Learn Strategically:
Tools and Skills for Effective Learning

1. What tools or resources do I already have at my disposal to develop my skills?

2. Am I aware of the cognitive biases that influence my decisions?

3. How can I mobilize both my intuition and my thinking to better understand my challenges?

4. Are the strategies I've learned in the past still appropriate for my current situation?

5. How can I adjust my goals and approaches in response to changes or unforeseen events?

6. Am I able to move from a learned skill to a natural automatism?

7. What indicators do I need to know whether my strategies are working?

8. Do I take the time to evaluate my progress and rectify my mistakes?

9. How can I better manage my attention and resist distractions?

10. What strategies and skills do I need to memorize and integrate into my personal toolbox?

11. How can I organize and structure what I've learned so that I can reuse it easily?

12. Do I distinguish between what I need to master personally and what I can delegate to AI?

13. What can I do to strengthen my autonomy in learning?