ULTRA LEARNING PLAN

PERSONAL LEARNING WORKBOOK

Turn your learning into clear goals, focused practice, and measurable progress.

01 | Topic

Define what you want to learn and the timeframe for your learning project.

Learning Topic	
Start Date	**Target Date**

02 | Resources

List the books, courses, websites, videos, tools, or other materials you will use.

Resource	Purpose / Notes
Resource 1	
Resource 2	
Resource 3	
Resource 4	

03 | Examples

Collect examples you can study, imitate, practice, or use as a benchmark.

Example / Link	What I Want to Learn From It
Example 1	

Example 2	
Example 3	

04 | Context

Clarify your motivation, current level, and where you plan to apply this skill.

Why Am I Learning This?

Current Level / Existing Knowledge

Application / Real-World Use Cases

05 | Backups

Prepare alternatives in case your original resources, schedule, or learning method do not work.

Alternative Resources

Plan B: What I Will Do When I Face Obstacles

06 | Time

Fill in your available study time for each day. Add multiple time slots if needed.

Day	Study Time Slot	Notes
Monday		
Tuesday		
Wednesday		
Thursday		

Friday		
Saturday		
Sunday		

07 | Goals

Set three clear, measurable learning goals. Write your completion percentage and shade each progress bar.

Goal 1	**Completion: _____ %**
Progress Bar	

Goal 2	**Completion: _____ %**
Progress Bar	

Goal 3	**Completion: _____ %**
Progress Bar	

08 | Review Result

Complete this review at the end of each week or learning phase.

What Did I Achieve?

What Worked Well?

What Was Difficult?

What Should I Improve?

09 | Follow-up

Use your review to decide what to do next and set your next milestone.

What Should I Learn Next?

What Skills Need More Practice?

Next Milestone

Next Review Date

Learning Loop: Plan → Execute → Review → Adjust → Repeat.

Measure learning by what you can independently do, create, explain, or apply—not only by how much content you have consumed.