
101 Ways to Learn More in 2006

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How to Use this Book

This short book is a celebration of each of us and of learning!

As humans we are the only living things that can learn with intention: we can choose what we want to learn. And, almost magically, we can learn how to learn more effectively. This book contains 101 suggestions, spurs, and opportunities to help you make the choice to learn.

Some of them are self explanatory and others may seem a bit off-the-wall. All of them were selected with the purpose of helping you learn something about the world, those around you or yourself. Not all of them will feel comfortable to you. You can, of course, skip or ignore any of them. I would however suggest that you try some of them that seem the most unusual bizarre or strange. These may hold the greatest lessons for you.

You may decide to read all 101 right now. You might read and try one each day, or you may skip around randomly. However you want to do it is fine – this is now your book!

My only advice is to use these ideas. Do what is suggested then reflect on your experience and the lessons it holds for you. Doing this will help you become a more intentional and successful learner.

I wish you great success!

Yours in Learning,



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The 101 Ways . . .

1. For any situation, ask yourself “What would I do different next time?”
2. Read a book about your hobby.
3. Read a book about something that interests you at work.
4. Have lunch with someone you admire.
5. Send a letter to someone you admire, but have never met.
6. Play a new game.
7. Play an old game



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8. Spend an hour with (listening to) someone at least 15 years older than you.
 9. Set a new learning goal.
 10. Drive to work on a route that takes you longer.
 11. Learn to say “thank you” in a new language.
 12. Say “thank you” only in the new language for a full day.
 13. Start a new hobby.



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14. Ask why?
 15. Ask why not?
 16. Open a dictionary to a random page and learn a random word.
 17. Ask how?
 18. Play your favorite childhood outdoor activity.
 19. Buy a vocabulary book and learn a new word each day.



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20. Think about your favorite holiday and decide what it is your favorite.
 21. Start a journal and write something everyday for a week.
 22. Make a list of five accomplishments you are proud of (and put them in your new journal!).
 23. Do an internet search on agriculture and surf for 15 minutes.
 24. Ask a friend what their favorite magazine is, borrow it and read it.
 25. Eat a piece of your favorite childhood candy.



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26. Take a mental picture of three interesting things you see today.
 27. Find a mentor.
 28. Be a mentor.
 29. Play with a three year old.
 30. Help someone learn how to read.
 31. Turn off the TV.



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32. Stop and do nothing but think for one hour.
 33. Go to a museum.
 34. Go to an art gallery.
 35. Go to a concert.
 36. Make as many connections as you can between a calendar and a car.
 37. Do a jigsaw puzzle.



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38. Do a crossword puzzle.
 39. Do a word search.
 40. Find as many words as you can using the letters in the word "Association."
 41. Read a biography of a person you admire.
 42. Read a biography of a person you disagree with.
 43. Color in a coloring book.



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44. Do something you've put off.
 45. Stop doing something you've always done.
 46. Ride a bicycle.
 47. Give no advice for a full day.
 48. Get up one hour early.
 49. Take a walk.



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50. Read to a child.
 51. Go to an auction.
 52. Put your clothes on in a different order than you usually do.
 53. Create a personal motto – in seven words or less.
 54. Find a playground and swing!
 55. Go to a zoo.



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56. Go to a fair.
 57. Write down something you learned yesterday.
 58. Make a list of the lessons you learn for one week.
 59. Spend one hour learning about someone else's job.
 60. Write a poem about your childhood.
 61. Take a four hour vacation.



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62. Spend an hour shopping somewhere you've never been before. Look at the merchandise and watch the people.
 63. Do a random act of kindness.
 64. Watch one hour of the Discovery or History Channel.
 65. Prepare a new recipe.
 66. Call an old friend.
 67. Learn a magic trick.



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68. Listen to Mozart.
 69. Do an internet search on cotton candy and surf for 15 minutes.
 70. Ask ten people how they got into their career.
 71. Have a child tell you a story.
 72. Buy and do a Mad Lib[®].
 73. Read one of O Henry's short stories.



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74. Pick your favorite ad from a magazine and ask yourself why it is your favorite.
 75. Watch a favorite movie again.
 76. Watch a movie you don't think you will like.
 77. Read "Oh, The Places You'll Go!" by Dr. Seuss.
 78. Enjoy your hobby.
 79. Become a connoisseur of something.



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80. Volunteer your ideas.
 81. Volunteer your time.
 82. Volunteer your hands.
 83. Consider what you can learn from a butterfly.
 84. Consider what you can learn from the ocean.
 85. Close your eyes and imagine eating a donut using all of your senses until you can taste it.



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86. Listen for 30 minutes to talk radio show you disagree with.
 87. Be more curious.
 88. Learn CPR.
 89. Look at an old photo album.
 90. Listen to some of your favorite music from your teenage years.
 91. Look in a mirror and admire your favorite facial feature.



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92. Join (or start) a book club.
 93. Forgive someone.
 94. Reflect on your favorite birthday memory.
 95. Play a tune on a piano – even if you don't know how to play.
 96. Consider how you are like a chair.
 97. Do an internet search on bricks and surf for 15 minutes.



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98. Ask “What is standing in my way?”
 99. Memorize a quotation you like.
 100. Ask “What am I best at?”
 101. Use Occam’s Razor by asking “What is the simplest explanation?”

