

Is It Time You Challenged Yourself To Learn A New Skill?

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There can be many benefits to learning a new skill. This guide explains some of the good reasons to learn a new skill and how to start learning.

Why learn a new skill?

Learning a new skill could be a way of improving your quality of life. Some skills such as learning to drive or [learning to cook](#) have everyday applications. Other skills could be useful to your career such as learning programming, accounting or marketing.

You could also learn a new skill simply as a way of personally challenging yourself. This could include learning a musical instrument, learning a craft or learning to play a sport. On top of being a hobby, this could be something that you do competitively or even an extra source of income. You could even learn a skill and pass on your knowledge to others.

Take advantage of the internet

Learning a new skill has never been easier thanks to the internet. Before the web, the only ways to learn a new skill were to read books or learn directly from other people (besides self-teaching – which not everyone has the ability to do). The internet has opened up lots of new ways to learn skills such as taking online courses at [Breakthru College](#), watching YouTube videos or learning through apps. Some of these sources of learning are free, so you don't have to pay lots of money to develop your skills.

Another advantage of the internet is that you can find courses, lessons and tutorials catering to pretty much every niche. From juggling to [CIA training](#), there are resources out there that you can use to learn any skill you want. You can also do this from any location at any time giving you complete flexibility as to how you learn.

Know your learning style

When learning a new skill, it can be worth knowing your preferred learning style so that you can find the best learning method. There are four types of learners:

- **Visual learners:** those that learn from pictures and diagrams.
- **Auditory learners:** those that learn from listening to instructions.
- **Reading/writing learners:** those that learn from reading instructions.
- **Kinesthetic learners:** those that learn from practicing a skill hands-on.

A visual learner might find it easier to learn how to crochet by following diagrams, while a kinesthetic learner may prefer to learn to crochet by physically doing it with someone else. By finding your preferred style, you could find it easier to stay motivated and you may be able to learn at a faster pace. There are tests that you can take to help you determine [which type of learner you are](#).

Set yourself clear goals

If you find it difficult to spur yourself into learning a skill, consider setting yourself objectives. Rather than telling yourself that you want to learn to drive, why not set yourself the goal of a road trip in three years time. This could give you something to aim for and you might be less likely to put off lessons or to become demotivated. Your goals don't have to be so ambitious or as long-term, however it is useful

to have some goals when learning a skill so that you can put your heart into it.

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