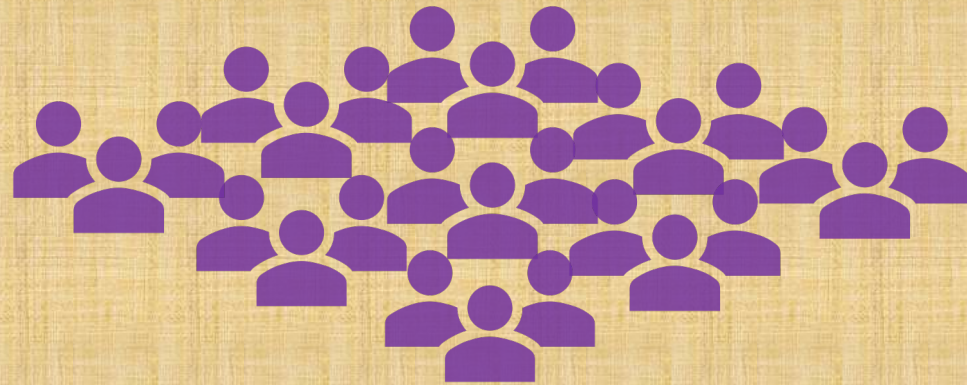




Road to Mastery:  
Practical Steps to Improve Any Skill



GROUP  
EXERCISE

# 10,000 Hour Rule



# Expert Performance



# **Deliberate Practice**

The Secret of High Achievers

# What is Deliberate Practice?

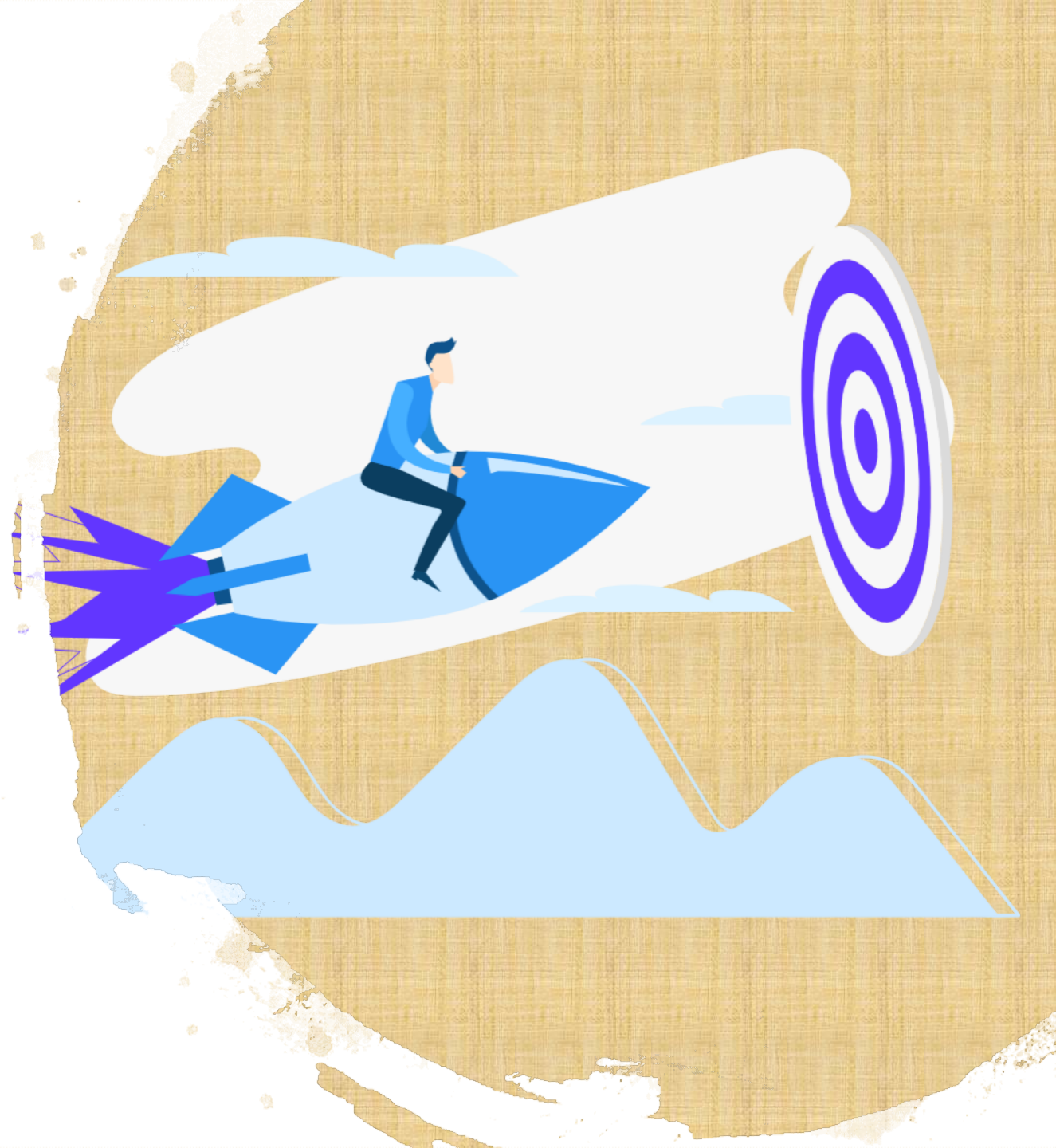
The type of focused, consistent, goal-oriented training that exceptionally talented people across many different fields engage in to improve their skills.

## Characteristics of Deliberate Practice:

- Brief (1 to 2 hours only)
- Structured
- Focused
- Intense

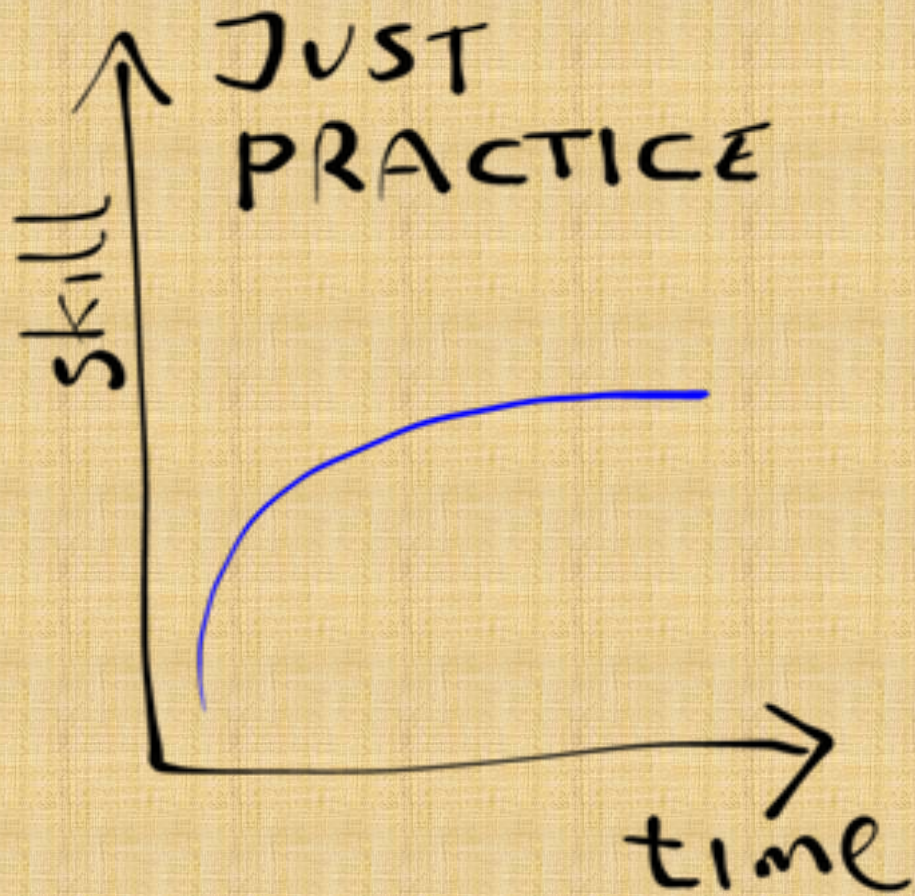
## Deliberate Practice is not:

- Not about simple repetition of skill or task.
- Not about just accumulating a lot of hours of training.
- Not about just “trying harder.”

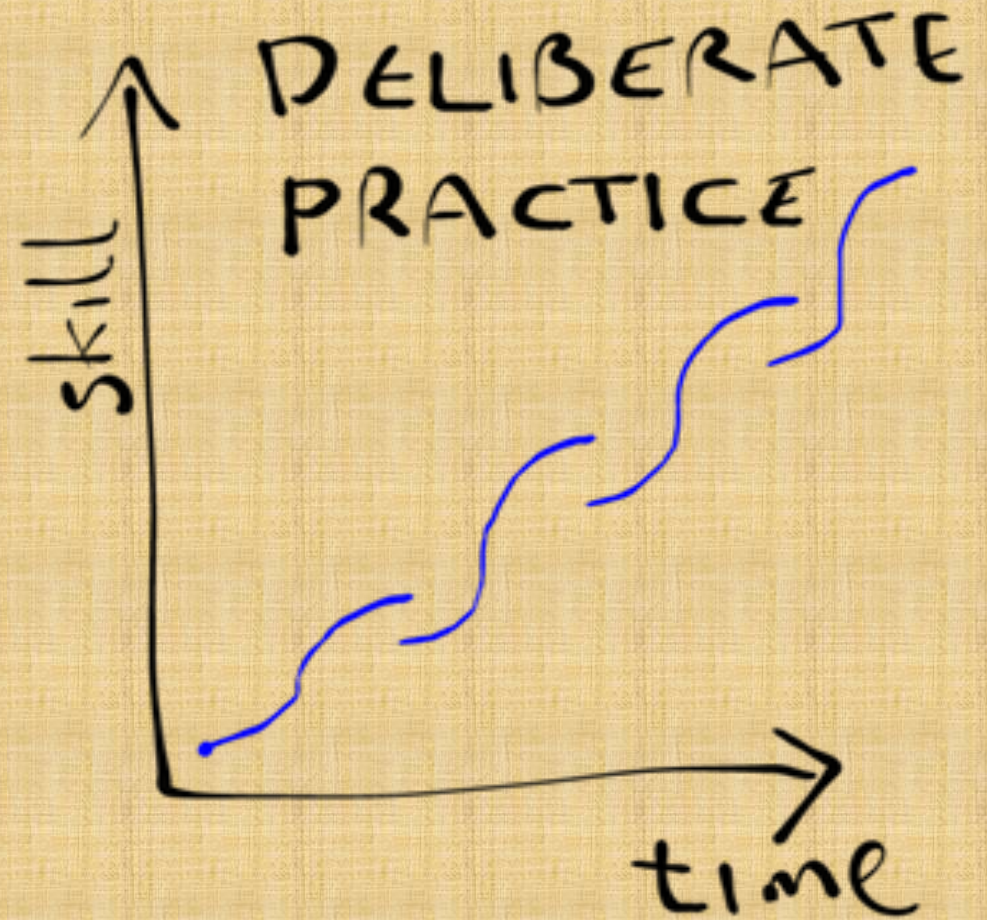




Regardless of the domain,  
High Achievers have commonalities?



vs.



# Deliberate Practice: The Steps

- Get Motivated
- Set Specific, Realistic Goals
- Break Out of your Comfort Zone
- Be Consistent and Persistent
- Seek Feedback
- Look At Ways To Deconstruct
- Take Time To Recover





# Motivation

“Knowing Is Not Enough; We Must Apply.  
Wishing Is Not Enough; We Must Do.”

- Johann Wolfgang Von Goethe



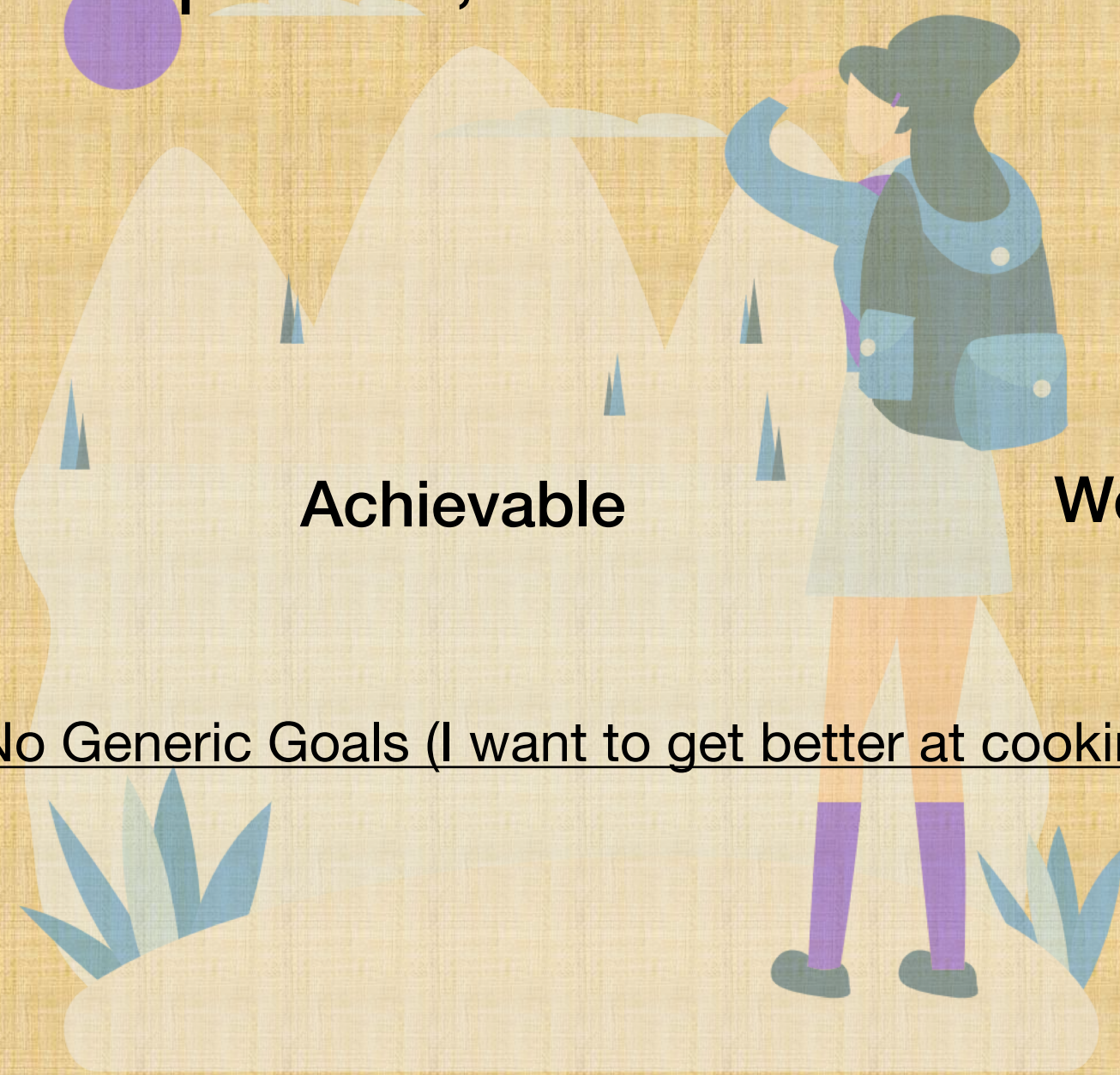
# Set Specific, Realistic Goals

**Small**

**Achievable**

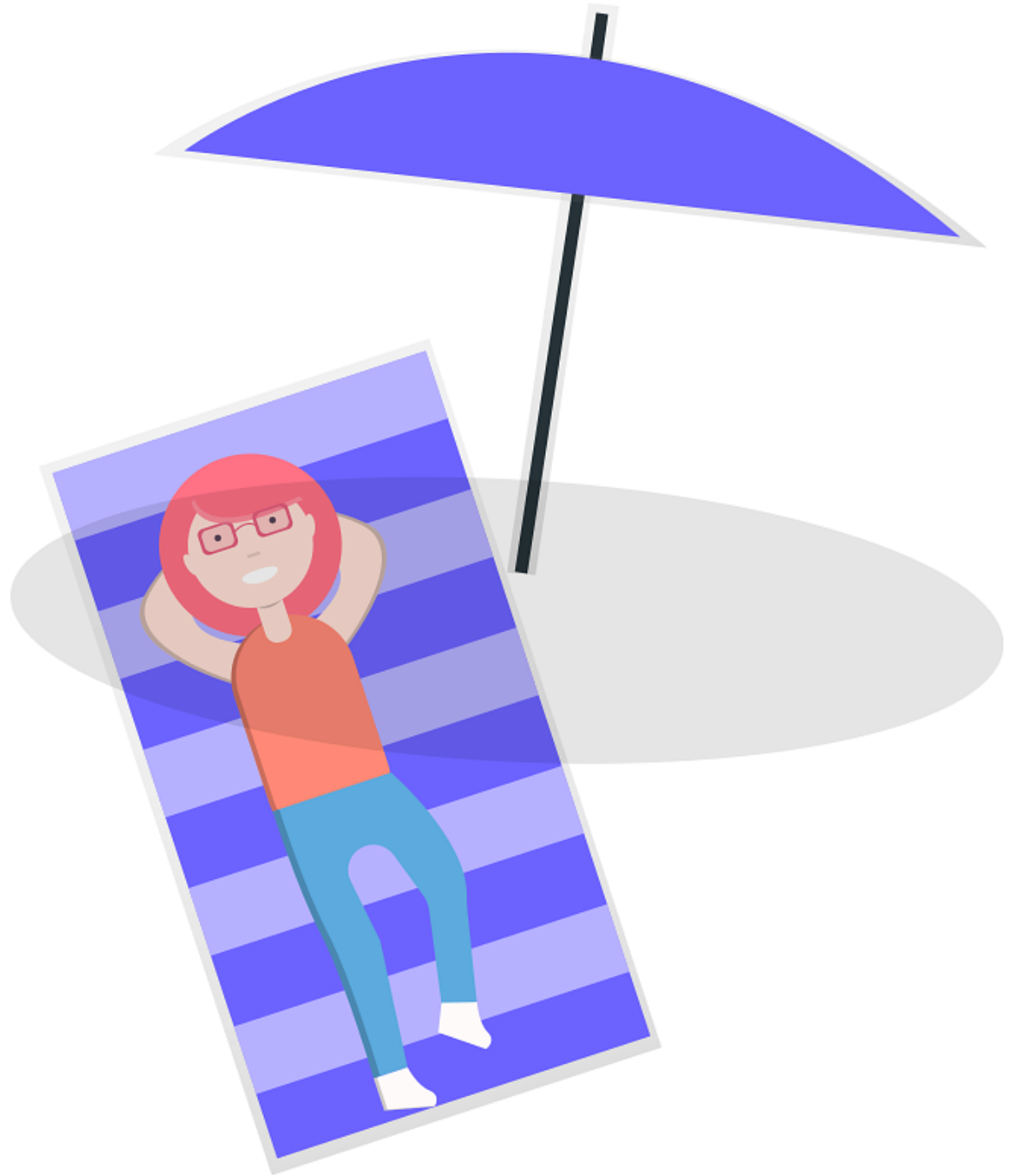
**Well-defined**

No Generic Goals (I want to get better at cooking).



# Break Out of Your Comfort Zone

- Stretching yourself is the key, it's not about "trying harder," it's about "trying differently."
- Goals should walk the edge of what you can and can't do.
- If one technique doesn't work, try another approach until you break through any barriers.



# Be Consistent & Persistent



**Top performers, no matter their area of expertise, kept a similar practice regimen: brief, intense, daily or semi-weekly solo practice sessions.**

# Seek Feedback



Feedback helps...

- Identify areas of improvement.
- Gain a realistic view of your progress.
- Pinpoint strengths and weaknesses.
- Push past barriers to enhance skills from “just ok” to mastery.

# Look At Ways To Deconstruct

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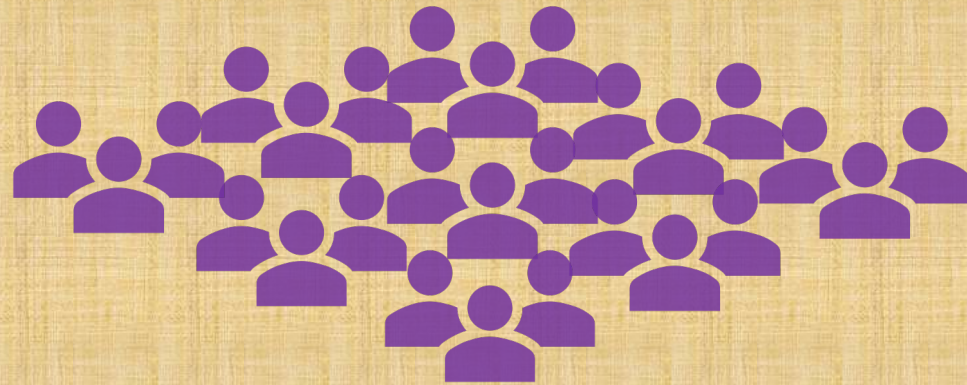
- Break the skill down into steps.
- Do the opposite.
- Reframe the problem.





Take Time To Recover





GROUP  
EXERCISE



# Resources

## Books:

- Peak: Secrets from the New Science of Expertise
- Outliers: The Story of Success
- Talent is Overrated
- So Good They Can't Ignore You

## Websites:

- [www.stickk.com](http://www.stickk.com)
- [www.jamesclear.com](http://www.jamesclear.com)
- [www.empact.com](http://www.empact.com)
- [www.calnewport.com](http://www.calnewport.com)
- [https://graphics8.nytimes.com/images/blogs/freakonomics/pdf/DeliberatePractice\(PsychologicalReview\).pdf](https://graphics8.nytimes.com/images/blogs/freakonomics/pdf/DeliberatePractice(PsychologicalReview).pdf)

## Videos:

- Jiro Dreams of Sushi (Netflix)
- Abstract: The Art of Design (Netflix)
- Comedians In Cars Getting Coffee (Netflix)
- A Craftsman's Legacy (Amazon Prime)
- Crafted: A Film by Morgan Spurlock (Amazon Prime)
- Handcrafted by Bon Appetit (Amazon Prime)



Fin Picture Elements: David Schwen on dribble

Original: Warner Bros. Pictures, Inc.