

DELIBERATE PRACTICE GUIDE

Deliberate Practice

is the key to unlocking your potential!

Here's what it looks like...

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...

$$\text{Talent} + \text{Hard Work} = \text{Skill}$$

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$$\text{Skill} + \text{Hard Work} = \text{Achievement}$$

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Important note:
HARD WORK
COUNTS TWICE!

