



Miller's L.O.V.E. Learning Circle™

As a coach, trainer and facilitator of learning I am consistently seeking out new fun ways to make the complex simple, applicable and sustainable. Upon the recent completion of my Master's Program in Adult Education, Emphasis in Human Resource Development from Rutgers University I have created a simple model of learning, which offers a quick methodology to unlock sustainable learning in life personally and professionally. *Miller's L.O.V.E. to Learn Circle* was created with the intention of raising your awareness around 4 phases of content absorption and application that will help you take what sparks your interest in life and apply it quickly to champion your personal excellence. Since creating it I have increased my noticing around information that has value to me followed by an intention to integrate it into my daily life. As with any suggested theory or model in life, take what offers value and opportunity for you and release the rest.

L.O.V.E.

L: Learn & Listen: The process of learning is magnified when you tune into a specific personal value contained in the information you are exposed to. As a second-degree black belt in Tae Kwon Do I would mentally set my intention around the goal I wanted to achieve in the ring and for the most part my body would follow my focus. The same opportunity lies before you when it comes to learning and growth. Mentally setting the stage for learning and growth increases the odds that you will in fact learn and grow. The reticular activating system (RAS) located by the brain stem is a built in system that is your closest friend or worst enemy simply because it will hunt and gather specific pieces of information that support your chosen view of reality. As you step into each day of earth school, pray for the grace to listen closely in order to pick up on those pieces of information that align with the person you are committed to being in this world. Basically ask yourself: What's in it for me that will add meaning to my life and champion me into the best version of who I am in this world personally and professionally?

O: Observe: Resurrect your childlike curiosity. A practice of curiosity and fascination will catapult you into the space of absorbing content quickly. When I

facilitate a seminar or workshop I invite participants to practice high noticing (intentional observation) around 1-3 specific gold nuggets of knowledge that are meant for them to find. How do you know when you find your knowledge nugget? When you perk up and move into the information you are receiving with interest. Similar to a treasure hunt, you seek out clues based on content that peaks your attention. Engagement occurs when you identify with information you are exposed to that personally ignites the “Tell me more” button within. Just as Samuel from the Sacred Scriptures unlocked his ability to hear the voice of God by the simple statement: “Speak Lord, your servant is listening.” Learning and listening walk through the archway of observation. Listening requires the commitment on your part to step away from your assumptions, judgments and conclusions that hold you very small in life as they restrict your ability to see things from a bigger perspective of possibilities. As a child you simply existed in the present moment with very high noticing, which gave you the ability to tune into large amounts of content quickly and create consistently. As a child you would capture with awe and wonder the small details of life that many adults walk by daily: a roly-poly; butterfly or snow flake. You were never left empty handed in your ability to create your reality.

V: Visualize: Information that we absorb through our sensory acuity (visual, auditory, sensory) comes at us daily like a snowstorm, a huge force made up of small particles. What causes some information to stick and other information to simply melt away? Two elements are required for information to move past short-term memory into the vast storage center of long-term memory: a visual and a powerful emotion. A visual can be created beyond the physical experience of site. For example, you hear a song, smell a scent in the presence of a powerful positive emotional experience and the next time you hear that song or smell that scent you instantly pull up a visual that was created down to small details depending upon the strength of the emotional component (this can be of value to you or in some cases a thorn in your flesh). Imagination and visualization walk hand and hand. As a child you constantly used the gift of your imagination to create your reality. All things were possible for you because you believed they were: magical kingdoms, super hero powers and the ability to transform pillows and blankets into secret hideouts...members only. You would visualize what it would be like to have super powers and believed you did which shifted your entire posturing. You did it back then and you can do it now.

The practical use of visualization in the learning environment looks like this: you learn something that peaks your attention because it relates to your personal or professional life experience so you pause and observe (you move closer to the content perhaps engage in questions to learn more). The next step to unlock learning and growth of valuable content is to visualize how this information will specifically shift your view of reality in a positive and meaningful way along with tuning into the emotional component of what you will look like, feel like and sound like as you utilize the valuable content in daily life. For example, you attend a seminar on How to Create & Sustain Meaningful Relationships. You learn about 3

reactive responses that block effective connection along with 3 responses that create instant connection and you write them down. You observe that you are highly engaged with the information and ask questions for clarity, because the content has value for you in your life personally and professionally. Visualize how you will identify and adjust specific behaviors, perceptions and conclusions in order to effectively integrate new patterns of thought and behavior. When you visualize how the valuable content will impact your life for good you create an anchor for sustainable applicability.

E: Explore: Explore the specific forward action steps you will take to integrate the meaningful content you just learned into your daily life personally and professionally. This could include new content or fresh perspectives around old content. Basically, you learned something of value that has intrigued you, what do you want to do about it? Do you want to chalk it up as fun learning experience and go back to life as you know it or do you want to be high noticing and intentional about integrating the valuable content into your words, thoughts, deeds and actions and expand the best version of you in this world? When you explore with the intention of positive forward momentum you expand your influence factor. The first phase of emotional intelligence is to know what lights you up and what doesn't; to be aware of those emotions that serve your highest good and the good of all concerned along with the ability to effectively manage your emotions and the emotions of those around you. Exploring *you* in light of meaningful content gives you the opportunity identify and adjust behavior that limit your effectiveness in the world and opens up the doors into effective, sustainable learning and growth. For example, let's say you just learned 3 positive responses that are proven to increase effective connection in relationships you care about, you will now explore specific behaviors that you will commit to in the coming weeks that will help you anchor those specific positive responses into the relationships you care about. An *explore statement* after learning content that has meaning and value at a relationship seminar would look like this: "I commit to ask effective questions for clarity in my conversations this week and release mind-reading along with assuming I know what other people are thinking. I will practice releasing my need to be right, liked and understood and replace that need with curious and unattached conversations."

Short Version of Miller's L.O.V.E. Learning Circle:

L: Learn & Listen: Be attentive to content that is meaningful and adds value to your life experience personally and professionally. What's in it for me that will add meaning to my life and champion me into the best version of who I am in this world personally and professionally?

O: Observe: When introduced to fresh perspectives around familiar content or entirely new information step into the learning experience with curiosity. Seek out 1-3 gold nuggets of knowledge that add value and meaning to your life experience. What sparks my attention and desire to learn more?

V: Visualize: Visualize integrating the meaningful content into your daily life. What do you look like, feel like, sound like as you identify and adjust your thoughts, perceptions and behaviors to align with the guidance and insights you have attained? Use your imagination to ignite the emotions you will feel as you imagine the new and improved you.

E: Explore: Explore specific forward actions steps you will commit to taking in the coming days and weeks to integrate the new learnings into your words, thoughts, deeds and actions. Explore what you will notice to be different in your life as a result of applying the valuable content into your day-to-day interactions personally and professionally.

Miller's L.O.V.E. Learning Circle for Sacred Scriptures:

L: Learn & Listen: Pause and invite the Holy Spirit into your experience of reading the Sacred Scriptures. Be attentive to content that is meaningful and adds value to your life experience personally and professionally. What's in this verse for me that will add meaning to my life and champion me into the person God has created me to be in this world?

O: Observe: Seek out 1-3 gold nuggets of knowledge that add value and meaning to your personal relationship with Jesus and the witness of His love through you. What sparks my attention and desire to learn more? Journal and proclaim what the Holy Spirit is saying to you as you pause on those verses that capture your attention. Ask: What specifically about this verse caused me to pause and reflect? What moved me away from my fears, doubts and worries into trust and confidence in God's presence and guidance in my life?

V: Visualize: Visualize integrating the meaningful verses and messages into your daily life. What do you look like, feel like, sound like as you identify and adjust your thoughts, perceptions and behaviors to align with the guidance and insights you have attained through your reading and time with God? Use your imagination to ignite the emotions you will feel as you visualize more of God and less of you (St. John the Baptists Prayer).

E: Explore: Explore specific forward actions steps you will commit to taking in the coming days and weeks to integrate the new learnings into your words, thoughts, deeds and actions as you move into making God recognizable in your daily thoughts, words, deeds and actions. Explore what you will notice to be different in your life as a result of applying the insights given to you through the Holy Spirit into your day-to-day interactions personally and professionally.



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