

# MASTERING A SKILL

with #deliberatepractice

## Make it bite-sized

<b>What is the area of concern?</b> <hr/> <hr/> <hr/>	<b>SEEK Excellence</b> What does mastery look like? <hr/> <hr/> <hr/>
<b>List the top 3 skills needed to master that concern?</b> <hr/> <b>1</b> <hr/> <b>2</b> <hr/> <b>3</b> <hr/> <hr/>	<b>Pick the 1 skill you want to master now</b> <hr/> <hr/> <hr/>
<b>Break the skills down further into smaller tasks/steps</b> How would you explain it to a child? <hr/> <b>1</b> <hr/> <b>2</b> <hr/> <b>3</b> <hr/> <b>4</b> <hr/> <b>5</b> <hr/> <b>6</b> <hr/> <b>7</b> <hr/> <b>8</b> <hr/> <hr/>	<b>Pick the most difficult task/step</b> to challenge yourself <hr/> <hr/> <b>Allocate a time in the day to work on it</b> the time you work best <hr/> <hr/> <b>Assign an accountability partner</b> <hr/> <hr/> <b>Seek feedback</b> <hr/> <hr/> set a timeline

**PAUSE** if you are stuck and go back to the **SEEK Excellence** step

The key to creating bite-sized goals is knowing when to redirect your focus. Look out for signs of confusion, frustration, excuses, and delays. If you're not prioritizing tasks, you're not breaking it down effectively because you're not feeling challenged enough to tackle them.