



# HOW TO READ FASTER AND LEARN BETTER

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YOUR MASTERCLASS WORKBOOK  
WITH JIM KWIK

# WELCOME TO YOUR MASTERCLASS WORKBOOK

## 5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also **download and type directly** in the workbook to save paper.
2. **Review the contents** of this workbook before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. **You can pause the Masterclass video** to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly **implement the secrets revealed** in this session to increase the quality your life.
5. During the Masterclass, use the dedicated space on the right column to **write down ALL interesting new ideas** and inspirations you get while listening - that way you won't lose the most relevant information to you.

# WHAT TO EXPECT

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# 1. PRE-MASTERCLASS EXERCISE

## Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

## 2. SELF-ASSESSMENT QUIZ

Assess your current habits and comfort levels around reading with this self-assessment. How true are these statements to you?

Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)	Rate 1-10
1. Reading is enjoyable and easy for me.	
2. I deal efficiently with the daily flow of information coming my way and don't feel overwhelmed.	
3. After reading a book or an article I can remember the content well for a long time.	
4. I feel confident to read and learn anything I put my mind to.	
5. I feel that I'm working smart, not hard.	
6. I have laser focus and get my work done quickly.	
7. I read all the books I buy and have read all the books on my shelf.	

Use this space for additional notes.

## 3. HOW TO READ FASTER AND LEARN BETTER

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause and unpause.** But pay attention, because you cannot rewind!

### 1. How Jim Discovered His Superpowers

Notes

We are grossly \_\_\_\_\_ our capabilities.

If you fight for you limitations, you get to \_\_\_\_\_.

Before you quit, get some \_\_\_\_\_.

Don't let \_\_\_\_\_ get in the way of your education.

Speed Reading is the tool to work \_\_\_\_\_.

### 2. Upgrading Your Beliefs

Big myth #1 : Speed Reading is only an \_\_\_\_\_.

Fact : Speed Reading is a \_\_\_\_\_ in today's world. Because knowledge is not only \_\_\_\_\_, it is \_\_\_\_\_.

And if knowledge is \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ are your superpowers.

### 3. How To Remember What You Read

Speed increases your focus and better focus equals better \_\_\_\_\_.

### 4. Visual Pacer Training

#### Stage 1: Calculating Your Base Rate

1. Grab your book.
2. Turn to a new page you haven't read yet.
3. Mark your starting point with a pencil in the book.
4. Read normally for 60 seconds.

5. Mark with the pencil until where you read.
6. Count the number of lines you just read.

Number of lines I read: \_\_\_\_\_

7. Count the number of lines in an average line of your book. For example, count the words in three lines and divide this number by three. Most books have about 10 words per line.

My book has about \_\_\_\_\_ words per line.

8. Multiply your number of lines (see 6.) with the words per line (see 7.) in your book.

\_\_\_\_\_ x \_\_\_\_\_ = \_\_\_\_\_ is your base rate, your words per minute (W.P.M.)

## **Stage 2: Practicing Visual Pacer Technique**

1. Continue reading where you left off.
2. Use your finger to underline the words you read. Don't touch the book while pacing. Go fast, don't worry about comprehension.
3. How did that feel?

4. Now, read again with your finger as a pacer for full comprehension.
5. Count the lines you just read.
6. Compare both numbers of lines:

Lines I just read \_\_\_\_\_

vs. Lines I read without pacer (see 6.) \_\_\_\_\_

Notes:

Use this space for additional notes.

## 4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. Why is Speed Reading the key to working smart?
2. What is the relationship between knowledge, power, profit, learning and reading?
3. How does visual pacing work?

## 5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. How would your life change if you would unlock the supercomputer inside your brain?
2. What do you want to be, do and have? What do you want to share with the world?
3. Find your leverage. What are your true motivators to learn to read faster?
4. What would you do with 2 extra hours each day?
5. Who would you be if you could read all the books waiting on your shelf or mental list?

**THANK YOU for joining Jim Kwik's Masterclass!**



Take your reading speed and comprehension to the next level and awaken the superpowers within you.

Watch through the end of the Masterclass.  
At the end, the price will be reduced as a gift for attendees who participated in the Masterclass.

## 6. STUDENT STORIES

### **"My reading speed has increased from 242 to 624 W.P.M."**



My reading speed has increased from 242 words per minute to 624 words per minute (W.P.M.). Since adapting Jim's morning routine I have lost 25 lbs. and feel the best I've felt in the past 4 years.

~ Rebecca Archuletta  
*USA*

### **"Now I can read for long periods of time with great intensity and comprehension"**

Because I'm dyslectic, it was very difficult to focus for a decent period of time on reading without falling asleep. Now I can read for long periods of time with great intensity and comprehension. Not to mention my reading speed increased drastically!

~ Oleksiy Chokov  
*Bruges, Belgium*

### **"I told him proudly I had finished it"**

My team was reading a report which was generated after an incident. I had speed-read the report, quite way ahead of my team members and was in a dreamy state when my manager looked at me in a stern manner, asking, "Why are you not reading the report?" That was the moment I told him proudly I had finished it.

~ Alvin  
*Singapore*

## **"By the end of last year, I read 13 novels and renewed my passion for reading"**

I am now actually reading the books that are on my bookshelves – a new thing for me and which was another thing that appealed to me about the speed reading class. From starting the reading course last year I finished my first novel in May, which was the first novel that I'd read in more than 20 years. And by the end of the year, I read a total of 13 novels and renewed my passion for reading. At the end of last year, I decided to add non-fiction as well and came up with a goal for this year to read 1 non-fiction plus 2-3 fiction books as well per month. I am thrilled to say that last night I finished my 21st book since the first of this year [...]. It's a wonderful sense of accomplishment and I'm enjoying it so much.

~ Caren  
*Rochester, NY*

## **"I've been able to finish at least one book a week which I'm thrilled about"**

Due to onslaught of information that we are exposed to on a daily basis, I haven't had time to read books and just read articles and reviews of books. With the speed reading exercises, I've been able to finish at least one book a week which I'm thrilled about. If I don't read a book per week, I feel incomplete.

~ Yun  
*Berkeley*

Take your reading to the next level and  
join the **Super Reading Quest** today.