Affirmations & Reflections: Self-Directed Learning

Bonus material for uniquestoremarket.com's "Self-Directed Learning" guide. A handout to keep nearby while running the five steps, or to read one per day.

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1 **I diagnose before I study.**
Reflection: What am I about to study just because it's familiar, not because it's my real gap?

2 **A low score when I test myself is the method working, not me failing.**
Reflection: Where did I just feel that discomfort — and did I let it decide what to focus on?

3 **My gap is one specific sentence, not the whole topic.**
Reflection: Could I say my current gap out loud in one breath?

4 **A plan is milestones I'll do, not a reading list.**
Reflection: Does my next milestone end in something I'll do, or something I'll read?

5 **Re-reading my notes is not the same as proving I know something.**
Reflection: Could I restate my last milestone from memory, with no notes, right now?

6 **One real edge case tells me more than another hour of review.**
Reflection: Where does the thing I just learned stop applying?

7 **I don't need a teacher's permission to evaluate my own progress.**
Reflection: What would tell me, honestly, that this milestone is actually done?

8 **It doesn't fail in week one — it fails in week two, for predictable reasons.**
Reflection: Is there a real calendar entry for my next session, or just an intention?

9 **A visible checklist is proof, even on the days it doesn't feel like it.**
Reflection: When did I last look back at what I've already checked off?

10 **Telling one other person what I'm doing changes whether I do it.**
Reflection: Have I told anyone what I'm learning and roughly when I expect to get through it?

11 **I get to choose what "done for now" means for this round.**
Reflection: What would count as a reasonable stopping point for what I'm working on?

12 **The gap I close this week becomes next week's starting point, not the finish line.**
Reflection: What's the next gap already waiting after this one closes?