**Deliberate Practice**

**is the key to unlocking your potential!**

Here’s what it looks like…

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| **Step 1** | * Set a Stretch Goal. (This goal is something you want to do, but can’t yet accomplish.) |
| **Step 2** | * **Work hard** toward your goal in a practice setting. * Seek and process feedback. (How can you improve?) * Adjust your **hard work** and continue to practice. * Seek and process feedback. (How can you improve?) * Repeat Step 2 until you meet your goal. |
| **Step 3** | * Set a new stretch goal. Work hard. |

**The formula for achievement…**

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| Talent + | Hard Work | = Skill |
|  | Deliberate Practice |  |
| Skill + | Hard Work | = Achievement |
|  | Deliberate Practice |  |

***Important note:***

***HARD WORK***

***COUNTS TWICE!***