

Keep learning, keep growing

September 2015 Newsletter



We earthlings just got our first close-up views of Pluto. It took over nine years for a spacecraft to travel 3.6 billion miles so we could glimpse the outer edges of our solar system.¹ And now we've done it.

Why did we want to see Pluto? For the same reasons early explorers set sail to see “the other side” of the earth: To search, find and understand more.

Lifetime learning

We've barely scratched the surface of learning by the time we finish formal schooling. Most real learning happens while we're “on the job” of life.

It took nine years to get to Pluto — and it takes people a lifetime to explore their own universe.

Enjoy the rewards of lifetime learning

Lifelong learning implies a commitment and motivation to keep seeking new information and skills. And it has many benefits. Learning helps you²:

- **Feel good about yourself.** Learning new things can increase your confidence and boost your self-esteem.
- **Grow.** Change is the norm today. New events and ideas keep shaping and re-shaping society. When you're open to new learning, you keep updating your “mental tool box” so you can understand, evaluate and grow with the times.

- **Stay sharp. Learning keeps you on your toes.** It helps you stay active and engaged with life.
- **Make new friends.** People who are vital and energetic attract others. When you learn, volunteer, travel and grow more aware, you expand your social connections and avoid loneliness.
- **Find meaning.** Learning presents new opportunities. It opens doors to things you've yet to do. It also helps you gain perspective on what you've already done. The more you learn and know, the better you understand your own successes and failures, relationships and experiences.
- **Build new abilities.** You can develop new interests and skills by learning. Take a class, seminar or workshop at your local adult school or college. Find an exciting group or activity online. Each time you dip your toe into something new, you fuel your power to do, learn and grow. You become more of an asset to yourself and society.
- **Better yourself.** Lifetime learning can be a goal in and of itself. Learners are always motivated to add to their body of knowledge. Like the early explorers, they have an endless interest in finding out what's “out there.”

¹www.space.com

²www.selfgrowth.com