

Cultivating your talent in 17 steps

- 1. Buy a notebook and write stuff down and reflect on it*
- 2. Watch the skill being performed*
- 3. Choose 5 minutes a day every day to practice*
- 4. Practice alone*
- 5. Think in images*
- 6. Pay attention immediately after you make a mistake*
- 7. Take a nap*
- 8. Read, close the book, write a summary*
- 9. Stop before you are exhausted*
- 10. Just before you sleep, watch a mental movie of you performing your talent*
- 11. Embrace repetition*
- 12. Don't waste time trying to break bad habits - instead build new ones. Ignore bad habits. Build new habits by gradually increasing the difficulty, little by little.*
- 13. To learn it more deeply, teach it.*
- 14. Give a new skill a minimum of 8 weeks*
- 15. When you get stuck, make a shift. Do it slower, faster, upside down, inside out.*
- 16. Cultivate your grit*
- 17. Keep your big goals a secret.*