

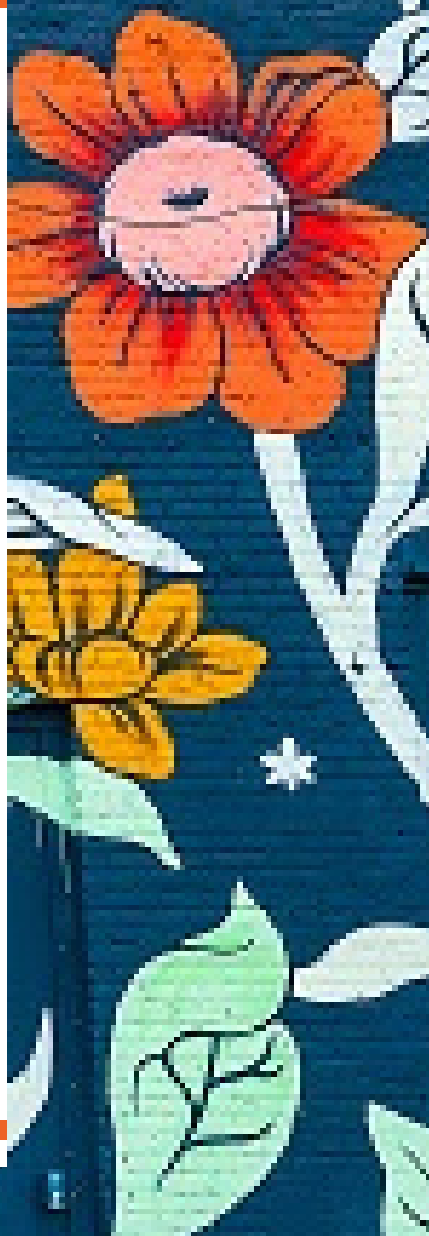
YEAR OF VALUES

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# WE LEARN & WE SHARE

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PROVOCATION NO. 3



# 10,000 HOUR RULE



Researchers have proposed that it takes 10 years or 10,000 hours to master a new skill. What a daunting number, right?

*You don't have to  
be great to start,*

but you have to start to  
be great.

- Zig Ziglar -

For most of us, it is not necessary to "master" skills as we are not competing against others to be the world's best.

And the idea of *mastering* a skill can actually serve as a barrier when trying to learn something new.

Instead, we should focus on performing our new skill well enough to produce a meaningful result.

Learning a new skill can be intimidating for anyone. Oftentimes, we are terrible at something when we first try it.

However, with a little persistence and practice, we can push through those challenging first attempts and make great improvement in a short amount of time.

In this week's provocation, we'll offer up some tips we can utilize in learning new skills.

# 1. Choose wisely

By focusing on skills that interest you or that will give you results in a particular desired area, you'll remain excited and motivated to learn.

## 2. Commit!

Learning a skill will take practice, so set aside time to tackle it deliberately. Set a schedule that breaks your learning time up to make it easier to get through challenging spots. Think an hour a day for 20 days in a month.

### *3. Set a goal*

Determining a goal tied to a specific level of accomplishment will help you build out your practice schedule.



## 4. *Learn the basics*

Don't try to learn everything there is to know about the subject out of the gate! Just learn what you need to get you going.

## 5. *Bite-size pieces*

Achieving small goals will allow you to have mini victories along the way and will support continued learning.

## 6. *Prioritize*

Identify and practice the most important part of the skill first.

This will help you experience the greatest performance increase from the start.

## 7. *Practice*

And then practice some more! Skills deteriorate over time if we do not use them frequently. Don't worry; they are also easier to relearn when we need them again.

Now that you have some tips to help you get started, it's time to pick a new skill to learn!

For this week's provocation, start exploring something you want to learn (How to program in a new coding framework? How to build a professional-looking presentation? How to incorporate a healthy habit?) and put a plan in place to learn it in just 20 hours.

Download the Resource document and click the link to map out your plan.

# LET'S GET STARTED!

Estimated Time Commitment:

*10 minutes*

What You'll Need:

*X willingness to participate*

*X comfortable place to reflect*

Click here to begin.