

3 Ways to Become a Lifelong Learner

By Sharon Dyer

A lifelong learner is someone who sets out to learn something new each and every day. Becoming a lifelong learner is good for your health and increases your chance of achieving success in retirement. However, becoming a lifelong learner isn't always easy. Below are some ways you, too, can become a lifelong learner.

1. Create a Learning Center for Yourself

Learning will be difficult if you have to search for something to learn every day! Make learning easier by creating a learning center where you can learn daily. This can be a place in your house where you keep whatever you are working on or a section of your phone that has a learning app and some podcasts!



The point is, the learning center will look different for everyone, but you want to make a space for yourself to learn. This way, your learning is accessible and ready to go, and all you have to do is go there!

2. Try New Things



Are you struggling to think of ideas for your learning center? You aren't alone! Many people want to learn but aren't sure just where they should start! You should start by trying something (or multiple things) new! Head to your local gym and sign up for a few classes. Go online and look up something

you've always wanted to do! Chances are there are communities about these activities that can help you know where to start.



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You can also just download a language learning app or something simple to begin. Always wanted to learn Spanish. Give it a shot now! You can always learn something new later!

3. Set Goals

Part of becoming a lifelong learner is to set goals that you will be able to maintain long term. This means you may need to start out small, then add to your goals as you go. For example, you could start by visiting your learning center once per week, then slowly increase until you visit your learning center every day!



You also should have some goals that pertain to new hobbies. You could make it a goal to try a new class at the gym each week. If art is more your thing, try a new art medium each week—whatever it takes to keep your mind learning!

Overall, if you apply the above three methods to your life, you'll find yourself becoming a lifelong learner in no time at all. Not to mention you will also find that you suddenly know a lot more things than you did before! Happy learning!

Like to find out more about Rediscovering You in retirement?

You're invited to join me for a no-obligation [Retirement Wellness Discovery Call](#) where together, we will:

- **Explore your ultimate "Retirement Vision"**
- **Find out what your biggest fear is about retirement**
- **Outline a specific plan for implementing a life you love in retirement**

Schedule your complimentary [Retirement Wellness Discovery Call](#) here:

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