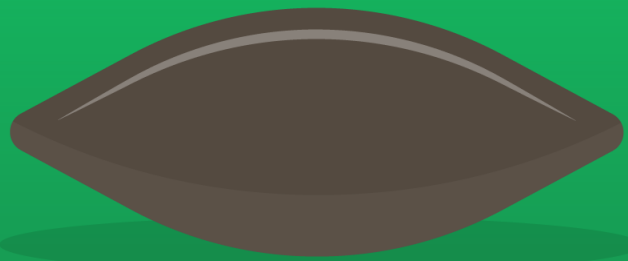


S

Simplify

Reduce the concept to its core elements



Y

Yes

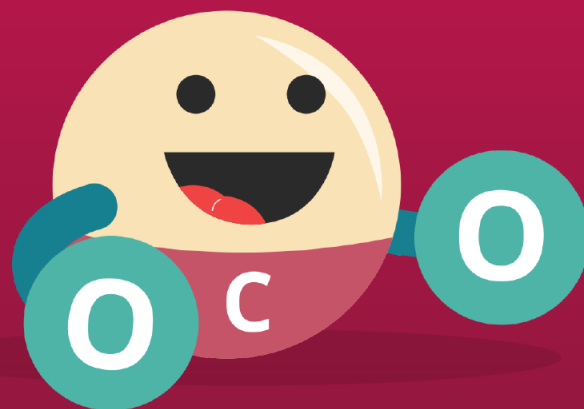
Activate your growth mindset



N

Narrate

Convert what you're learning into a story



A

Associate

Connect new ideas to what you already know



P

Personalize

Relate what you've learned to your own life



S

Sleep

Say YES to sleep!

z
z
z



E

Exercise

Apply your new knowledge to real situations

