

THE 10-MINUTE HABIT

Learn something every day.

Here's how to make it stick.

minutes a day • every day • forever

10

THE PROBLEM

People treat learning like a project.

It's actually a habit.

Projects have deadlines.

Habits have no end date.

That's the entire difference.

THE METHOD

10 minutes.

Same time. Same trigger. That's it.

Same time

Pick one slot. Morning coffee. Lunch. Bedtime.

Same trigger

Attach it to something you already do.

Same length

10 minutes only. Stop when the timer goes off.

WHAT TO DO IN 10 MINS

Three things.

Every single session. No exceptions.

01

One concept

Read or watch one focused idea.

02

One example

Find one real-world application.

03

One application question

Ask: how would I use this today?

THE COMPOUNDING EFFECT

10 mins x 5 days x 50 weeks

41 hrs
of focused learning per year

That's more than most people learn
in 3 years of casual 'I'll get to it' intentions.

Consistency > intensity. Always.

Ready to start?

Your 10 minutes start today.
Not Monday. Not next month. Today.

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LEARNING