



Episode 33

“What we do away from the table can help how we do at the table”.

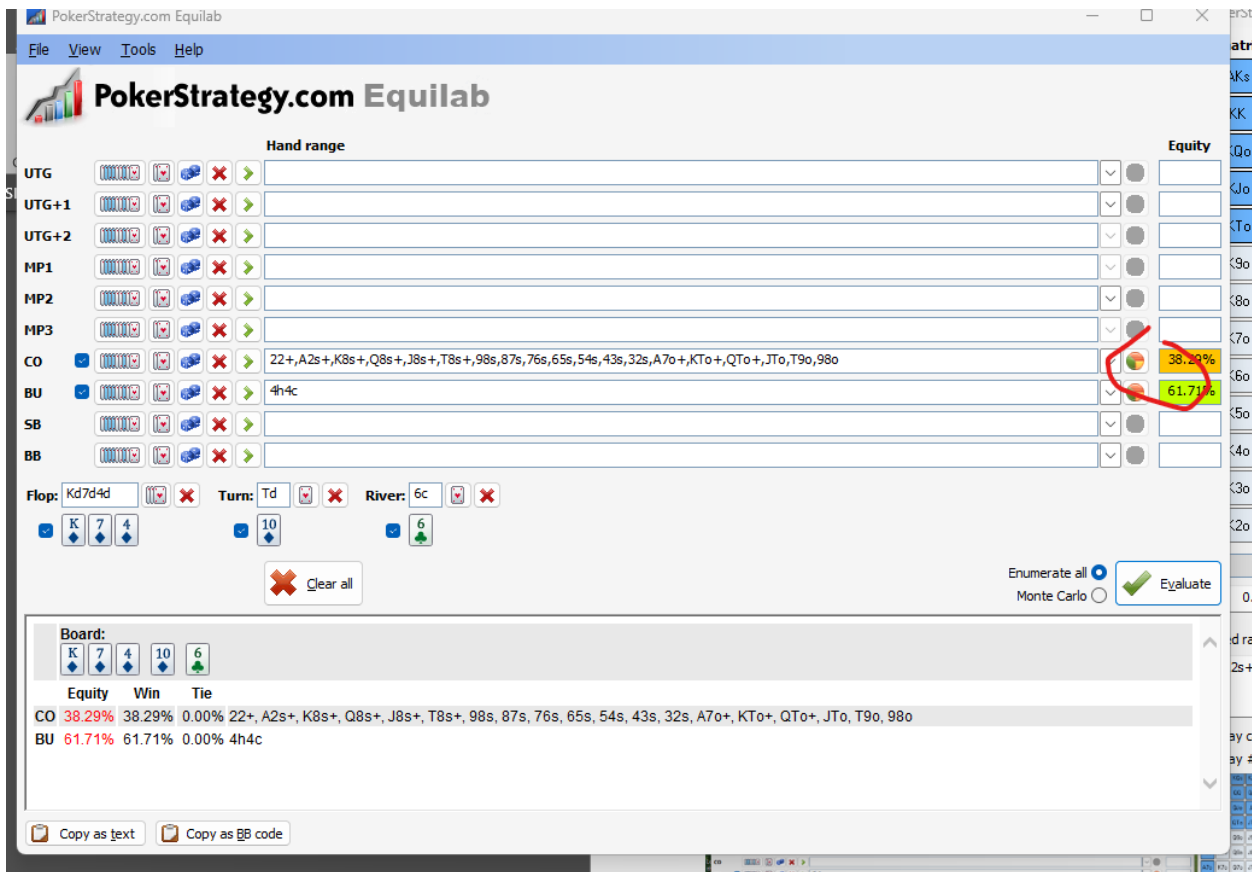
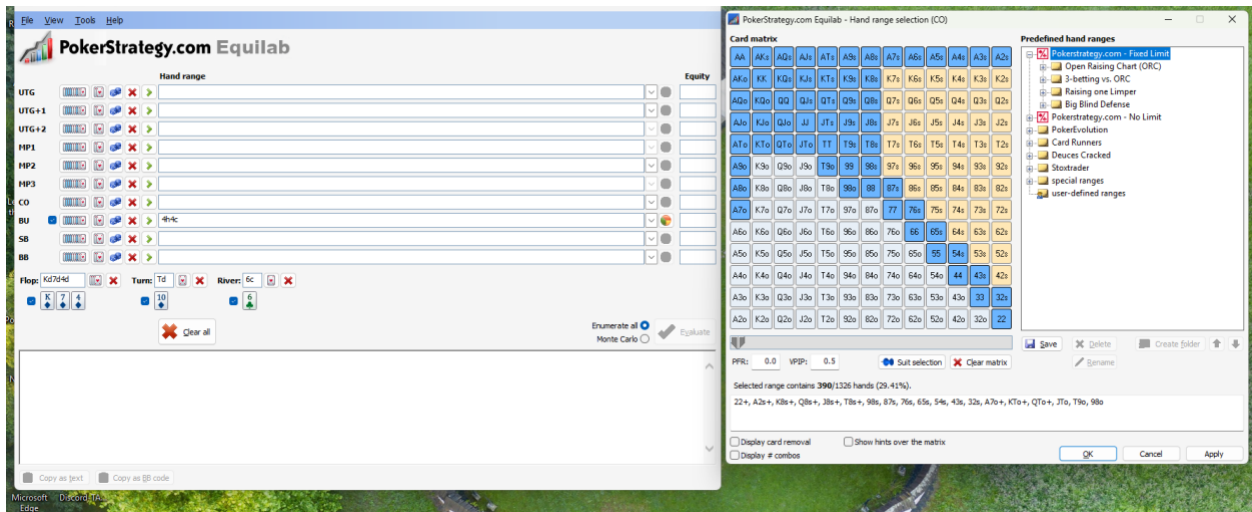
- 1) **Start recording hands.** In order to fix your leaks, you need to identify them.
- 2) **Set Clear Study-Related Goals-** Approaching study time without a clear direction is a recipe for disaster. Without a specific goal, you **risk falling into the trap of passively consuming content**. This means you will likely "jump from one strategy video to the next and never really master any single concept."
- 3) **Create smart and actionable goals** make it easier to track progress without making you feel overwhelmed by the plethora of poker strategy content available to you.

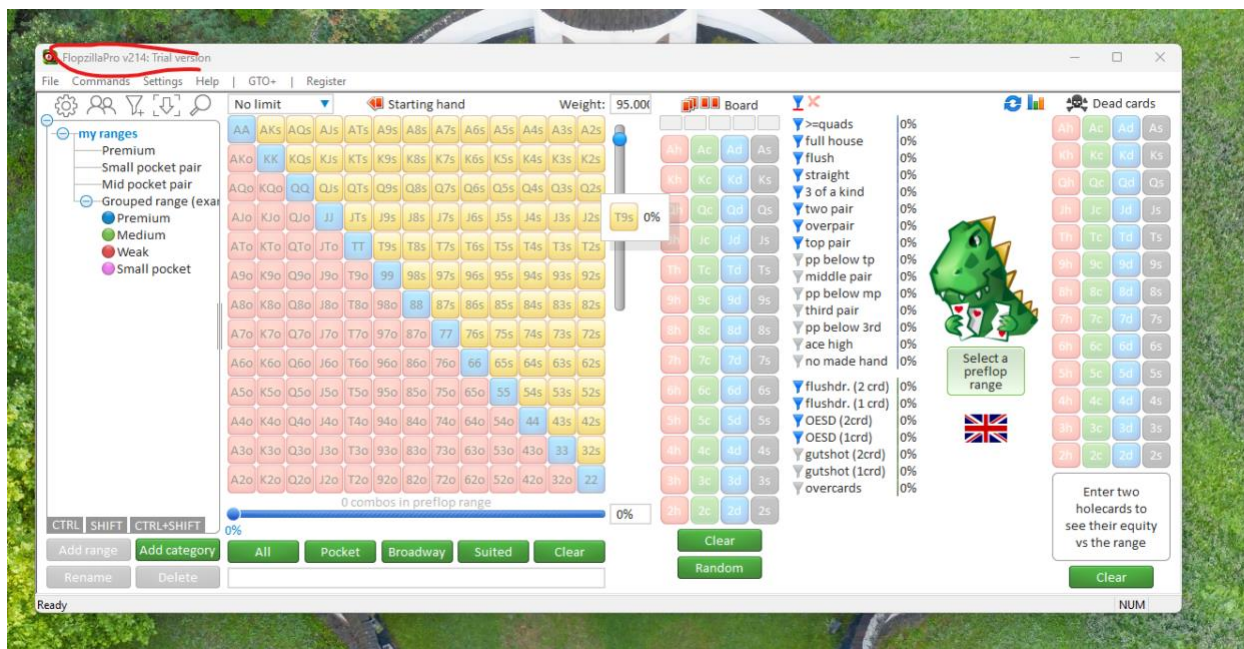
Start using study tools.

FastRoll-to track hands

Flopzilla-equity calculator

Pokerstrategy.com Equilab





Schedule Small Study Sessions

Block the time

Plan your focus before the study session

Instead of cramming everything in at once, **dedicate your focus and attention to one area** that you want to improve. For example, you may study continuation-betting in multi-way pots. Spend a set period, say a couple of weeks, drilling down your chosen area before switching to the next.

Review and Reflect Your Progress

Having a poker study program in place is key to long-term improvement. Ensuring that the program is sustainable helps you remain on the right path and improve your knowledge and skills **without burning yourself out**.

Set specific goals, break your sessions down into manageable time slots, and focus on one area at a time. Incorporating active learning strategies will increase your chances of developing a deep understanding of a concept. Also, regularly review your progress or lack thereof.

These tips will help you build a solid and sustainable poker strategy study program. While the results will not be immediate, they will improve with time and patience. Good luck out there!

Breathing Exercises..

- Let your breath flow as deep down into your belly as comfortable, without forcing it.
- Try breathing in through your nose and out through your mouth.
- Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.
- Then let it flow out gently, counting from 1 to 5 again, if you find this helpful.
- Keep doing this for at least 5 minutes.