

THE FIRST **20** HOURS

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Skill Deconstruction Worksheet

- 1 What do you want to be able to do? Be specific.
- 2 Is it a single skill, or a bundle of related subskills?
- 3 Have you reviewed 3 or more solid how-to guides?
- 4 Are any particular subskills used most of the time?
- 5 Do you have the tools you'll need for practice?
- 6 What's your fast feedback loop?
- 7 What comes before the end result? Before that?
- 8 Can you eliminate anything that's not essential?
- 9 When are you making time to practice?

The only time you can choose to practice is TODAY.