

## How to study more in less time

### **\*\* IMPORTANT \*\***

The most important thing that you need to know while or before increasing your study time is your "WHY". It is very important to know your why as if your why doesn't satisfy your mind then you would never be able to achieve whatever you want no matter whatever you try. To find your why you can think about it and the results as well as by product you will achieve by completing the task.

### Technique number 1

#### **NEVER STUDY ON BED**

You must make a habit of not studying on bed because our brain has a subconscious reaction to everything which is in our house or in our surrounding which let us react with it in the way we have been reacting to it such as fridge, sofa, T.V. etc. Also by not studying on bed we are able to get a better posture, which is good for more productivity.

### Technique number 2

#### **NO VISUALLY OR AUDITORY DISTRACTION**

There should be NO visual distraction and even audio distraction which is very dangerous and do not let you focus on one thing. I use 3M ear protectors to cancel the noise and it makes you focus more.

### Technique number 3

#### **READ TILL YOU UNDERSTAND**

Read a paragraph until and unless you completely understand the topic. What happens is you just keep on reading which consumes your time as well as you don't get anything out of it. If you are not able to understand then Google it, YouTube it or ask to a friend. Also make notes and refer them later.

### Technique number 4

#### **MIND MAPPING**

65% of people are visual learners and that's why you need to make mind maps. To know how to make better mind maps you can check - <https://www.youtube.com/watch?v=Y1HJMugAPY>

If you make a mind map once then you can revise them again and again without opening the book. Also use the technique of understand + revise to make your memorized thing more and more clear.

### Technique number 5

#### **SLATE AND CHALK**

Write down your goal on a slate and hang it somewhere where it is in front of you everyday. When something comes in front of you again and again you start doing it or liking it and when you like something then automatically the concentration increases.

