

THE TOOL · SKILLS

Six-week practice plan

WHEN	HOW LONG	REVIEW
NAME	STARTED	WEEK SIX FALLS ON

1 Set up once

one sub-skill, not three

COMPONENT	ANSWER

2 Six weeks

one line before, one line after

WEEK	WHAT I AM TRYING DIFFERENTLY	WHAT HAPPENED

HOW MUCH PRACTICE EXPLAINS, HONESTLY

Macnamara and colleagues, meta-analysis: 26 percent of performance variance in games, 21 in music, 18 in sports.

4 percent in education, and less than 1 percent in professions.

Practice is one lever and a small one at work.

Choose the thing you avoid, at the smallest available stakes.

Weeks one and two will feel worse. Attending consciously to something you previously did automatically degrades it temporarily, and that is where most people stop. What part of your job do you arrange your week to do as little of as possible? That is usually the answer.