

How To Get Mastery

There is 2 parts to any mastery.

Theory and Practical.

Theory tells you how things should work. Tells you how to do things. Theory is knowledge.

Practical is the actual physical application of theory through action. Practical is your skill at putting knowledge to work.

There is no one without the other.

Without theory you wont know how to do things, or how to do things effectively.

Without practical you can have all the theory knowledge in the world, if you cant put it to work, it's worthless.

Work on theory first. Do practical then. Then go back to theory, after which, you can improve your practical again. Do this back and forth. Constantly. Work on both theory and practical to attain full mastery.

I read that it's said that to gain mastery one needs 10000 hours of practical application of the proper and correct knowledge (theory).

If you work 50 hours a week on a mastery, you get that in 200 weeks, or 50 months, or 4 years and 2 months.

This is likely not accurate, and you will be a master at your craft way before then. But it really puts to perspective how much you need to work on your skills and knowledge.

To speed up you development I will be leaving some of my secret tricks at learning effectively and rapidly.

Secret learning tricks when you are learning some new technique or fact or knowledge:

-Always ask yourself “how can I apply this?”

-Ask yourself “can I think of a past event or experience where this data was relevant or effected an outcome?”

-Ask yourself “how does this data actually works?”

-Ask yourself “why does this data actually work?”

-Ask yourself “when could this data influence outcomes of situations/events?”

-Rephrase what you just learned to your own language and explanation. This is how you make a piece of information “yours”.

It’s all about relating to experiences, evaluating and understanding and seeing potential situations where it can become handy.

If you do that, well enough, and thoroughly, you are able to quickly incorporate a new data or information into your mind so it stays with you anywhere you go at any time.

Of course if through the above exercises you find that a piece of information is not applicable or not true, then you can just throw that out and document it as false data.

Then all you have to do is find or create situations where you can apply these pieces of techniques and datas in real life. Do it repeatedly until you don’t have to consciously think about using the information. It will be as easy as blowing a whistle!