

“Cracking the Practice Code” - Research-driven, Field-tested Tips

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_____ + _____ + _____ = Talent

Habits and Mindset of Talent

- _____ at who you want to become.
- Spend 15 minutes per day “_____.”
- _____ without apology.
- Get a _____.
- Embrace _____. Be willing to sound _____.
- To learn it better, _____ it.

Practice and the Brain – The Magic of Myelination

- Give new skills _____ to develop.
- Think like a _____, work like a _____.

Practice Strategies

- Before practicing, figure out if it's a _____ skill or a _____ skill.
- To build hard skills, work like a _____.
- To build soft skills, play like a _____.
- Honor the _____ skills.
- Find the “_____.”
- Break everything down into _____.
- Each time your practice, build one _____.
- Precisely identify _____ right after they happen.
- After your first perfect rep, _____!
- Practice *makes mylon*. No, REALLY *3-6 weeks!*
- Don't do “drills”, play addictive _____.
- Choose _____ or random practice over blocked practice.
- _____ the space, concentrate the reach.
- _____ your eyes.
- To learn from a book, _____ it.
- Choose _____ per day over 1 hour per week.
- Take off your _____.
- Start practice when you are _____, stop before you are _____.
- Take a quality _____.
- Practice immediately after a _____ or _____.
- Start _____, end _____.

mylon insulation to the nerve

-Resilience + grit

Reaching + failing is necessary to learn

- Try the _____ formula.
- Make it _____.
- To choose the best practice strategy, use the “_____” gauge.

Mentoring and Coaching Talent

- Avoid someone who reminds you of a _____.
- Seek someone who _____ you a little.
- Use _____ and _____ for complex skills.
- Use _____ language whenever possible.
- Create _____ opportunities.
- Create _____ opportunities.
- Spend an entire lesson to walk your student through an _____.
- Require a simple _____.
- Create your own positively worded, vivid _____.
- Create weekly _____ simulations.
- Pick a piece in your “sweet spot” and start _____ now!

Resources

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