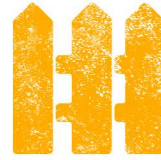# THE FIRST 20 HOURS   JOSH KAUFMAN

10 Principles of Rapid Skill Acqusition

Choose a lovable project

Eliminate barriers to practice

Focus your energy on one skill at a time

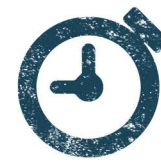Make dedicated time to practice

Define your target performance level

Create fast feedback loops

Deconstruct the skill into subskills

Practice by the clock in short bursts

Obtain critical tools

Emphasize quantity and speed

What are you going to practice today?

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