

HOW TO BE A SELF LEARNER



YOU ARE CAPABLE OF LEARNING THIS.

Not someday. Not when it feels easier. Now.

A lot of agents get stuck before they ever really begin because they've decided somewhere along the way, that they're "not someone who learns from videos." Let's simplify that.

That's not true. You've been a self-learner your entire life.

You taught yourself how to talk.

How to walk.

How to read.

How to tie your shoes.

This is no different, it just feels bigger.

And when something feels big, we don't avoid it.

We break it down and move forward with clarity.

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LEARNING THROUGH VIDEO (YES, YOU CAN DO THIS)

We're going to make this smooth sailing. Learning through video is one of the most effective tools you have but only if you use it actively, not passively.

Here's how to do it in a way that actually works:



1. WATCH AND DO AT THE SAME TIME

Don't just sit and watch. That's where most people lose momentum.

Set yourself up with two devices if you can, one to play the video, one to follow along.

You're not studying. You're executing.

2. SLOW IT DOWN

Give yourself permission to go at your pace.

Drop the video speed to 0.8x. Now you have more space to process, follow along, and actually understand what's happening.

Clarity creates confidence.

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3. PAUSE OFTEN

You are in control of the process.

Pause when you need to.

Take a breath.

Catch up.

This is how you stay steady instead of overwhelmed.

4. REWIND AND DO IT AGAIN

Watching it once just to finish it, is not the goal.

Watch it twice.

The first time, you're getting familiar.

The second time, things start to click.

Repetition is where confidence is built.

Consistency beats intensity every time.

USE YOUR COACHING LIBRARY THE RIGHT WAY

If you're already in the coaching program, you have a powerful resource sitting right in front of you.

Now it's time to use it with intention.

- Find your training library
- Bookmark it in your browser
- Visit it daily

Not to master everything at once, but to get familiar.

At first, it feels like a lot.

Then one day... you just know where everything is.

That's how momentum builds.



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SHIFT THE WAY YOU SEE YOURSELF

This is where the real transformation happens.

You're not someone trying to figure this out.

You're someone who is becoming the kind of agent who leads themselves. That's the difference.

Small shifts create big outcomes.

And this shift from "I can't learn this way" to "I'm learning how to learn" changes everything.



FINAL THOUGHT

Let's keep this simple.

You don't need more information.

You need a clear approach and consistent action.

Go with the flow, but stay intentional.

Come back to it daily.

Repeat what works.

This is how you create real, lasting momentum.

And you're already on your way.

Ready to start your coaching journey?
Sign up for Postive Progress Coaching at
positiveprogresscoaching.com