

## **No Learning No Meaning**

Hey guys! Welcome back to my blog! If you are a regular follower of mine, you'll know that I like to attend talks and workshops on any subject every so often. Well, recently I have taken part in the Lifelong Learning workshop and find it REALLY INSPIRING! So today, I am going to share some of the tips I have learned from it.

In case you wonder what lifelong learning is, lifelong learning means learning outside schools and focusing on personal development with goals and personal fulfilment. Why is it important? Well, it is actually human nature to like to explore novelty and lifelong learning encourages us to improve our lives and increases our self-esteem by following our goals of learning lifelong, giving us satisfaction and purpose in life.

Now, I'm sure you all know about lifelong learning, let me share some tips on how we can motivate ourselves to learn! Firstly, people always say, "It sounds hard to learn lifelong!", or "What if I am not interested in learning new subjects? I didn't do well in school". Actually, it doesn't have to be academic subjects like maths, English or literature etc. It can be small things like learning how to cook, how to ride a bike, speaking in public and so on, anything that fulfils our personal goals and curiosity. So, we should find out what we REALLY want to learn and practise it day by day in order not to be bored out by the learning process.

Secondly, in order to motivate ourselves to learn, we can review our progress regularly and set up new goals to keep the momentum up! Remember, the second you start learning, you've made a commitment on learning it.

That's pretty much what I want to say about lifelong learning. Just like the saying from Albert Einstein, "Intellectual growth should commence at birth and cease only at death.". We should all start to learn something outside school and try to keep it up in the future. Always remember, learning doesn't stop after school, so keep up the motivation, and I hope you can understand the satisfaction of lifelong learning! Don't forget to comment below to tell me what you feel about this blog. Later!