THE FIRST 20 HOURS JOSH KAUFMAN

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.