Set up a Query to help you learn something new.

What would you like to learn? Change? Understand?
- about yourself
- about the world
- about a subject

Example:
I want to be more focused when I study.

Choose some things from the touch-notes below that you think might either help you, or make it harder for you. These things will be added to your touch-notes collection, to help you collect information related to your query.

Example:
I think that getting a good night’s sleep helps me be more focused.
I think that exercising helps me be more focused.
I think that eating too much sugar makes it harder for me to focus.

My QUERIES

I want to be more focused when I study

Sleep  Exercise  Sugar

Add New Query

My DATA
MyL3
My Lifelong Learning Lab

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Example:
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I think that exercising helps me be more focused.
I think that eating too much sugar makes it harder for me to focus.

[Buttons for Sleep, Exercise, Sugar]

Ok I’m ready to add a Query

My Data
My Lifelong Learning Lab

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Set up a Query to help you learn something new.

Enter your query here

Choose items from the touch-notes below that you think might either help you, or make it harder for you. These will be added to your touch-notes collection, which will make it easy to collect information related to your query.

Sleep  Meditate  Exercise  Weather
Diet    Mood     Sugar    Button
add new

Done
My Lifelong Learning Lab

My QUERIES

I want to be more focused when I study.

Sleep  Exercise  Sugar

Add New Query

My Data