

Table Topics

Deliberate Practice

We have far more power than we ever realized to take control of our own lives.

01

Tell us about a time you stepped out of your comfort zone to practice something new.





02

Can you share a story where deliberate practice brought you a breakthrough?

03

How do you balance deliberate practice with simply enjoying the activity?



04

Can you share a story about a mentor or coach who supported your deliberate practice?





05

How do you measure progress during deliberate practice?

06 Have you ever experienced a state of flow? What was the situation like?



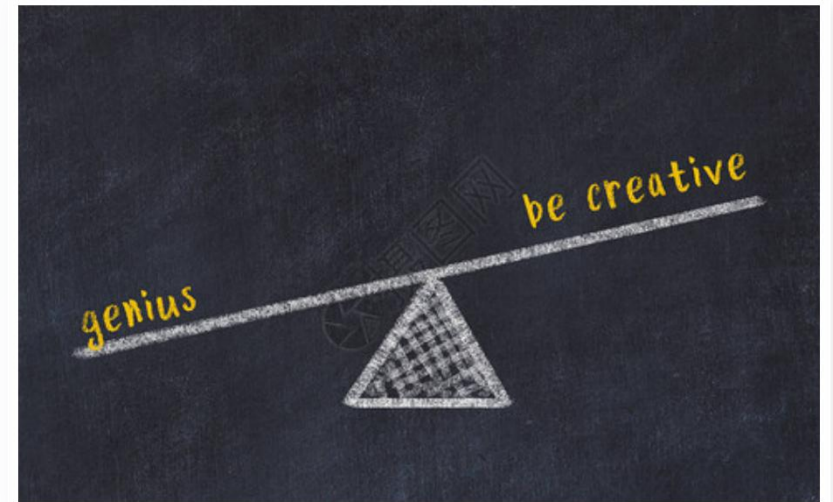


07

What is the biggest challenge in keeping up a deliberate-practice routine?

08

In your view, what is the relationship between talent and deliberate practice?



09

Can deliberate practice apply to non-skill-based areas, like relationships or leadership?



10

What role has failure played in your deliberate practice journey?



11



If you could give one piece of advice to someone starting deliberate practice, what would it be?

Deliberate Practice

- Has well-defined, specific goals
- Be focused
- Involves feedback
- Getting out of one's comfort zone