

GET EMPOWERED BY TAKING NOTES ON PAPER

Your mission? To learn in the moment while taking meaningful notes. Your ally? Paper. This strategic partner can empower you to learn more, do more and be more by simply putting pen to paper to take better notes.

Today, in the land of too many tabs, notifications and other digital distractions, taking time to take notes by hand can be challenging, but science shows it has big payoffs. By joining forces with paper when note taking, you'll find yourself on the side of learning—both in the present moment and through practices that will strengthen your mind for the future. In fact, taking handwritten notes can benefit

your brain by fostering clearer paths of understanding, increasing your ability to recall key discussion points and inspire ideas that forge new paths.

Shut down tech and take a stand to take notes with paper. Begin by examining your own note-taking tendencies. Do you naturally structure your notes with bullet points? You might lean toward the outline method. Do you see a lot of arrows and abstract notes? Then maybe mapping is more your style.

By penning some additional structure into your practices using the methods detailed on the next page, paper can help supercharge your learning environment to the next level. Here's how to get started.

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