



How to Master a New Skill: Tips for Success!

[Based on the teachings of Mike Boyd. See his video on Youtube [HERE](#).]

1

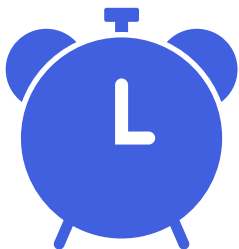
Clear Objective



Plan out your goal using specific words. What will mastery actually look like? (Keep it simple, keep it realistic, define it.)

2

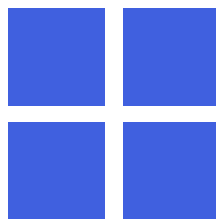
Short Lessons



Limit the time you spend working on a new skill to 20-40 minutes. Take breaks between. (Wake up earlier to give yourself more time!)

3

Chunking



Break learning into small chunks. Don't try to accomplish your goal in ONE big attempt. Baby steps, right?

4

Keep Hydrated



Sleep is important, food is important, but staying hydrated is essential! Get a good water bottle and drink lots of water.

5

Celebrate Successes!



Celebrate your successes along the way! These are big accomplishments as you master a new skill. You deserve to celebrate!

* **Please** be sure to choose activities that are safe, and practice them in a safe manner.

