In a 2006 book co-edited by Anders Ericcson called “The Cambridge Handbook of Expertise and Expert Performance”, the authors conclude that great performance comes mostly from two things: Regularly obtaining concrete and constructive feedback and deliberate practice with difficult tasks. As it turns out, expert performance requires about 10,000 hours of deliberate practice.

**DIRECTIONS**

1) Think about your personal or professional goal and calculate how many hours you have put into achieving it: ______________.

2) Reflect on how you can increase these hours and what you can do to improve your skill and ability:

3) Plan how you can achieve this?

4) What support, if any, do you need from anyone else?

5) What resources do you need?

6) What has stopped you from doing this?

7) If any challenges or barriers come up what can you do to overcome this?