

Learning and applying skills are how you become GREAT at connecting the dots.

Bestselling author Tim Ferriss did a series of 13 different experiments where he attempted to learn notoriously punishing skills—surfing, professional poker, Brazilian jiu-jitsu, drumming, languages, etc.—in just one week each. (You can watch the Tim Ferriss Experiment on TV, BTW!)

The drummer from The Police taught Tim enough in 5 days that he was able to convince 80's band Foreigner to let him play a show with them! Isn't that amazing?

He had mastered enough skills in each of these experiments that he was able to compete and apply them against professionals in each area.

He found several commonalities in ALL skill learning:

1. Mastering fear.
2. Deconstruct it; break it down into individual components.
3. Find the 20%. The Pareto Principle says that 80% of your results stem from 20% of your actions.

4. Mastery goes beyond 80/20 but for most things, this works.

5. Grit is what keeps you going and not quitting. This is how we train the overwhelm etc, out.

Tim's Lessons:

1. There are two parts to self-improvement; Achievement is 50% and Gratitude is 50%. Gratitude is the well-being part. So many people have achieved wondrous things, climbed mountains, etc, but feel empty. Gratitude is the secret sauce!

2. Work on 2 things - not everything at once. Just focus a little bit at a time to avoid overwhelm.

3. Timeline your projects and goals—without a deadline, it's difficult to finish.

4. When you lack motivation, use incentives (or punishments if that's your propensity). There is a website called [stickk.com](http://stickk.com) that helps you put your money where your mouth is--sticking to your commitment (weight loss, exercise, quitting smoking, etc). Other people are pushed more by punishment. I have a friend like that who announces her goal (on Facebook) and if she doesn't make it, she'll donate \$100 to a charity she despises. Whatever works, use it!