Before learning new information, what would happen if we first learned how to prepare our environment, our mind and body, and our brain for maximum results? Excellent learners understand that taking a small amount of time to prepare before learning saves time and allows focused attention to be placed on the new content they wish to learn.

There are five simple strategies that excellent learners take advantage of to get the results they desire in any learning situation. By applying these simple strategies at both school and home, any learner can accelerate their results and view learning as not just an event but rather as a continuous process.

1. **PREPARE my space**
   I prepare my space by creating a clean, distraction-free environment.
   
   *Example*: Keep any unnecessary technology, media, noise, and clutter out of my work space.

2. **FOCUS my mind**
   I focus my mind by taking deep cleansing breaths and getting straight to work.
   
   *Example*: Sit up straight. Close your eyes. Take a deep cleansing breath. Slowly open your eyes.

3. **QUANTUMIZE my learning**
   I quantumize my learning when I match the strategy to my learning situation.
   
   *Example*: Select the study or learning strategy that will produce the desired result.

4. **REVIEW my knowledge**
   I review my knowledge when I consistently review my content. I also reflect on the strategies I used and their effectiveness in getting me the outcome I desire.
   
   *Example*: Chunk material into related parts and review using multiple strategies repeatedly.

5. **CELEBRATE my progress**
   I celebrate my progress by acknowledging my effort as well as my end result.
   
   *Example*: Reward yourself and find joy in the learning process.