

# Teachable

*One who is able and willing to learn from any source.*



*If you are not teachable, you have learned it all. Is that really possible?*

Many people are not teachable. Pride is a big factor for them. So many people get offended and don't want to be challenged. Is that you? Are you being dismissive? Is it because you're tired or you're stressed? Are you stretching yourself thin because there's so much going on that you feel like you're going to blow up and you're constantly under-delivering? These feelings stop you from growing.

I'm teachable, but I don't believe anything anybody tells me. I want them to show me proof and support that statement with facts. I've learned that I don't have to be embarrassed about not trusting what people say because so many don't know what they're talking about. I don't want to offend you, but I'm not going to feel bad about asking you to get me the information—the facts.

Some of you are incredibly teachable—you make a commitment and you hold yourselves accountable. But if you tell yourself that this is the best you are, and you're not changing, this is a problem for you.

- **Curious.** Have an inquisitive mind and be willing to explore it.
- **Desire to learn more.** Some people really want to know more. If you're going to learn, use Pareto's Principle. Out of 10 books, 2 of them will give you 80 percent benefit. Start there.
- **Lazy.** People, especially kids, don't understand the concept of work. When they start to do something, as soon as it becomes hard, as soon as it's not instant, as soon as it's not easy, they just give up. You can't be lazy.
- **Pride.** A high opinion of your own importance or superiority gets in the way of learning and being teachable.
- **Reading and exploring.** Read nonfiction so you can learn something. Reading fiction is okay. It can be a form of therapy or meditation, and there's nothing wrong with that, but I would be doing it as a strategy—for the purpose of relaxing. If all you read is fiction, you're not going to learn anything—it's somebody else's world, not even a reality.





*Being teachable means your brain has to be conscious, you have to be willing to do the work, and you have to be vulnerable. Your brain has to go from the unconscious to the conscious state, and that is effort. I want to be better, and the only way I'm going to be better is to be willing to learn and to change.*

*When I first took up the sport of mountain biking, I was riding with my friend Brian and his two boys. Josiah, who was 12 at the time, said, "Mr. Mike, listen, I noticed something that you do when you go into turns, and you'll be able to do a little better if you didn't do that, but if you do this..." Did I dismiss him because he was a 12-year old kid telling me what to do? No! He'd been riding a lot longer than I had, so I listened to him—and I want him behind me the whole time, so he can let me know whenever I'm doing something wrong.*

*How else am I going to get better at riding my bike?—MH*



**Improve your performance in Teachable.** Review the skills listed below. They were covered in the previous level but build up to this skill. You need to have a level of proficiency in those skills before you can master this one. Understanding the connection will build on your strength, as well as your competence in managing your life.

- ☐ Attitude
- ☐ Character
- ☐ Continuous Learning
- ☐ Entitlement
- ☐ Fear

Being **Teachable** does not exist in a vacuum. It impacts other areas of your life. These are just a few of them:

Assuming Responsibility	Change	Conduct	Inadequate Feelings
Leadership	Motivation	Relationships	Self-Confidence

## My Journal—Teachable

What grade would you give yourself in this area?                      A      B      C      D      F

How would you rank its importance to you?                      #1                      #2                      #3

Write a summary about what you've read. What were the most important ideas?

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How does this apply to your life?

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What actions can you take to improve in this area? What are your goals?

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What might prevent you from reaching those goals?

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## Notes and Reflections

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## Resources...

 *Do Hard Things: A Teenage Rebellion Against Low Expectations,*  
Alex Harris  
[www.MikeHolt.com/LSZB82](http://www.MikeHolt.com/LSZB82)

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