

Episode 8: How to Practise Like a Good Learner

Practice · Deliberate practice

By the end, you will stop grinding out mindless repetition and start practising the way that actually builds skill.

THE MOVE • The Deliberate Rep

Turn practice into progress. Five steps, aimed at the one part that is actually holding you back.

- 1 Isolate the weak part. Not the whole skill, the specific bit that breaks.
- 2 Set a clear target for just that part.
- 3 Do focused reps on only that, with full attention.
- 4 Get feedback on each rep, so you know if it improved.
- 5 Rest, then repeat. If it feels comfortable, it is probably too easy.

USE AI AS A THINKING PARTNER • copy this prompt

I'm practising [SKILL]. The part I keep getting wrong is [THE WEAK PART].

Design a 15-minute drill that targets only that part, with a clear success signal so I know when I've got it. Tell me what to watch for. Don't have me practise the parts I've already got.

YOUR CHECKLIST THIS WEEK

- Name the one sub-skill that keeps breaking.
- Set a clear target for it.
- Drill only that part for fifteen minutes.
- Get feedback on each rep.
- Log what changed, so you can see the progress.

ONE SMALL BEHAVIOUR

Instead of practising the whole thing again, spend fifteen minutes drilling only the part you are worst at. Sit with the discomfort. That is the part that grows.