

## 8-5: Developing a deliberate practice routine

A big part of the deliberate practice process is that practice is separate from work. Now this can be a little bit of a challenge because you might feel you're doing so much work already you could have time to add another big commitment to that. Now one way around this is by setting a small amount of time in the beginning and letting it grow. So setting a 10 or 15 minutes commitment to just work on this specific skill everyday or just setting aside 2 hours once a week, that something you could start with and then let that grow in time as your schedule adjust. I wanted to take advantage because if you wanted to do this deliberate practice and you are able to match these techniques then you are going to be able to work more efficiently later on or will be able to deliver work on a hard quality. So often if you are doing your work, you are spending a lot of time because your skill level isn't quite where it needs to be, if you move your skill level up, you could do the work much faster. I remember when I started writing, I would take hours and hours to work through the article, now I could do in 45 minutes or an hour because I've master a lot of micro skills that quickly identifying good headline, quickly organizing an introduction and quickly finishing a conclusion. These skills in writing have been able to me to cut down the amount of time that takes me to write an article. The same thing to be true to you as well, if you're a programmer, mastering a particular programming skill can help you solve problem faster you make your work done in less than an hour.

And so this deliberate practice addition your day might be a net time saving in a long run in addition you boosting your quality overall. And so if you introduce slowly then slowly adjust your figure life. Another thing that I suggest doing a set up if you're doing a deliberate practice routine is to keep a practice journal. Skip a journal of every time you do a practice session of what you wanted to work on, what you wanted to identify things that you wanted to practice, which micro skills you working on now and which you wanted to work on in the future. This skill keep the practice session organize and particularly gives you a place to record all the micro skills you identify that you wanted to work on. Because of you just spend the practice session focusing on programming or writing, that's going to be a big too big and ambiguous to get a lot result out of practice session. If you're able to use this journal and you can organize, well I wanted to focus on headline writing now then I wanted to focus on what kind of introduction and then I wanted to focus on another element of writing, once research or doing profile as we interviewing as part of my writing process. You could do the same thing with programming the same with music composition or any other skill, if you spend a lot of effort to keep this journal then you can have a lot of information you don't lose track of what your progress is in your working on the deliberate practice session