Twitter Thread by Farnam Street



Farnam Street
@farnamstreet

The Blank Sheet Method that will 10x your reading comprehension.

Here is how it works.

Before you start reading a new book, take out a blank sheet of paper. Write down what you know about the book / subject you're about to read — a mind map if you will.

After you finish a reading session, spend a few minutes adding to the map with a different color.

Before you start your next reading session, review the page.

When you're done reading, put these 'blank sheets' into a binder that you periodically review.

Why does this work so well?

The blank sheet primes your brain for what you're about to read. At the start you're forced to search your memory and put on paper what you know (or what you think you know) about a subject. As you read, you put new things on top of the foundation.

Reviewing what you knew about a subject, as well as what you learned, not only improves memory and recall but connects ideas. Most of the early connections will come from putting the authors structure onto your foundation.

If you don't know anything about a book or subject going in, don't worry. You'll be able to borrow the authors scaffolding to get you started. As your cognitive foundation becomes stronger, you'll start connecting ideas across books and disciplines.

When you're done the book put the page into a binder. Review the binder every few months. This is essential for establishing deep fluency and connecting ideas across disciplines.

For more proven ideas and tips to get the most out of your reading: https://t.co/glSrJLq7hi

Every Sunday we send out a free weekly newsletter packed with timeless insight and ideas that you can use at work and home.

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https://t.co/DoOg6Mli3N