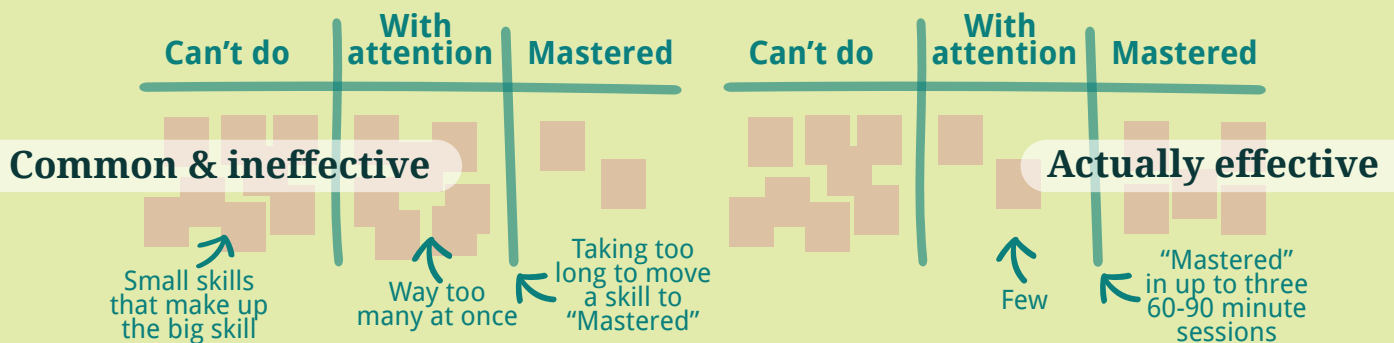


1. Deliberate Practice (not practising deliberately)

Big skills like playing the guitar consist of many smaller skills, like chords, songs, techniques, etc. **Deliberate Practice** aims to level up 1 specific subskill very fast. For example, cleanly playing part of a song or learning to play a new chord and transition between this new chord and the ones you had mastered before. In contrast, if you sit down with your guitar to poorly play the same 4 songs you already know, you **practise deliberately**. You practise how to play poorly.

Practice doesn't make perfect. Practice makes permanent!



You make progress by concentrating on very few subskills at a time and mastering them quickly. If a subskill is too big to master in 3 (or fewer) sessions, break it down or simplify it until it fits. **Half a skill beats half-assed skill!**

Here's the 2 ingredients to becoming an expert at something

How to Master Any Skill

2. Lots and lots of great examples

Seeing great examples can be a shortcut for getting things from "Can't do" to "Mastered". The brain is fantastic at finding patterns and becoming skilled, even if you don't know how you know. You just know, you know?