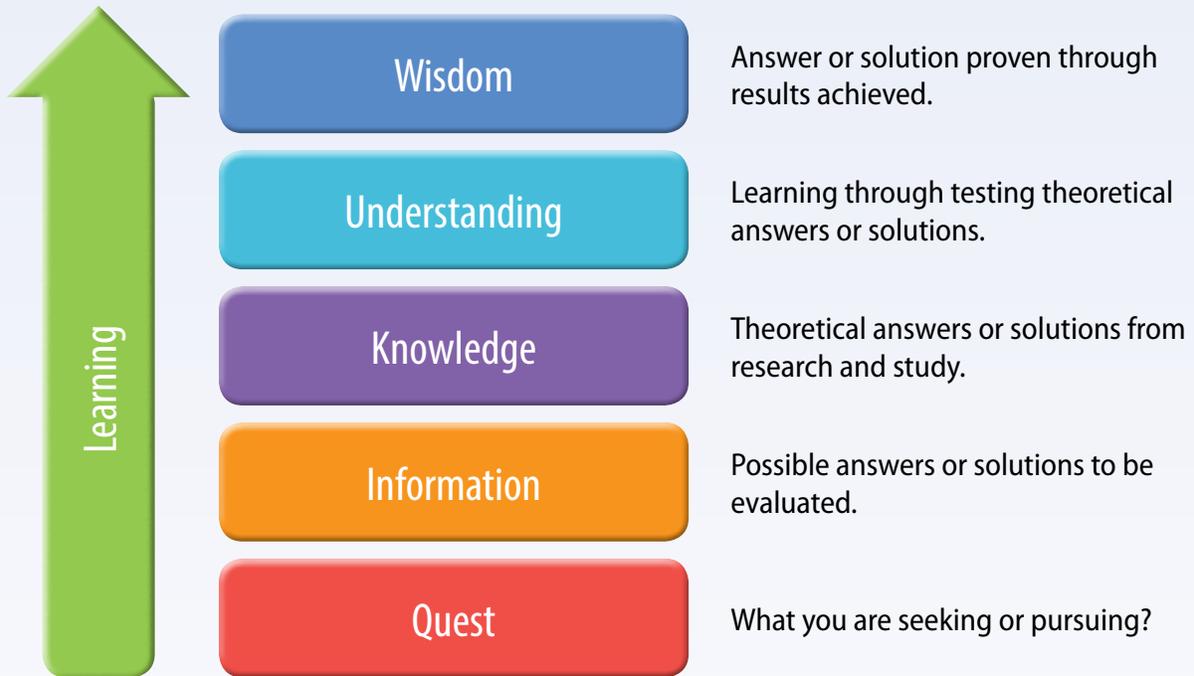
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HOW TO READ TO LEARN

Quest-Driven Learning



Your Quest is driven by your curiosity for knowledge or understanding, or your passion for performance, or it is pulled by your dream.

Learning is not the preparation for life. Learning is life, and learning is life-long. Learning enables your dreams throughout your life.

A high school education teaches you the skills required to learn. Quest-driven, self-directed learning uses these skills, but is driven by your personal curiosities and passions and is guided by your dreams. Your learning choices can include more formal education at a university, college or technical institute, but it must also include independent study, including books. The best books provide the distilled wisdom of a lifetime of study from leading authorities on nearly any subject. A good book is an incredible value.

You choose particular books because they interest you. When you read the books, they teach what you want to know. You are reading to learn to fulfill your quest for understanding, performance or the realization of your dream.

Consider These Types of Books:

- a. Biographies and autobiographies
- b. Books about your interest areas
- c. Self-help and personal-development books.

GRANDMA KNOWS BEST

I had just moved to a new community where I had to start completely fresh. My parents really wanted to live closer to my grandma because my grandpa had recently passed away. While I loved living closer to grandma, I no longer had any friends or any extra-curricular activities to keep me busy. One day when I was riding my bike around the neighbourhood, I came across a sign at the local community hall. It was advertising a chilli cook-off that people of all ages could enter. The cook-off was occurring in a week's time and I figured I could come up with a pretty good recipe within that time frame. I went home and opened my laptop. I found a few decent-sounding recipes online and printed them off. I had a great idea of combining parts of all of the recipes I found to create my very own recipe. I decided to make a practice batch for supper that evening.

I was anxious for my family to try my concoction as I had never made chilli before. They were all very complimentary about my cooking, but as I ate it I couldn't help but think "there's something missing.". For the next week I played with the recipe. I added more chilli flakes one time, fewer beans another, and experimented with different sauces. By Friday, my family was so sick of eating chilli that they wouldn't try any more of my creations. But my chilli still didn't seem exactly right to me. With the chilli cook-off the next day, I knew what I had to do: call in the expert.

I phoned my grandma and asked her if she would make a batch of chilli with me. She had the reputation in my family of being the best cook no matter what she made. The moment she agreed to help, I was on my bike pedaling like mad towards her house.

I started to make the batch that was my favorite out of all the ones I had already made. Grandma observed me without saying anything. She began to rummage through her cupboards and came out with a small jar of spice. When I asked, "What's that?" she said it was a family secret. She added a pinch of it into my batch and then proceeded to help chop the vegetables that my recipe called for.

When I tasted the batch grandma and I had made together I had no doubt that we had just made the best batch of chilli I had ever tasted. Between the recipes I had found online and the mentorship from my grandma, I knew that I would be unstoppable during the cook-off. And I was. I even have a big shiny trophy to prove it.

Activity 1.1 – Turning Knowledge into Wisdom

The young adult above tells a story about how she sought reading material to help her learn more about making chilli. She then demonstrated how she reached out to her cooking mentor, her grandma, and succeeded in her goal of making an amazing batch of chilli. “Reading to learn” is all about taking knowledge from a source and converting it into wisdom by applying what you’ve learned to real life.

REFLECTION QUESTIONS

1. There are many things the narrator of the story above did in order to find the perfect recipe. What are two things that she did in order to improve her recipe?

a) _____

b) _____

2. What question do you think the narrator typed into the search engine to find recipes for chilli?

3. If the narrator didn't have access to the internet, what are some alternative sources that she could have used to find a good recipe?

4. Reflect: Think of a time where you tried something and it didn't quite work out as you planned. When you tried it again, what changes did you make? Did these changes make a difference in the final result? Did you try it a third or fourth time and notice even more of a change? Write about your experience below.

Activity 1.2

Read the quotes below. Choose one quote from each section and write how this quote can be directly applied to your life. This activity will help you to develop the skill to take a quote from whatever you read and consider where it can fit in your life.

1. “To uncover your true potential you must first find your own limits and then you have to have the courage to blow past them.” – Picabo Street

“Never let the fear of striking out get in your way.” – Babe Ruth

“Never let your head hang down. Never give up and sit down and grieve. Find another way.”
– Satchel Paige

“I’ve missed more than 9,000 shots in my career. I’ve lost almost 300 games. Twenty-six times, I’ve been trusted to take the game-winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.” – Michael Jordan

2. "Each problem that I solved became a rule, which served afterwards to solve other problems" – Rene Descartes

"A person starts to live when he can live outside himself." – Albert Einstein

"Measure what can be measured, and make measurable what cannot be measured." – Galileo Galilei

"Somewhere, something incredible is waiting to be known." – Carl Sagan

3. "In art, the hand can never execute anything higher than the heart can imagine." – Ralph Waldo Emerson

"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep." – Scott Adams

"Some painters transform the sun into a yellow spot, others transform a yellow spot into the sun." – Pablo Picasso

"Try again. Fail again. Try better." – Samuel Beckett

4. "What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal." – Albert Pike

"We make a living by what we get, but we make a life by what we give." – Winston S. Churchill

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." – From The Lorax, by Dr. Seuss

"I've always respected those who tried to change the world for the better, rather than just complain about it." – Michael Bloomberg

5. "As we look ahead into the next century, leaders will be those who empower others." – Bill Gates

"People think 'focus' means saying yes to the thing you've got to focus on. But that's not what it means at all. It means saying no to the hundred other good ideas that there are. You have to pick carefully." – Steve Jobs

"Sometimes by losing a battle you find a new way to win the war." – Donald Trump

"Good business leaders create a vision, articulate the vision, passionately own the vision, and relentlessly drive it to completion." – Jack Welch

Activity 1.3: Create Your Own Quote

Now that you have read quotes made by others, write your own quote that directly applies to your life. If you want, you can ask a friend or family member to relate it to their life—just as you did in Activity 1.2.

Quote: “ _____

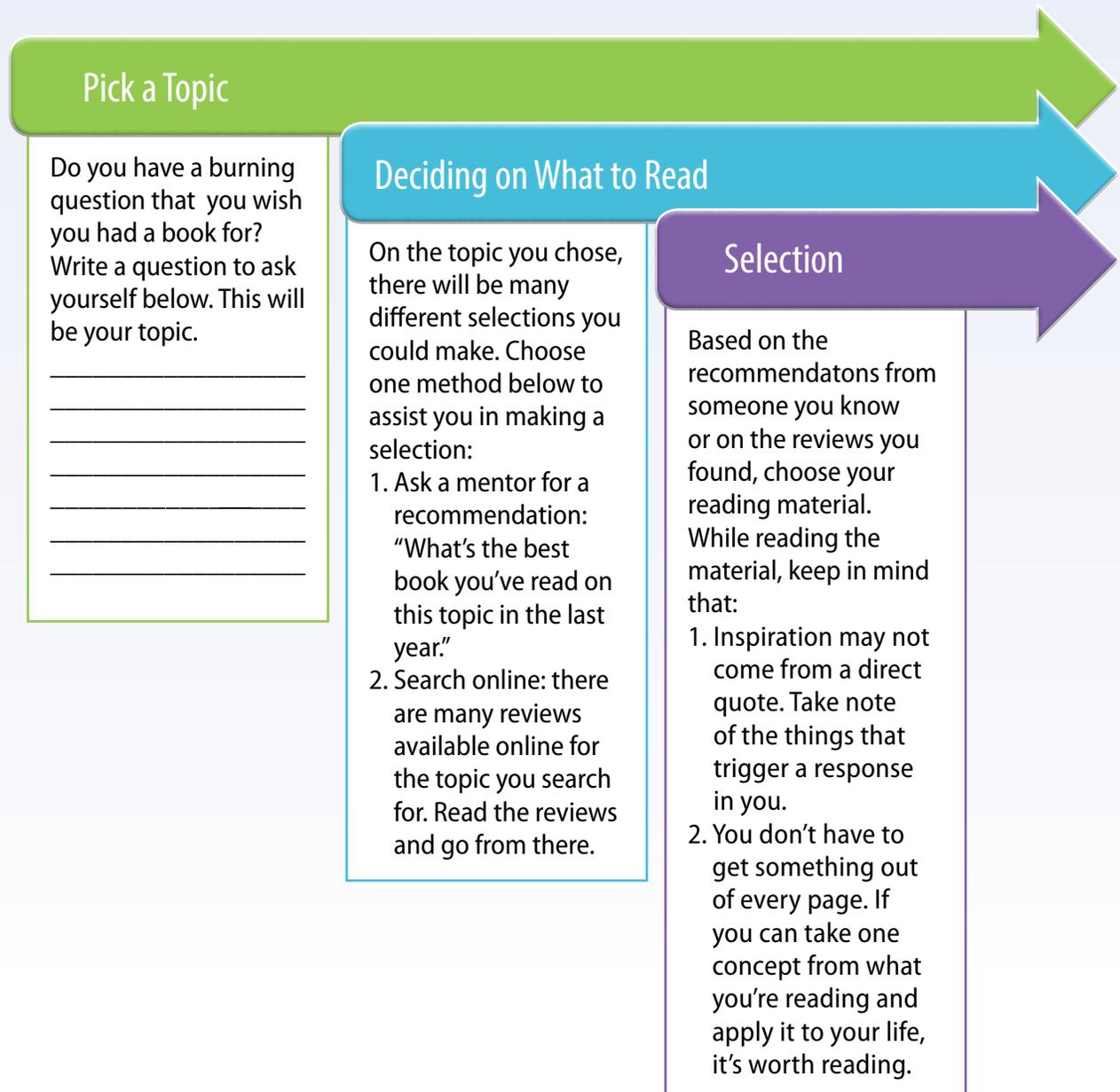
_____”

Explain why you chose to write this quote. How does this quote apply to your life?

Read to Learn Challenge: When you fail at something in your life, using “reading to learn” as a resource can help you to overcome failure. Sometimes what you read can help or inspire you to approach your struggle in a new way that you haven’t tried before. Participate in Activity 2.1 to learn more about selecting appropriate reading material for your life.

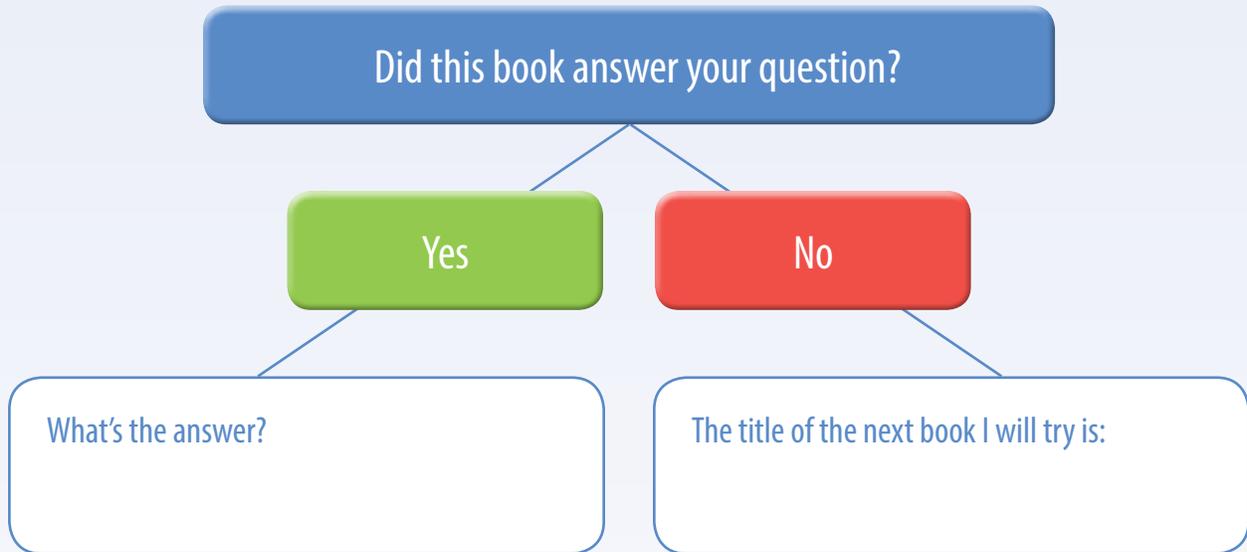
Activity 2.1 – Choosing Your Reading Material

Follow the steps below for choosing appropriate reading material.



Conclusion:

The book I found that could potentially answer my burning question is:



Below are some suggestions of books that encourage empowerment and personal missions. Feel free to send in your recommendations of empowering reads to LYM@liapmedia.net

1. The Alchemist by Paulo Coelho
2. Man's Search for Meaning by Viktor Frankl