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Work at a speed that favours efficiency, control & precision

1 Slow down



Knowing where you are going helps to create a plan

2 Start with a goal in mind



Short, interim goals keep the journey simple & manageable

3 Chunk it



4

Practice at the edge of your abilities

Find that sweet spot where it is hard, but not so hard you want to quit

5

Get feedback

Feedback can be in person from a teacher or peer or via video

Find someone who is better

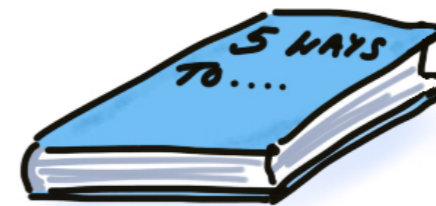
Learn from an expert practitioner. Expand the challenge

The 11 steps of Deliberate Practice



It is not just the amount but the quality of time spent

8 Count good repetitions



Stay focussed by making practice interesting

7 Vary your approach



6

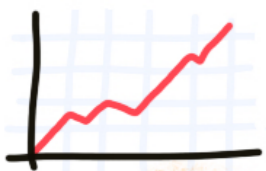
Repeat

Mastery = unconscious competence which comes from MANY repetitions



Make it harder

The pressure of competition can speed up the learning process



9 Record the data & review

Track your progress & regularly review it to see what has worked