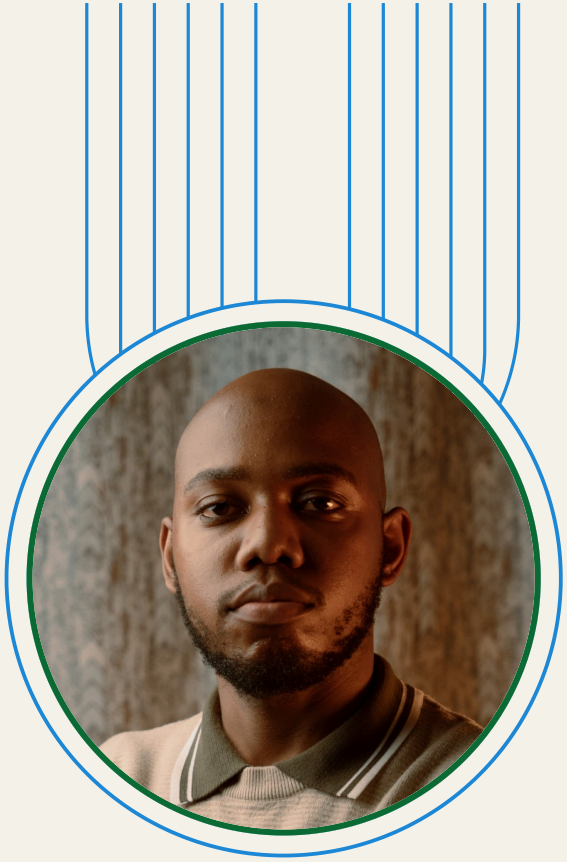
Ocular films

HOW TO LEARN ANYTHING FAST

A 7-step process to get good at any skill, from content to sales, faster than the people around you.



A FREE GUIDE BY
Med · @he.is.med

BASED ON
Alex Hormozi · Ep 1011

MADE FOR
Business owners & creators

Step 1: Understand what learning is



"Intelligence is speed of learning." You're not behind because you're less smart. You're behind because you learn slower, and that can change.

01

Learning

Same situation, new behavior. If you still react the same way, you haven't learned yet.

02

Intelligence

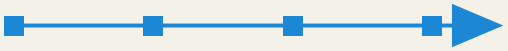
How fast you learn: fewer tries to get it right, or more tries in less time.

03

Skill

A chain of small behaviors you've adjusted until they work together.

The 7 steps on one page



Step 1 is knowing what learning is. The other six fall into three stages: set it up, study the best, then repeat faster.

SET IT UP	STUDY THE BEST	REPEAT FASTER
Know exactly what you're learning	Find out what works	Turn it into a skill
2. Break it into subskills	**5. Observe top performers**	**6. Do the reps**
3. Define success	**5. Track your feedback**	**7. Shorten the loop**
4. Watch actions, not minds	**6. Spot the differences**	**Drop the word 'luck'**

The fastest rate of improvement wins over time. Not the most talent, not the best start.

Set it up: know what you're learning



"Get better at content" is too big to learn. Make it small, clear and visible.

Step 2: Break it into subskills

A broad skill is many small skills. Learn them one at a time.

TRY THIS

"Making Reels" becomes: hook, filming, lighting, editing, captions, call to action.

Step 3: Define success

If you can't measure it, you can't tell if you're improving.

TRY THIS

Pick one number per subskill. For hooks: how many people are still watching at 3 seconds.

Step 4: Watch actions, not minds

You can't copy someone's confidence or talent. You can copy what they do.

TRY THIS

Instead of "she's just natural on camera", write down: eye contact, short sentences, starts mid-story.

Study the best: find out what works



Don't guess from zero. The answers are already in the work of people who are winning.

Step 5: Observe top performers

Study the top 10% of results in your field, not average ones.

TRY THIS

Save the 10 best-performing videos in your niche and break down their first 3 seconds.

Step 5: Track your feedback

Your own results tell you what's working. Keep a record so you're not relying on memory.

TRY THIS

A simple sheet: date, what you tried, the number, one note.

Step 6: Spot the differences

Put your work next to the best work. The gap is your next lesson.

TRY THIS

Watch your video and a top one back to back. List every difference you can see.

Repeat faster: turn it into a skill



Knowing isn't learning. It's only learned when your behavior changes, and that takes reps.

Step 6: Do the reps

Fix one difference at a time, then repeat until the new behavior is automatic.

TRY THIS

Rewrite the same hook 10 different ways before you film it.

Step 7: Shorten the loop

Whoever tries, measures and adjusts fastest pulls ahead. True for people and for businesses.

TRY THIS

Go from one video a week to three. Three times the feedback, three times the learning.

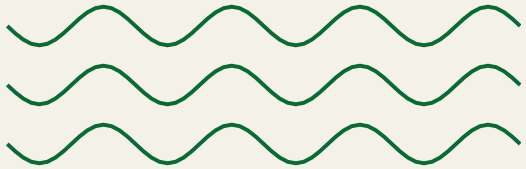
Drop the word 'luck'

Luck explains nothing you can repeat. Focus only on what you can observe, measure and repeat.

TRY THIS

When a post flops or wins, ask "what did I do differently?", not "was I lucky?"

Your learning loop: 6 questions



Run any new skill through these, every week. Every answer should be something you can see or count.

1	What exactly am I learning? Which one subskill this week?
2	What number tells me I'm getting better?
3	Who are the top 10% at this, and what do they actually do?
4	What's the biggest difference between my work and theirs?
5	How many reps did I do this week, and how can I do more?
6	What did I change, and what happened to my number?

Do this, not that

Do	Avoid
Learn one subskill at a time	Trying to master the whole skill at once
Measure progress with one clear number	Judging by how it feels
Copy what top performers do	Copying how they seem, or average performers
Do more reps, faster	Waiting until you feel ready
Ask what you did differently	Blaming luck, the algorithm or talent

Meet the creator



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Filmmaker, content creator & strategist
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Now I've grown many brands through content, including my own. Everything in this PDF is what I work on every day for my clients and for my own businesses.

This free guide is my favor to you. Now I'd appreciate it if you did me a favor too, by following my business pages.

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