

# FEYNMAN TECHNIQUE

## WORKSHEET

---

**Purpose:** Master complex concepts by simplifying them.

1. Write a basic explanation of the concept.
2. Where do you struggle? What confuses you?
3. Refine your explanation in simpler terms.
4. Reassess: What still needs work?
5. Learn and repeat the loop.

---

Explain the concept in your words:	Identify gaps in understanding:	Simplify like explaining to a toddler:	Review what knowledge you are missing:

Explain the concept in your words:	Identify gaps in understanding:	Simplify like explaining to a toddler:	Review what knowledge you are missing:



# HOW TO USE (PRO TIPS)

---

## **Force Simplicity:**

- After researching your topic, write an explanation in plain language as if you were teaching an eight-year-old.
- Use simple analogies, diagrams, or sketches to bridge gaps between complex ideas and everyday concepts.
- Review your explanation and ask yourself, “Would someone with no background understand this?”

## **Identify Knowledge Gaps:**

- When you struggle to explain a part, mark it. Then, revisit your source material for clarification.
- Keep a running list of “I don’t get this”. Address them one by one to ensure a complete grasp of the subject.

## **Teach and Iterate:**

- Explain the concept to a peer or record a video of your explanation; feedback can reveal hidden misunderstandings.
- Revise your notes and explanation until you can teach the concept confidently.

## **Mix Modalities:**

- Combine written, verbal, and visual explanations.
- 



# QUESTIONS TO REFLECT ON

---

## **Balancing Simplicity and Depth:**

- Which parts of the concept you're trying to master are most resistant to simplification, and why do you think these complexities exist?
- Reflect on a moment when your simplified explanation uncovered gaps in your understanding. How does this tension between simplicity and complexity reveal deeper layers of the subject?

## **Personal and Professional Stakes:**

- How would misinterpreting or oversimplifying this concept affect your long-term decision-making—be it in managing finances, leading a project, or guiding your team?
- What real-world challenges or failures might occur if you fail to fully internalize and accurately teach this concept?

## **Iterative Refinement Through Teaching:**

- How can you leverage teaching (to peers, a mentor, or even a simulated audience) as a tool to expose hidden assumptions in your own understanding?
  - What unexpected questions did your audience ask, and what do these reveal about the limitations or blind spots in your explanation?
- 

