**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…**

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

***Important note:***

***HARD WORK***

***COUNTS TWICE!***