

*"Practice doesn't make you perfect,
only perfect practice does."*

t h e A R T o f



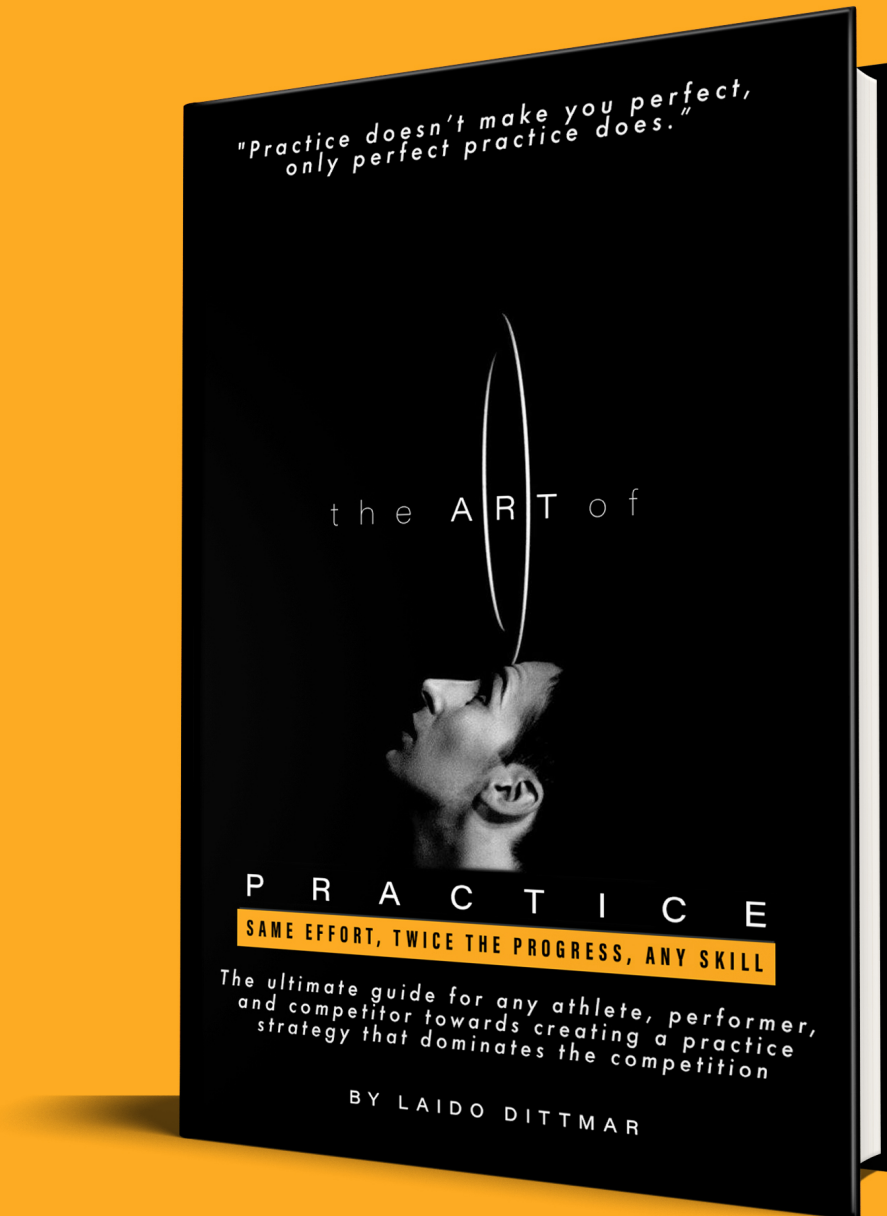
P R A C T I C E

SAME EFFORT, TWICE THE PROGRESS, ANY SKILL

*The ultimate guide for any athlete, performer,
and competitor towards creating a practice
strategy that dominates the competition*

BY LAIDO DITTMAR

Support email:
laido@thebookofpractice.com



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Mick Lunzer

I rarely recommend books, movies, or anything else to my friends, but this book by Laido Dittmar is phenomenal. Whatever you practice, or if you are serious about any kind of skill, this going to be useful to you. If you are a beginner this will help. If you are a veteran performer and artist like me and feel you have no chance at keeping up with all those young kids, as long as it's about skill, give this a try! After reading it I completely changed the way I practice and saw results on the first day and attempted even tricks I never attempted before. He makes a lot of claims, but I really think they are valid. I've been a circus performer for over 30 years and I've been teaching circus skills for almost as long. The approach is thoughtful, you can see a lot of research and heart went into this project. I'm not affiliated with the author, I don't get anything from this. It just really inspired me and is driving me to improve in a big way. To me, the book and the practice blueprint course were a gift! I want to pay him back by supporting him and getting the word out to everyone I know. I also want to help my fellow artists and friends with something I sincerely believe will make a difference. Thanks again Laido I wish I would have had this 10 years ago!



Daniel Simu

I have read the book of practice and was both impressed and surprised. There are so many intelligent coaches out there, why did nobody write this book before? Laido has done a great job at analyzing the success of others and comparing that with the knowledge from the personal development scene.

Once you read about the patterns of "naturally talented" people, you'll wonder why you never recognized them before. With the right training strategies, anything is achievable, and Laido discovered and revealed quite a few in a practice context.

Over the years I have talked to many people about training, among who professional circus teachers, yet none gave me this kind of epiphany. This book has influenced the way I train since I finished reading the first chapter, and I am convinced it will contribute to my growth as a performer.

I would definitely recommend this book to anyone who is interested in learning about learning, success stories, or practical tips. If you feel you are stuck on a plateau for a while, and you are not improving as fast as you used to, get the book!



Egor Smirnov

To be honest, I hope this book never becomes a bestseller. If a lot of people would really read it and use the information inside it, there would be a lot more insanely skilled competitors to battle. This is just a joke, of course... But to be serious this book should be No.1 for any person working on their skills. A lot of work and statistically analyzed information is easily presented by Laido. This book helped me a lot. Big thanks to the author!



Maximilian Kuschmierz

A book worth reading over and over again. When I first came across it, I was skeptical about how much I could actually benefit from it but after reading it and implementing the technique, I found my progress becoming significantly faster and more constant. I can only recommend it to everyone practicing a skill!



David Cain

Laido's book is a wonderful resource for any person wishing to push the boundaries of technical expertise. It's hard to argue against Laido's personal accomplishments and he has decided to share his counter-intuitive secrets for achieving quick progress in practice. I'm a Guinness World Record holder and his system of training is something I wish I'd followed when I was starting out.



Kristian Wanvik

I highly recommend this book for anyone practicing a skill, whether you have just started out or have been practicing for many years. It is very well written and really tells you how to improve, how to turn your practice sessions into progress, and always work on pushing your skill. A few "Naturals" might already use several of the practice principles but I think everybody will find useful tips and find that it all makes sense. I'm very happy and thankful that Laido has put in all this work and is willing to share it with the rest of us.



Domi Török

The book of practice is great since you get to know the person behind it. Laido's journey is something we can all relate to in some way. Everyone has ups and downs in his/her progress and with these tips, you can learn how to get the best out of a good or even a bad day. When I read the book, I was disappointed, because I know how much it would have helped me if I read it at the time I was serious about improving my skill. Most of you will recognize some of the tips in the practice blueprint, I myself found that I was doing some of the techniques unconsciously, but knowing them and using them consciously is what makes the difference. Making these choices in practice on purpose is what makes your results come much faster and I believe at this time there is no other book like this one that is so in detail about the art of practicing a skill. The strong point of this book is having it from the eyes of someone who not only researched it, but himself has done it. This is not only for beginners, advanced practitioners of any skill can also learn a great deal about how to maximize the time spent practicing and getting more organized within your training. I believe it would have definitely speeded up my progress if I would have gotten my hands on this book a few years back. I hope it becomes a go-to book for those who want to get serious about practice!

Introduction

When I first got started, I just wanted to know how could I get the maximum out of myself, leaving nothing unfulfilled...

How could I leave no chance to become unused and be as good as I could, as fast as I could. That was my only goal.

There was, however just one problem. No matter how hard I tried, or how much I practiced, nothing really seemed to work and I thought the only way I could change that is to practice even harder and longer.

From all my efforts, I was getting just minor results, and to be honest, nothing really changed.

Whenever I saw someone who was insanely good, there was just one question that confronted me every single time which is, "How could he be so good and me being so far from it?"

Now, when I look back on all the frustrations I had, I'm kind of surprised why I didn't just give up and let it go.

Today, I know that the way I practiced was utterly wrong, and now when I see beginners or even people who have been practicing their skills for years, I see them making the same mistakes that I had and the frustrations I'd gone through.

Luckily, the way I practice now is very different from the way I did back then. Since now I know it doesn't have to be that way, because it's avoidable.

Today, I use every minute of my practice consciously knowing what to do and when to do it.

I know my strengths and how to make them stronger, and I also know my weaknesses, so I don't waste any energy and time on something that would at best make me average at it.

It took a decade to figure out what I did wrong, and it has taken me a long time to figure out all the things I needed to learn on how to do it right...

The reason why I chose not to quit was that I have a rule of thumb in life that I use, and I recommend you use it as well.

However you look at it, it takes about 2-4 years just to get "good" at something and I mean JUST TO GET GOOD, whether it's martial arts, playing an instrument, anything.

Sure, you can have some success and fun while learning, but experience has shown me that to really "get" something, as well as be able to use it in many contexts successfully, you need to apply yourself to it for 2-4 years.

THEN, I believe it takes another 2-4 years to become a "master" of whatever you're doing.

And after 10 years is usually where the mastery level really kicks in.

I've been applying myself for a few years now. I've spent my last 15 years searching and learning everything I could about the best ways of practicing a skill and progressing in it the fastest way possible.

Yet, I tell you, don't believe a word I say.

I want you to take it from your own experience to try it out for yourself and test the things you will learn. See if you can get the success that others have gotten with it. Use the things that are useful to you and discharge what's not.

My simple plan in teaching you what I know is to give you a little shortcut and get you the knowledge upfront that you would need 10 years or so to figure out.

It's imperative to understand that behind every accomplishment is a process. Even if all the reasons why we progress are mostly undetected, there is a light that will allow us to become aware of it and see it for what it is.

So I'm here to give you the shortcut I wish someone else would have given me. But to achieve that success and getting good at practice, will ironically take a lot of practice.

The reason why today I'm practicing very differently from how I did many years ago and how most people practice is that I created a set of rules for myself based on specific behaviors.

But here's the thing...

I can't really take credit for them, since I did not come up with these rules. I did not invent them.

So you might ask where did I get them from?
My answer is I discovered them.

I discovered them from modeling, imitating, and synthesizing the behavior of pros that I call "Naturals".

Now, Naturals are the best of the best, people who become champions without the need to learn any of the things others would need to learn, but they aren't conscious of doing the specific things that get them the results.

Getting yourself to do the things and "imitate" Naturals...

At first, when you hear it, probably none of it will make any sense, but that's also the reason why you would never come up with this in the first place.

But when you keep at it, it finally starts to kick in...

Once you start seeing the results you have always hoped for, you will never want to go back to your old ways. Providing you stick to it!

People make the mistake of reading a book, going through the training, and then saying "I know that stuff" before they've mastered the information in their experience.

Don't make this mistake.

Knowing something doesn't actually mean you're able to do it. As Bruce Lee said: "Knowing is not enough, we must apply. Willing is not enough, we must do."

Keep learning and practicing and using it until you HAVE IT DOWN. And I promise you it will be worth it in the long run...

To your success,
Laido

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01. Why Is My Progress Slow?

There's a question that I thought about a lot through the years, and no matter what background you may come from or what skills you practice, I probably guess you have thought about it as well.

And the question is:

Why is it that some people are improving immensely faster vs. the majority?

The majority that even with hard training, sometimes can't get even half as much done, not even in twice the time, or even worse, with seemingly no progress at all?

What's so different in the approaches? What does one do differently from the other?

Is there any difference at all in the approaches, or is it just talent that decides how fast people progress? And if there is any difference, what is it, and how could we use it to our advantage to learn from and make our progress even faster?

I was lucky enough to grow up among people with incredible skills and had plenty of chances to observe the different ways each artist had practiced to get better.

Even now, I can't complain, because through my work with Cirque du Soleil I had the opportunity to observe some of the best artists & athletes with the most diverse variety of skills.

I've seen progress happen immensely fast, but I've also seen a lot of people struggle with their progress.

Struggling on a level that no matter how hard they tried, they didn't seem to become significantly better and their skill has even stopped at a certain range, where they could never really find a way to get past it.

At the same time, I've seen kids half their age not only achieve the same results that others only dreamed of, but reach it in just a couple of months, or even weeks, steadily progressing towards the goal they aimed at.

So seeing this stuff happen over and over again, I became curious, and when I say curious I actually mean, fanatical about it.

I wanted to figure out if these struggles had a common element.

I wanted to know what others are struggling with, the things they have the most frustrations and challenges with, and if it really happens to everyone during their progress.

Do the exceptionally good follow the same path as those who struggle with their progress?

Or are they approaching it in a very different way that enables them to have an entirely different experience, leading to faster progress?

And I found some of the answers to my urging questions.

02. Urging Questions

In 2014, I started to survey several athletes, performers, and artists, from the ones I knew to hundreds I didn't. I even started an online survey that would enable me to get an accurate view on seven questions that I asked each of them:

- 1** What's your biggest challenge or frustration that regularly comes up in your practice?
- 2** What strategies or ways have you tried that hasn't worked for you?
- 3** What mistakes do you see others repeating in their practice that you have overcome?
- 4** What's your biggest difficulty when it comes to learning a new skill, or move?
- 5** What makes you dissatisfied in your practice? Where and what situation is it where you feel you can't get the job done? What would your perfect day in practice look like for you?
- 6** Do you feel that you started practicing the skill too late in order to reach that ideal?
- 7** If you could have one or more questions answered about your challenges in practice, what would your questions be?

I would like to take the opportunity to thank everyone who participated in the survey.

More than 500 athletes, artists, and performers of all kinds of skills have answered the questions and gave me a very specific and detailed perspective into their frustrations, experiences, and problems they face each day.

But before I share the answers, which I think will reveal a fact that nobody seemed to really address until this very day, let me ask you some questions to see if what I have might be of any importance and help to you.

I'm asking this to see if you can RELATE to any of these questions because if you can, I think this might be the most important insight you will EVER get concerning your own progress.

Now the questions I'm going to ask come with a situation I want you to imagine. One that a close friend of mine runs into all the time.

In his case, it was a new day full of possibilities, where he went into his daily practice session fully motivated to perfect his skill. Now the particular skill could have been a new skateboard trick, a new song on his guitar, or perfecting his skills in dancing...

For all of us it might be something different, but where we align is that we might have felt the same kind of inspiration whenever we saw something we wished to replicate ourselves and achieve.

As he started practicing, first he went through the routine things, to get a feel for his skill first. These were things he normally could do every single day. Things that went usually alright even if not perfect, but on that specific day it just wasn't working at all.

Now, he wasn't the kind of guy to leave it as it is, so he kept trying... and kept failing. Yet, the more he tried to make it work, the less it seemed to work. And as you might predict, after trying for quite a while and feeling it was getting nowhere.. he stopped.

Kind of defeated and with some lost confidence, he had to realize something that was driving him nuts. That there's not much he could do against what people call a "bad day" and it feels useless to continue the same way. This however wasn't a rare occurrence.

The thing that really confused him was the fact that while he was having a bad day, others who were practicing around him said, "Don't worry, that's normal. I'm having a bad day too."

Those were people he regarded as awesomely skilled, and I mean REALLY skilled.

As he was watching them, he thought to himself, they claimed they were having a bad day too, but they still seemed to be able to get the best of themselves, not only doing the things they could already do, but also progressing further on.

For them, it seemed as if having a good day meant having a lot of progress while having a bad day meant getting a little less progress.

So with that scenario vividly in your mind, you can imagine that when he looked around, he asked himself certain questions, and these were maybe questions you could relate to as well. The question he was asking himself was:

Why does progress seem to happen quickly and almost easily for others, but slow and hard for himself? And once these questions came to his mind, others arose as well.

The first one? "Am I not talented enough?"

1 DOES IT DEPEND ENTIRELY ON TALENT?

Should I just be satisfied with what I can achieve? Is there a way to progress and achieve skills, tricks, or moves quickly?

Or does everybody have their own way of mastering them, and there's nothing you can really change to make a difference, except maybe practice harder?

But the problem is that simply doubling efforts doesn't seem to work most of the time, so is there a key to effective progress? And if so, what is it?

Well, that's a core question, but these were only one of many layers that he lacked clarity upon. Another layer was:

2 HOW CAN YOU ACHIEVE CONSISTENCY?

Have you ever hammered your head against a wall trying to make a move consistent? Practicing it over and over again the one skill, trick, or move that you want to be able to do consistently, spending hours practicing it for months, but still can't?

Are there better ways to practice for consistency?

Better than rehearsing boring routines that you already did a million times and even if you do, what if it isn't solidified, even after months of practicing the same thing?

You might ask yourself, "Am I missing something?"

Should I practice one thing for a long time, or many things for a shorter time? What will get me further? How long does a practice session even have to be? How should I warm-up or choose the thing to practice that is right for me?"

When we were speaking about consistency, he asked himself how consistent he should have been with his practice.

Have you ever taken a break and thought about how much rest is good for you or how much of it screws you up? Is it a good idea at all to rest? There are times when we take a break for a couple of days, and when we come back, everything is a lot better, but there are times when everything becomes much worse. Were you ever wondering how to control that?

When people take a break in order to help them get back on track, motivation is key.

3 HOW CAN YOU KEEP UP MOTIVATION?

How can you motivate yourself and maintain your focus so you can be as full of energy and in the best possible state for achieving progress?

When I am trying hard and nothing seems to work, how do I manage my anger so it doesn't take away my motivation and burn all my focus?

Are there ways to increase other similar factors that may affect my practice that is outside of it?

4 HOW ABOUT HAVING STRATEGIES AND PLANS IN PRACTICE?

Have you ever forgotten any skills or moves that you planned to do? He did. Usually, he knew it was impossible to practice everything, even if he had the time to practice 24/7.

So he asked himself, "What is the best way to prioritize the things I have to practice and plan them in a way to get the maximum effect?"

How long do I need to practice, and which things should get top priority? If I want to learn a new thing, where should I even put it in the practice session?

Especially if there seems to be not enough time for the things I already used to practice as my routine. When is the time for learning a new skill?"

These are a lot of challenges to deal with, and if we would need to summarize it in one question which would address most of them, it would probably be something like this:

How do I create a practice routine that I can rely on working for me EVERY TIME? Knowing that I'm currently practicing the best possible way to achieve my goals?

A system that gives me the best possible results that I'm fully capable of achieving at that moment?

Regardless if I'm having a "bad day" or not. A method that can ensure my progress and motivation, even if I have a bad day, and make sure I get the most potential from myself.

Now let me ask you: Have you ever had any of these challenges?

Have you ever asked yourself any of these questions without having any sensible answers to them? There may be a lot of other questions that might arise, but if you answered yes to any of these: First, you should know that you are NOT ALONE.

The reason why I knew that friend so well, who had all these challenges coming up in his practice, was because it was ME. These questions were created from my personal experiences that I needed to deal with throughout the years.

But the reason why we are all in this together is that these were all the common factors that came up as answers in my seven-question survey over and over again.

These are the frustrations that seem to be the most personal, yet what we all share and have in common with each other. But even though we all experience them, these are the things that we lack the most clarity on, because nobody talks about it, even if it causes us not to succeed in the first place.

03. How The Game Changed

Since the internet appeared, the world of practicing any skill just enormously improved. Whenever someone breaks a world record, it becomes proof that it's possible.

Once people know something is possible, they are much more likely to not only reach it but overcome it.

Since the internet, and especially as YouTube, existed, more progress came along in every skill than ever before, and I think we can thank this really to the freedom of video sharing that the internet provided us.

Because of the internet, any person who wanted to learn a skill could widen their horizons like never before because we could now see the unlimited number of possibilities we could achieve. We saw more and we tried more.

Getting to see how our limits could be pushed further made positive progress for every genre, every sport, and every art form.

But like with everything, there's also a dark side to it.

Since we saw what was possible, and how easy it was to share the results that everybody had, everything became a lot more than simply a hobby. It became a competitive sport.

That was actually a good thing, because the spirit of healthy competition motivates and drives us, and can be even fun. But what also happened is that we started to compare ourselves with the limits that we saw were possible to reach, and we tend to fall short of them.

In certain cases seeing kids half as old as we are getting results that were way beyond what we would ever think is possible for ourselves makes us question our potential, and sadly sometimes maybe even our worth.

It makes us question if this was really our best. We might also feel that we could do a lot better if we could just figure out how.

Have you ever had that gut-level of feeling that you could achieve twice as much as you can now if you could just figure it out somehow? I did and I believe deep down you know you could achieve a lot more as well.

I think all of us have that feeling intuitively for a reason. Seeing someone else, maybe half our age, succeed in less than half the time that we need, is a tough thing to swallow and can become discouraging.

It's not discouragement because of jealousy it's discouragement because we know that there must be something that we could do to get better if we could just understand what it is and grasp it.

And I believe our paths have met probably because you still believe there's something you can do to achieve a lot more and you still keep watching, searching for new ways to reach your highest potential.

And that's the reason why I created this book in the first place. I really get that feeling because I was once someone who couldn't progress in his skill even if his life depended on it, but still felt that there must be something that could help.

I can remember a time in my life when I didn't know what to do and it was more than important for me to get the best out of myself no matter what it took.

It might sound weird, but ultimately it had a transcendent life-altering meaning if I could handle this part or not if I can get successful or not.

If I wanted to make anything out of my future, I was literally forced to find out the answers on how to progress faster and how to make it all work for myself, and eventually kind of crack the code and the solution to the obstacles I faced.

Because the thing that I want to share with you throughout this book is exactly that.

That if you feel you can't progress to your highest aspired level, I believe that what I'm about to share with you can be enormously helpful to you as much as it was for me.

But after such a statement before I even begin, let me tell you it was kind of intimidating to me to make the decision to write this book. The reason it was intimidating was certainly not out of hesitation in discussing how to get faster progress and put myself out there to the open fire.

But I think that this statement could be interpreted as coming from a place of arrogance, and that's certainly not what I want to accomplish and that's not where I'm coming from.

But what I know is that despite what you might initially think of me, I found a way to ensure my progress to become constant, and I was able to help others to do that as well. In every field, in every genre, it simply worked.

The reason why I didn't call this book "How to become the best in the world" is that I have no idea about that. But I think I became significantly good, compared to many years being incredibly bad, and I mean really, really bad.

Especially since all the difference and change in my progress came by implying simple rules that I discovered and applied to myself that made me progress in a faster way than usual.

If I told you I was bad at my skill all my life, without showing any significant signs of "talent" or improvement, even after years of already practicing, then suddenly progressing consistently until becoming one of the tops of the field, then I would say it had not much to do with luck.

What I would like to say with that is that I am not "unique" or in any way special, and that's exactly the point. Because I believe that if it could even work for me, what I'm about to teach you must work for you as well. In fact, I want to prove to you that having fast progress in any skill is not only achievable but also significantly easier than you might think and what you've probably believed since now.

I want to prove to you that if you have been practicing a skill for years and you are dissatisfied with the progress you got until now, despite what you have reached so far, it doesn't mean anything concerning what you could reach in the future.

Yet hearing all of this, you might be asking...
"How come I'm the first person to come up with the answers?"

Who am I to do it? Why did nobody else come to tell you? So before I would share with you one of the most important techniques from my system...

I would like to share with you not just my story, but also how I've discovered the actual solution to my problem and how it enabled me to come from getting no real value or results of my practice sessions to making my progress not only consistent but even predictable...

AIM FOR THE MOON. IF YOU MISS, YOU MAY HIT A STAR.

W. CLEMENT STONE



04. Who is Laido Dittmar & Why Should You Even Listen?

Who am I and why should you even listen to me?
I'm Laido, Cirque du Soleil Performer, Author & Coach.

Before we would get to the technique on how to double your progress, I would like to tell you a bit about myself and give you a mercifully brief introduction on why I wrote a book about PRACTICE for more than 6 years...

If you would ask, what's the first thing worth knowing about me? Well, the first answer would be that I come from a circus family.

My parents were both acrobats, and circus has been rooted deeply into the identity of my family for generations.

Growing up, I lived the typical life of a circus child, which meant my parents were trying out all kinds of different skills with me to figure out what I was supposed to be the most talented at.

Since both of them were acrobats, naturally they tried to teach acrobatics to me, but as much as I have tried or they tried... I didn't really seem to progress the way my parents were hoping I would.

So I went on to try different skills of circus, I tried unicycling, ladder act, handstand, juggling, but none of them seemed to be the right option. Since in my case, I seemed to be equally untalented in all of them.

There weren't any real signs of talent coming from me so quite early on everyone and even I believed I wouldn't become a circus artist at all.

The only thing I seemed to have any talent at was outside of the circus, and that was drawing. I often made portraits or landscape drawings, I was good at observing minor details and copying them, doing it sometimes 6 hours a day, each day.

Yet I never really felt inspired to make my living on drawing. Doing it as something I must do rather than just a hobby, I didn't really like the idea.

Well knowing what I wanted to become changed the day I saw the best juggler that I had ever seen at that point in my life. It was one of those special moments when you fall in love with something so suddenly that it turns your entire life around.

And I've decided then and there that in fact, that was what I wanted to do.

When I became interested in juggling contrary to what people think I was 17 already which is regarded as actually quite late. To say I started late would be an understatement.

Most jugglers who get to do it professionally start often at the age of 6, so in my case starting a decade later all my friends and relatives from the circus believed I'm trying the impossible.

Hearing things from others like "You got no talent. You started too late. You should do something easier that suits you more." Those sentences were kind of the daily regular I had to take in since for them I basically set myself up for definitive failure.

And honestly, I can't really blame them. They seemed to be right because it didn't work out as well as I thought it would.

I remember practicing sometimes 8 hours 5 times a week, without making any significant progress. My progress was coming on so slowly, that you wouldn't think there's any chance to see it as something I could do professionally in the future.

After 2 years of practice, I had my first performance. I still cringe whenever I think about it since I remember the feeling of dropping 17 times, which is more than the actual tricks I had.

Once I finished my act I was terrified to look out to the audience, some thought I was just lame, others were just feeling sorry for me.

I've looked at my parents and felt once again the disappointment in them. My parents didn't want to put any pressure on me, but I knew they were disappointed.

Especially coming from generations of artists, whose pride is in the circus world, they mostly tried not to make me feel any of it, but if you are a son, you still know.

The problem with juggling is you either can do it or you can't, there is no middle ground and contrary to other fields in the circus, when you are making mistakes in a show the audience isn't as forgiving.

It's true that juggling isn't dangerous, yet the only thing that can get seriously hurt is your ego. Among circus people, juggling can be either one of the most respected genres or one of the most disrespected ones. And there's a couple of reasons for that.

On one hand, juggling can be easy enough to perform even after a couple of months. It won't be good, but to learn to juggle 3 balls might be possible even after a couple of minutes, add a couple of tricks, and there you go, it's seemingly ready for an audience.

You could already show it to others, but to juggle 9 or 10 props and do it consistently well... With each number of objects added, you will have to add years of dedicated practice as well.

It's a genre that needs the most practicing since it has the highest chance and probability for mistakes. The higher the numbers, the chance for mistakes can double, triple, quadruple...

What's even worse is that there's really no other way to get better than making a lot of mistakes in your practice sessions while working on correcting them.

It will also open you up to ill-willed critics. Many times as I was practicing I could feel people looking down on me. Sometimes even laughing at me. Often, just in order to make sure I knew where I belonged.

There's kind of a social hierarchy among artists. The kind of social hierarchy like everywhere, there were the cool kids and the not-so-cool ones.

But the difference this time whether you are cool or not didn't depend on how many people like you and how popular you are, but was depending on what you can do and what level you are at in your skill.

It was kind of a success ladder and I realized quite fast that I was at the bottom of it. Being a beginner and quite an old one for that, other artists have witnessed my obvious struggle and they left no opportunity unused to ask me questions like:

"Are you serious enough about juggling? Aren't you too old to start practicing now? Aren't you a little too slow for that? What makes you think that you can do this? If you had talent, why didn't you start earlier? It's too late now."

As I was listening to them, I was always telling myself:
"You will see and I will make it."

I felt as if they would try every trick, every comment to make me want to give up. The bad performance I had was also taking a toll on my motivation, but I still went to practice every day.

The place I practiced was one where all the Hungarian artists practiced called "The base".

As I finished to change and started warming up, maybe not even 5 minutes later, someone yelled towards me:
"Great performance the other day"!

I felt crushed. Wanting to just hide and get out of there instantly, but instead, I just took a deep breath, said thank you - even though their sarcasm was obvious - and continued practicing.

I tried not to listen, but deep down my anger got gradually built up because I did get these kinds of comments every single day.

It was kind of a running joke with an underlying message that I was definitely not acknowledged for my trials. And one particular day I got to feel more of it than I would have really liked.

I clearly remember the day when an artist was looking at me with judging eyes and crossed arms while I was practicing. It was that same guy who yelled towards me.

This time however he said as loud as he probably could, to make sure everybody in the place full of artists could hear:

"The other day you know, there was this juggler here from the capital circus, and I asked him how much practice it would take for you to become decent, and you know what he said?"

He took a look at you and said;

"In 10 years, he might become a good amateur."

I didn't know if that was true or he just wanted to piss me off, but I was frozen for several seconds.

Hearing all of this negative stuff over and over again, literally day by day, yet on that particular day, somehow it served as a proverbial "wake up call"...

Because suddenly I realized that nobody believed in me.

Nobody really thought I could actually become someone, nobody thought I had it in me. For them, I was literally a joke. It was a joke that I even dared to try.

I know this might not sound dramatic to you, but for me, that was more than just a bad day. I felt as if it would literally define my worth whether I left everything like that or if I would turn things around dramatically.

I believe for anyone who meets failure a lot, there comes a moment when they need to decide for themselves, am I going to back off or am I going to go full in.

I can remember that moment very clearly because that was when I promised myself not to let this be as it was.

I made a decision that not only would I be successful in juggling, but, if others thought that I would need 10 years to become a great amateur, I would surpass what they thought was possible to reach in a lifetime in just two years.

Either I achieve my goal in 2 years or I will step back from juggling and stop wasting any more of my life on it.

I decided to go full in and make it the best shot I could.

Those 2 years had to decide the direction of my life, not only for the sake of my future but for the sake of my self-esteem and what I thought about myself and my own worth.

From that day on I went to extreme measures and that's when my real journey started.

05. My Search For The Solution

I started practicing 9-10 hours a day at times even going up to 12, but what I also decided to do was maybe the smartest idea I ever had till that point.

It was to educate myself through books.

I've heard a lot about sports psychology back then, so I decided to read everything I could lay my hands on and read everything about sports psychology, success, and achievement, but there wasn't really much that I could apply specifically to my practice.

There was no real down-to-earth tactic or strategy that I could actually use, but one of the ideas I've learned was the basic idea of interviewing.

I got the idea specifically from Napoleon Hill's book "Think And Grow Rich", as he interviewed the richest people in the world and made a fortune for himself.

The assignment was interviewing people who already achieved the things you wanted to achieve, and I took it very seriously. Making it my most important task to find the best of the bests and interview them.

Luckily because of my background, I could get access to them actually really easy. As I lived in Budapest, there were a lot of artists working in our Capital Circus, and the artists changed in the show periodically throughout the months.

If that wasn't enough, we had the best of the best coming to the International Circus Festival competition every other year, so I pulled every string I could using my parents to meet as many of them as possible and somehow get them talking with me.

Once I was able to get in touch with them I've prepared a list of questions I would ask, questions like:

- 1 What are the specific things that I should be looking for in practice, and what should I avoid?
- 2 Is there anything you do differently that makes you more successful?
- 3 What are some mistakes that others are making?
- 4 What is the right structure of practicing?
- 5 How can I be as great as you?

But in my case, questioning them didn't work at all.

Because when the time came for them to answer, it often came off like a bad graduation speech...

Where they said things like: "Well, you have to love what you do... and work hard."

It's really nonspecific and could mean a thousand things, because how do you love what you do? How should I work hard on it? If that's what it takes to become the best I think I already kind of did those things without getting any significant results.

But asking each of them and hearing the same kind of answers over and over again...

After like the 10th or 20th time, repeatedly listening to the same kind of answers, which were all so similar and unclear I understood that they couldn't really tell me even if they really wanted to, simply because they weren't clear about it.

Whatever they were doing, they just did it and I wasn't able to find anything out for myself either.

So I needed a “new way of thinking” and I needed one fast. By that point, I was also questioning whether I could make my two-year limit.

My results naturally improved a bit, but it wasn’t really as systematic or nearly as continuous as I would like it to be.

Spending all my time practicing was also the reason why I almost never had the time to come back to drawing.

Drawing was still important for me since it often would help me relax and was my coping mechanism. A way to turn off my constant thinking.

Every time I took a pencil into hand I couldn’t help myself, but start thinking that maybe I’m wasting all this time to become good at something I wasn’t supposed to be talented at, while the thing I was actually talented at was going to waste.

The funny thing is, that’s when I came across a learning-to-draw class.

I saw an advertisement for it while traveling to practice, and it was a class based on a book you might know as: “Learn to Draw: Drawing with the Right Side of the Brain.”

A class where they teach anyone to draw not only decently, but phenomenal pictures, and all that progress within one or two days.

I was curious about what techniques they used and how they would teach drawing, plus, I desperately needed a change. A way to relax and get at least some sense of achievement.

06. The Discovery

As the class started I found myself surprised for a couple of reasons, the reason first of all being that the principles they were teaching in drawing were an exact match to how I was already going about it intuitively.

And I remember thinking, "How can that be if I had never been taught how to draw before?" I also assumed everybody would naturally go about drawing the "same way" how I did, but they didn't.

So I had to realize that the basic principles which I used every day without even being conscious of, were apparently new to everyone else, yet I was applying them without ever being taught.

Now the way this class is taught is that everybody creates an initial drawing, one before they would learn any of the techniques and principles and one after they learned.

And since I made a fairly decent one, before even learning anything, the teacher came up to me and said, "This is actually really good. Did you ever take this class before?"

I told her of course, that it's my first time attending. Then after she thought in silence for a moment, she said something which would follow me for a long time...

She said: "In that case.. you might be a natural. A naturally talented person." And left me to observe my other classmates.

And this sentence completely puzzled me...

It was basically the moment when I understood why all the greats I talked to couldn't tell me exactly what they did differently.

And it's simply because it's possible to do the right principles without even being conscious of them.

The same way I found there were right principles I did while drawing I didn't recognize doing, there must have been practice principles that "Naturals" did that they didn't recognize, but what each of them did.

It's the reason why they can't teach what they are doing or explain it properly. They aren't even conscious of it... So they can't pass it on and explain it, they just simply do it.

The right thinking and actions came to them naturally, instinctively, because they were born with it. It was second nature to them, but they don't exactly know what they were doing.

For instance, do you know exactly how you are moving your hand? You most certainly can describe the movements as they describe them, but you don't know. You're just able to do it.

I understood in that sense that my talent was in drawing because the right attributes and skills came to me naturally. I never needed to learn the "right" principles.

It's not that it was easy for me or I didn't start it off poorly as a skill. I actually started off very poorly when I began to draw, but I had the natural attributes to get better without the need to learn or be shown what those attributes were. But even if I was a natural at drawing, I was definitely an amateur at juggling.

Yet I was convinced that if it was possible to figure out what the right principles are in drawing and teach them to others, I hoped it would be possible to learn the same way in juggling, once I would figure out what those principles actually are.

So I went back to juggling once again, but this time, instead of asking the naturals I've met I've started to observe them.

07. My Progress

I tried to search for the details and commonalities between each of them and every time I had the chance to practice with a pro, I just took a step back and tried to find those things that are different from how I would go about doing them.

No more interviewing, no more asking, just observing. Searching for the difference that actually made the difference.

I started to take notes on, what they started and finished within the practice, which kind of “tricks” they chose to practice, anything I could really think of, but mostly, I watched for the things that were different. The things that you wouldn’t even really recognize.

This research kind of naturally expanded, because I’ve started taking notes not only about naturals but also about non-naturals like me, the ones who achieved kind of mediocre or no success at all and how they were naturally inclined to do things and how they were going about practicing.

This went way beyond juggling, I naturally started to observe the best artists in every field. I looked at the ones who achieved the most and the least and observed how they did it.

Starting to see how the little seemingly subtle differences each person makes in practice how those things are kind of universal, but have an enormous impact on their progress.

And what you find out through observing them is that naturals really think alike. I could identify subtle things they were doing that the majority never did, or did in an opposite way because they didn’t seem important or went even unnoticed.

The more I started to look into different fields the truer it seemed. This goes for musicians, athletes, dancers, acrobats basically anything really that requires fine or gross motor skills and would require practice.

What I've found after the years of observing is that these mistakes as the solutions to these mistakes were truly universal, but it takes some knowledge from both sides to really get to uncover the map of what they are doing, because no Natural was ever a Non-Natural and mainly that's the reason why they can't seem to explain it or even know about it.

They can't really associate themselves with us.

They can explain bad technical movements, but they can't explain the right strategies or attitudes. They will know how to handle the external part, but it's the inner part that seems obvious to them. So they naturally assume it is for you as well.

Anytime you would observe masters in their fields, you will find that they often do things that are very counterintuitive.

Counterintuitive means doing the thing that seems like the right thing to do isn't the thing that often makes it work. Doing the thing that doesn't seem to work is very often the hidden road to success instead.

When you look at 80% of what they do, usually you can say, "Yeah, I understand that because it's really intuitive."

You can make sense of that because it's the logical and the obvious thing to do, but it's the other 20% that's counterintuitive, and the counterintuitive stuff is always there in the very critical moments, usually completely unrecognized.

One little shift. One simple change. Often that's all it takes.

When you look at the things Naturals do differently that get's them the actual results, when you first see it, it almost doesn't make sense. Since it's those "built-in" mistakes that keep us thinking in reverse and often hinder us from achieving greatness.

What you might discover throughout this book is that we need to learn skills that many times fly directly into the face of what we want to do intuitively, but these are the things blocking us.

Things that we can't see, but sometimes just by shining a little light on them and becoming aware of those things that we do... It can unlock them and create a path to success.

In life, you can observe one general rule when it comes to success and it comes down to this...

If the herd is doing the intuitive to their own disadvantage, and a few know how to do the counterintuitive to their own advantage, there is often a huge gain to be made. It's often the only difference between successful and unsuccessful.

There is a distinct difference between Naturals and Non-naturals, and the degree of how successful you become in your skill largely depends on the way you think progress works.

We think that how the majority of people is thinking as right is probably the truth and the right way, the same way as we see how the majority practices and thinks that it's the right and common way to do it.

Generally in life, we tend to get ideas about how we should approach things from looking at others and imitating them, but if you do what everybody else does, you will get what everybody else gets.

Now what we can be honest about is that most people aren't as successful as they really would like to be, only a few are.

So instead of looking and imitating the behaviors that the non-successful are doing, it would make a lot more sense to see for yourself how it feels to do things the way Naturals do, who are actually successful.

Through comparing the differences I found, I was starting to see and establish a SET OF RULES AND WAYS for myself and for my own practice which wasn't easy.

If somebody told you to arrange your practice the way Naturals arrange it, without explaining the differences or the reasons - it wouldn't make sense to us. The same way at first, much of these rules didn't make sense to me.

Simply because it wasn't "Natural" to me. But as I was following these rules, I started to notice how my progress, and I mean literally almost by the same day... became a lot faster.

Once I started to shift my practice into this direction, I actually started to progress EACH day, not only every month or so... The things I've changed are things you probably wouldn't even see as anything special viewing from the outside, but that's also the reason why you would never come up with doing things that way in the first place.

What was even more surprising is that anytime I would stop progressing, I could go through the rules and realize, I just simply forgot to do one of them, but as soon as I started using them again, I would be back on track on the very same day with my progress continuing.

It felt as if as long as I would follow these rules it would keep me in a field where I'm literally FORCED TO SUCCEED.

This way reaching new levels became not only consistent but even predictable.

I was able to predict how my progress would work out in the long run, and that was something I never experienced before.

Once I got to the point when this new way of doing things became natural to me, I understood how naturals are simply wired differently and how all of them had a certain pattern not only to their practice, but also the way they were thinking.

But first of all the things I needed to do was changing how I believed practice and progress worked to what actually worked and I want to make it clear that this is not one of those pieces of training, this is not what I think works or what I believe should work.

To be honest, these are training methods that I believed won't work, but did. These are the methods that I tested with others over and over, and which brought results.

This is really important for you to understand. The type of training that I want to teach you is modeling-based training.

"Modeling", which is a term used widely in the NLP community, is basically a process of capturing, encoding, replicating, and transferring knowledge and experience.

Obviously, there are Naturals who are better at what they do than others, so my job was to model the best of the best and encode what they do and think into specific steps, and design ways on how to teach those steps to others.

It's not simply by chance that they got better at what they do. They did specific steps that even they were unaware of, but if the talent and skill can be captured and decoded into specific steps, then that skill is also transferrable.

By modeling, I could identify a variety of things that include mindsets, strategies, and attitudes. I've got a lot into the areas of achievement and sports psychology.

I've got into how the way we think actually creates the method that we use for our practice to get progress and I found that there are exact points, that if you turn your focus towards and really take them to the next level, that's where you can get the most leverage.

Now I would assume we all want to progress quickly, not because we would be lazy or wouldn't want to work hard, but we may as well get the most out of our practice and everything we can of ourselves, right?

The problem is most of the time when people ask themselves how to achieve twice the amount of results, the only answer they find is to do twice the amount of work.

That's their only strategy, doing more or less of what they were already doing, and sadly, that's the most frequent thought they can put into it...

And as I was speaking with practitioners from different backgrounds about what was holding them back, the answer was that it wasn't obvious to them. They couldn't see it.

And rather than try different ways, they followed the same strategy over and over again and ended up smashing their heads against the wall, waiting for it to crumble.

The very interesting thing is that they hardly ever tried to focus and improve their system or strategy of their practice, they just have a system in place they don't even know about...

They might use their system or strategy harder or weaker, but that's it. That's the most thought they give to it.

08. What's Your Practice Blueprint?

The majority of people spend 95% of their energy and attention working on their outer game, the outer execution.

They think about the movements, how high they should be, how low or how fast, etc., and though it's true these things are very important, they are all merely just an effect within whatever system they use.

Newbies who are trying to practice something for the first time are not prepared for any kind of basic explanation or strategy to take when it comes to learning about practice itself, so they focus on the 95%.

But what actually creates the results and moves really the needle of our progress is the 5% of what they don't spend any energy on, even if it decides what you will do externally on the outside in the first place.

And I dare to say that 95% of being successful in practicing any skill comes from your mindsets. It comes from the game you play above the shoulders.

Your system, mindsets, and strategies are the things that most people never give any time of a day or pay really any attention to, they don't even spend 5 minutes on it even if they define and set the context of what and how they should practice. This training however will be different.

It will be different from any other because while most or all other pieces of training look at what you should do out there, pay attention to the tasks, and build up to the specific movements you need to take, this time, in this training, we are going to take a step back from our practice and look at it from the outside.

We are going to work “on” our practice, not “in” our practice.

Since there are only a few key activities that are getting 80% of the results, and the reason why Non-naturals aren’t doing them is not mainly out there, but “in here”.

That’s why the biggest leverage comes from fixing things from the inside-out.. instead, from the outside-in. People are willing to practice hours for decades without ever taking 5 minutes on learning how progress actually works and building up the proper understanding and structure of it. Don’t make that mistake.

We shouldn’t forget that most Naturals are at least 5-10 years ahead of us. Most of them started to figure this stuff out almost immediately on their own or being shown and indirectly initiated by another Natural.

But even if we would decide to take that extra learning curve, usually we don’t have that plus 5, 10, or even 15 years, and even if we do, it’s not a guarantee that we would actually “get it” and understand what it takes to reach the heights we hoped for.

So, if we want to make the most of it and succeed, instead of practicing extra hard, we should practice smart. Really smart.

We need to use methods that could intensify and condense the knowledge of 10 years and give it to you upfront so that you don’t have to run as many extra miles as someone who needs to figure it out on his own.

Starting from a place where you already know what the right methods are.

When you practice anything a certain way, whether consciously or unconsciously it’s because you think that’s probably the best way and the way it should be done.

There's currently a system in your mind that's similar to a software, and consciously or unconsciously, that system installed is what dictates how you approach getting better, based on what you think will work and make you progress and achieve success in the end.

Now, everybody has a system in their mind, some people have better systems while others have less effective ones, but everyone has something that I call our mind's "Practice Blueprint".

Yet whatever that system is, there is no system that couldn't be overwritten.

Strategy, unlike practice, is something that you can change in an instant. You could understand a strategy within minutes.

It will not take years of trial and error for you to understand how to use it, even if it took me many years to discover and develop these strategies.

That's why it's a powerful thing. Because all my efforts with the power of leverage... for you will just take understanding.

Strategy is the part of your practice where you can typically get the biggest returns for the smallest time and energy invested. It sets the entire context of your choices on what you will spend hours, months, or even years into your future.

Each choice is like an arrow that you shoot. Minor changes even a couple of inches might alter the destination tremendously the further the arrow gets shot.

A bad choice can set your trajectory off by only one degree today, but over years the error is magnified and the same is true for the right choices...

What I want to accomplish is that by the end of this book you will exactly know where you should go about making changes. Give you a better direction to aim at and making it better for yourself.

If you understand the theory and you understand the cause and effect of why Naturals do things in a certain way, you can create a million variations of how you want to use these rules in your favor.

It's about learning to think in a different way and learning to identify the important things and getting yourself to do those things naturally.

Taking all the methods and notes I had written, selecting from thousands of pages about the ways Naturals and Non-Naturals practice there's a lot of material to cover. The things that after years of trying and failing, implementing and testing them over and over I could finally figure out.

It's a method that took me a decade and hundreds of hours to put together, and it's what I tested and shared with a multitude of artists, athletes, performers in a wide variety of fields who's results became consistent as well.

You must understand that I don't believe my solution is the magic bullet of all time, but if it worked for me and it worked for them, I'm willing to bet that it will work for you as well. And after I taught the methods to others and refined them into a system, I want to show you what this system is all about...

But before we proceed into the training, I just want to let you know that I hope you get value from me and if everything I cover makes sense for you, I will be revealing an opportunity to work with me at the end of this book.

I pride myself on being transparent with you and it's important to do so but what's even more important is to give you results in advance, so let's not waste anymore of your time and begin!

1# *THE "NATURAL'S METHOD"*

"AS TO METHODS, THERE BE A MILLION, AND THEN SOME, BUT PRINCIPLES ARE FEW. THE MAN WHO GRASPS PRINCIPLES CAN SUCCESSFULLY SELECT HIS OWN METHODS."

- RALPH WALDO EMERSON

"NAMED MUST YOUR FEAR BE, BEFORE BANISH IT YOU CAN."

-YODA, FROM STAR WARS: THE EMPIRE STRIKES BACK

"EVERYTHING POPULAR IS WRONG"

-OSCAR WILDE

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One thing I realized early on is that the number one reason why people stop progressing is that they stop doing what worked for them from the very beginning.

Taking the energy and time to learn new, harder skills over their current skill level.

You might have the experience how usually at the very beginning process of practicing a skill, we tend to progress quite rapidly, yet after some initial progress and successes, the further we get and the more things we actually learn the more our progress tends to slow down gradually...

And I always wondered why that is and is this something that happens for everyone?

People usually think that the reason why their progress tends to slow down after a certain time is that probably, the level of difficulty got harder, compared to what they practiced at the earlier phases of their progress, but "harder" is a relative word.

For a beginner, let's say a golfer, learning to make a putt from five yards might be as difficult as for an advanced level golfer like Tiger Woods making a putt from 20 yards.

Similarly for someone who is used to lift 40 pounds, lifting 45 will be easier than for someone who never lifted, trying to lift 30 pounds. It all depends on the current skill level a practitioner is at.

And if we think about the question of why progress itself happens, it's nothing else than our body and mind trying to adapt to the stress we are putting it through. That's how our muscles grow and that's how our skills advance as well.

It's straightforward and a no-brainer that if you want to progress over your current abilities, the thing to practice that would create the most progress for you wouldn't be rehearsing and practicing something you can already do, but would need to be something that overcomes your current limits and pushes you.

That's why interestingly we tend to do a lot of things right at the beginning stages of practicing a skill.

Because progress in itself is a process of adaptation. The universal reason why we become better in a skill is not out of the false belief of repetition but happens because of adaptation.

Repetition is part of it, but it does matter what your repetition is about. Repetition becomes only valuable as long as it sends a signal to our mind and body, for it to adapt itself to the stress we are putting it through.

If the signal isn't strong enough to initiate this "survival" mode, our skills won't progress just the same as our muscles won't grow.

If our mind and body perceive the stress to be constant enough, the message our body and system get's is that change is needed. Even in muscle building... it's the last rep that counts and makes your muscle grow. When it reaches that point, it will try everything it can to adapt and make it easier for us to essentially "survive".

The way of evolution is a process of adapting ourselves to our current environment. It's also the root of why the quote rings true "If it doesn't kill you it only makes you stronger."

Understanding this makes it easy to see why whenever we just start out learning a skill from zero, it immediately pushes our limits and why as a result we progress.

It's the reason why progress at the beginning stages tends to happen rapidly and predictably because we push ourselves in that stage almost continually.

The real problem actually starts once you start advancing and fill up your practice session with rehearsing more and more things that aren't as new or pushing your skills anymore.

This process happens gradually and almost "under the radar"...

But once this change occurs and our routines start to become the main priority within our practice instead of pushing our skills to the maximum level, that's where we usually get stuck.

Psychologists have studied experts in just about every possible field you can imagine, from athletics to the arts to business.

Countless books have been written about the subject as they've found a surprisingly generalizable set of principles that tend to be used by experts in field after field.

One of the essential things they have found is that, if you want to get better at something, you cannot do it in an "autonomous stage". You can't get better on autopilot.

As a general rule, it could be said that if you are coming close towards learning something, whether a certain move or trick or skill where it's at a level of reaching almost close to becoming autopilot, where some of your attention is able to drift off while practicing it, it's time to move on to something harder.

One thing that experts in every field tend to do is use strategies to keep themselves out of that autonomous stage, under their conscious direction.

Something experts in all fields tend to do when they're practicing is to operate outside of their comfort zone and study themselves failing.

The best figure skaters in the world spend more of their practice time practicing jumps that they don't land than lesser figure skaters do. The best performers in the world or athletes spend more time of their time practicing moves they can't do yet than lesser-skilled performers do.

The same is true of musicians. When most musicians sit down to practice, they often tend to play the parts of pieces that they're good at. And there's a couple of reasons for that, which we will come back to, but expert musicians tend to focus on the parts that are hard, the parts they haven't yet mastered.

The common denominator between them is that the way to get better at a skill is to force yourself to practice just beyond your limits. Working on the next achievable things closest to your current skill level that you still fail at.

A great example of this is a guy I heard about called Shawn Lane. And the way I heard about him was at a point when I became interested in playing guitar.

There's actually not much I know about playing guitar, but while doing research what I often like to do is find simply the very best whoever was in the area, when it comes to technique and search for some of the common pitfalls.

So as I was searching around who the best guitar player is, this guy's name kept popping up called Shawn Lane.

He probably didn't become as famous as he should have been, but the things I've heard about this guy is that if you try to play guitar and you watch him play it's almost impossible how fast he can play.

And it's not like a little more impossible than anybody else who plays guitar, it's like everybody else at the top who plays guitar on a level that is so complex that it's technically impossible and then there's like Shawn Lane and between them is this giant gap.

Now he might not have been writing the best music, but as far as it goes playing it, he was technically perfect.

And as I was doing some research about him I came across one of his interviews where someone asked, how do you build up the speed, how do you learn to play that insanely fast?

He answered the way I do it is not the way most people teach to do it. What I do is, I play the scale, and the guitar lick faster than I can play it. I try to play it faster than I can play it and I screw up as I try to do it that way, but I keep playing it faster than I can play it and I try to adapt myself to the speed...

And with time I learn to play it that much faster when I move a slight degree back from my limits. Coming back from that point the speed doesn't even seem as hard anymore.

So rather than how anybody else who teaches it, that is to do it slowly and build up the difficulty step by step and go a little bit faster and a little bit faster, he said the important thing is learning the basics right and as soon as you have the basics learned, train on your limits.

Try to adapt yourself to the stress rather than going it slowly one step at a time. It doesn't mean you have to overdo it, not rip your arm off, but doing slightly more than where your current limits are and get yourself out of your comfort zone regularly.

What we can essentially observe is that whenever we start learning a new song, trick, skill, whatever it is, the closer we come to mastering it, the less stressful and the more automatic it gets, but the more automatic it gets, the less our body feels a need for adaptation.

The first 90% of learning a trick or skill goes usually very rapidly, it's often the last 10% which creates trouble for us to get it really consistent and often can take up to 3 or 4 more times to learn than the first 90% did. And it's really simple to understand why that is.

We said that if progress only happens because our internal system tries to adapt to the stress we are putting it through, the closer you are coming to learning something, the stress gradually will decrease as well and the need for adaptation will slowly fade according to it because it doesn't push us as much anymore.

People often make the mistake of not moving on to something more difficult before mastering the last 10%, out of the seemingly logical assumption of, "Why would I go for something more difficult if I can't even master this level?"

But if you want to get to the next level and keep up the need for adaptation that actually creates progress for you it would make sense to move on to something more difficult, that keeps up the need for adaptation and will cause progress, instead keep working on that last 10% of something that won't push you enough.

Now the problem we often face is that once we reach a certain level, most of us, without even realizing it, stop having time for the new, harder things to practice that we used to have time for, because we start spending the majority of our time on rehearsing the things we either already mastered or we are close to master.

As you start filling up your practice session, there comes a point where, there never seems to be enough time to practice all the things that you can already do, as well as maintain practicing things that would push you as much as they did when you just started out and progressed rapidly.

The question is why do we abandon and stop going for the new? And one of the key ideas this behavioral tendency is based on is the 99% theory, which explains a lot of our psychological behavior not only about our way of practicing routines but also the way we go about routines in every area of our life.

THE 99% THEORY

What behavioral scientists found out not so long ago is that 99% of what we do and think today are almost exactly the same things we did and thought the day before.

And that's true for almost every day in our lives.

99% of the emotions that you feel are the same as you had the day before. 99% of your actions, and the ways you do them and the kind of choices you make are the same as the day before, but only once you established your daily routine.

At least that's the reality for the majority of people.

Once your time in a day is full of certain activities, those activities become almost unchangeable habits until there's no more time left for the new and this might sound very familiar to our practice as well.

Once you establish a certain set of routines that take up all of your time in your practice session, there's rarely any time left for the new.

For instance let's say you're a musician and as you learn to play some songs, the natural tendency is that you start to fill up your practice session with going over the things that you kind of already learned, practicing the songs you already can do and where you aren't really pushing your skill as much anymore.

This process of going through and adding to your routine more and more things that you already can do really happens gradually.

And what happens is that you start leaving anything new that actually would push you, usually right to the very end of your practice session.

And as you do that more and more.. as you fill up your practice session with the things and start with the things you already can do and is part of your routine, the priority slowly changes from pushing your skill to practicing your routines instead.

So this tendency of doing the 99% first, really prevails.

We think the same thoughts, we take the same paths, we sit in the same places; everything is exactly the same way, but we just don't realize it.

We might put some things we do in a different order and think, "Yeah, I choose the things I do." But in reality, maybe only the order changed, yet it gives us the illusion of control.

That process of habit-ing is called "Myelination" by modern neuroscience.

Myelination is a process where paths are paved inside our mind similarly like a highway is paved, and it's literally paving a road on which we follow through each time we come to the same situation.

The very first time you choose and make a decision, the road has been chosen, but as we continue to take the same pathways, it becomes easier each time to go on the same road the next time, and we keep paving over it once we start using them.

And if we connect this concept to practicing, I have a simple question for you.

If our practice session consists of 99% the same things we do basically every day, day after day...

Do we challenge ourselves enough throughout the day in our practice?

What would you say, how much of the things that you practice every day and the routines that you go about are on the same difficulty level as yesterday and the day before?

The answer might be probably almost 100%. The reality is that if 99% of what you do in your practice is almost the same as the day before, your results according to that are changing probably slowly as well, in the best-case scenario, maybe 1% a day.

Yet we think if we just continue rehearsing our routines, we will progress accordingly to our goals.

Remember when you just started out practicing your skill and progressed rapidly? What was the % rate of new things pushing your limits at that time?

If you watch any master in their skill in whatever field and look at it a bit more deeply, do you believe they got to their level by spending 99% or 100% of their practice exactly the same way as they did the day before or did they push themselves the right amount every single day systematically?

How could you explain the rapid progress of some immensely "talented" youngsters, showing us year-by-year results that others weren't even able to accomplish in a decade?

They must have done something very different, and it's not their talent that makes the difference, but the way they approach things.

If 99% of their practice would have been the same as it was the day before, they would have never achieved such progress.

Now that doesn't mean that Naturals would go randomly about their practicing and change the order of things every day. Nor would it mean that they don't work on their already achieved routine skills efficiently.

They do a very specific order of things that includes constant change, yet they repeat it day after day.

It's a routine of systematic change that is almost the exact opposite of how everybody else does it, and I will give you a very specific and simple example of what I mean.

Since the first thing we have to solve if we seek any amount of progress is to always maintain time and energy to practice those new harder level things, whether it's a move, trick, or entirely new skill in development that will keep pushing you and make it a priority.

Now of course the answer is not as easy to just push yourself further, we already might know we have to push our limits in order to progress, but there's a couple of problems we might run into.

For instance...

How can you make time for new things if your practice is already filled up and you don't even have time to practice all the things you already can do or need to work on?

What is the best way to prioritize the skills to practice and plan in a way to get the maximum effect?

Where should you put the new level skill that pushes you into your practice session?

What will happen to your routines and the things you already learned, if you start to prioritize pushing your skill?

Most importantly: When is the right time for moving on from rehearsing our routine and instead focus on something new?

The very first technique of "Progress Hacking" I would like to start out with is called "Deep End Practice" and was created to solve all of these problems.

And it solved it not only for me but also with whomever I shared it with.

Once you follow this technique, I can guarantee you will ignite the same progress speed back into your life as when you just started out practicing and you will get the first key concept of keeping your progress continuous without any bigger gaps in your progress flow.

But first let me ask you a question about your practice that you should get a clear answer on not to me, but more so to yourself.

The question is...

When would you say is the most logical time to practice a new advanced skill or trick in your practice session?

When would it make sense to increase the difficulty and practice those things that push you to the edges of your ability and try something new?

What would be the right time to do it? In the BEGINNING, the MIDDLE, or the END of your practice session?

Most people would say that the best time to practice something new is at the end of a practice session, but what's the explanation behind that answer? Well, there are a couple of explanations and assumptions behind it.

The first explanation would be that you need to go through your routine skills, not only to warm up but build up the difficulty systematically.

The other explanation people often have is that you need to rehearse your routine skills and moves in order to still be able to carry them out effectively and not to lose them skill-wise so to speak.

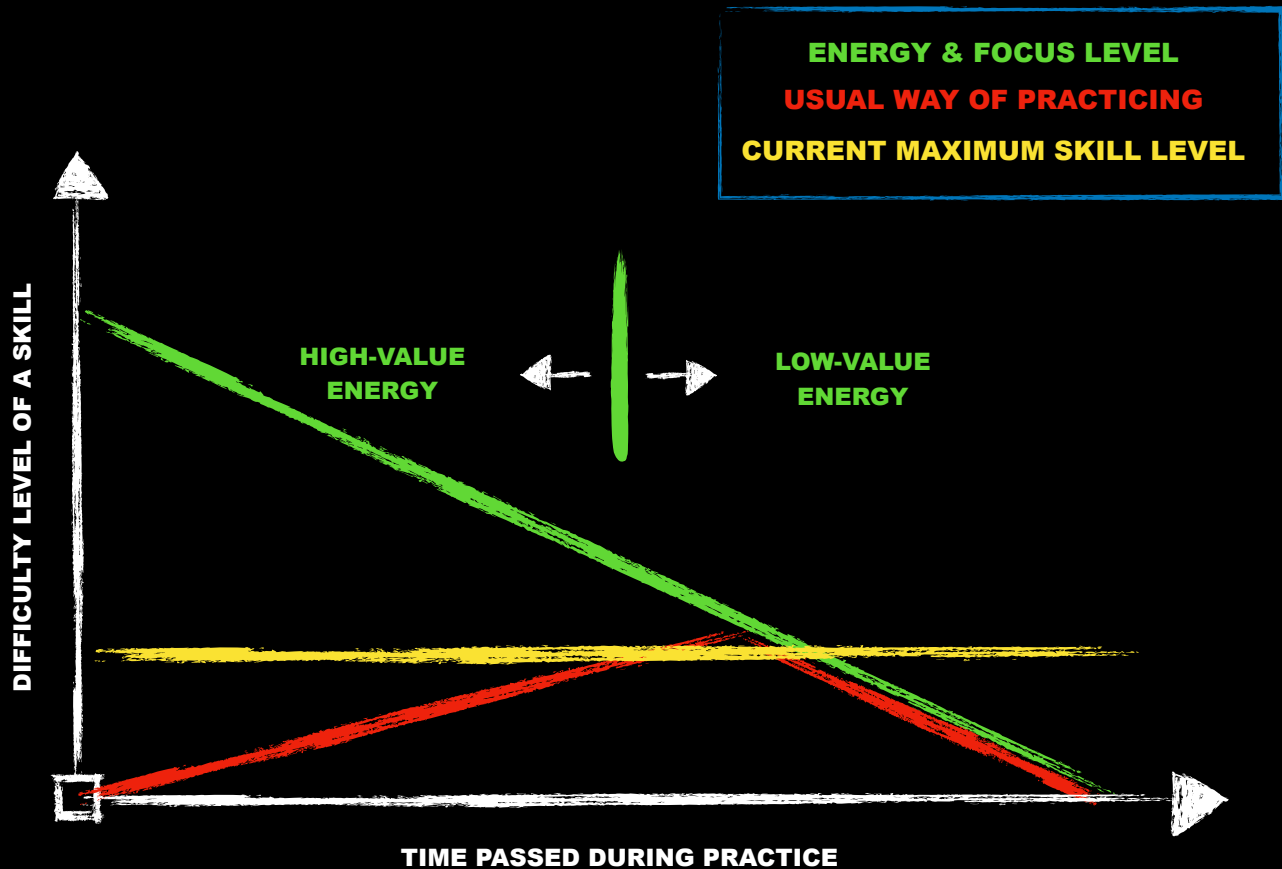
So the basic general way of practicing is first giving priority to your routines, in order to still be able to carry them out effectively. That's the priority.

That is accepted as the right way across many different fields of practicing a skill. First comes the routines and doing 99% of what you already can do.

After you did that, then perhaps you can move on to something more advanced, but what they don't take into account at all is their energy and focus level.

If we would make a diagram based on these explanations and the general stages of how practices usually occur for most people, no matter in what field, it would look something like this...

THE PRACTICE DIAGRAM



Now, this diagram has many parts, so let me explain them one by one starting with the green line so you really get the full picture.

ENERGY & FOCUS LEVEL:

Throughout the day, we only have a certain amount of focus and energy. The green line represents our energy and focus level that we can take to concentrate on a certain task.

When we start out, this line is obviously at its peak, but as we practice, our energy gets used up and it gets lower throughout our practice session.

In this blueprint, we will distinguish two kinds of energy: high-value energy and low-value energy.

HIGH-VALUE ENERGY: is the energy that is full of focus and activity. It has the power to be used in order to “overcome” your current abilities and skill level if you use it the right way.

Once it starts at the beginning of your practice session it stays right approximately until the middle. And the energy that starts to take over from that point on is what I call low-value energy.

LOW-VALUE ENERGY: is a mass of energy that is neither focused nor active. It's passive energy that you could refer to as leftover.

It's still usable, but at that point, there's usually neither awareness nor joy present and it's far from the productive, focused, active force it needs to be for effective progress.

Now, there's another important line in this diagram, the line of current maximum skill level.

CURRENT MAXIMUM SKILL LEVEL:

What does the current maximum skill level mean? It shows the maximum difficulty of skill that you are able to produce at the present moment. This level is individual for any person.

Whatever you are capable of doing at the most difficult level right now, wherever you are on the edges of your ability, but still able to handle it, is your current maximum skill level.

So now that we explained the different parts, if we would take how practicing usually occurs we would come to the territory of the **RED LINE**.

USUAL WAY OF PRACTICING:

As said for most of us when we usually start out practicing, we go through everything that we are mostly able to do. We start out by practicing our routine-based skills, moves, or tricks.

Adding more and more difficulty as we go further into our practice session.

Starting out with the easiest skill and then progress slowly to the next harder level, building up the heightening difficulty systematically as you adapt yourself to each level, one after another, going through your arsenal of things you usually practice.

Now after a while, you might reach a point where you feel at your best, where you've gone through everything and made sure that you will not get any worse in any of your routine skills you practice.

But usually, by the time you feel at your best, it's not truly your best, since you probably have already used up most of your energy, and you are basically close or already arriving to the end of your practice session.

The mindset of Non-naturals using this approach usually comes down to thinking that the important thing is done. "I've gone through my routine skills and made sure not to get worse at them."

If we examine this mentality and look deeper into it, it's driven by the fear of losing something, losing skills we already worked hard to achieve.

And the important difference and the priority that takes control at this point is not to get worse, rather than to improve.

That's a very defying moment that overwrites and works against everything that worked in the favor of our progress until that point since the early beginnings.

Now, the question that arises is what's the reason for this change?

Throughout this training, I will list many psychological cognitive biases that apply in practice. Cognitive biases are systematic patterns of deviation from the norm and/or rationality in judgment.

It's a systematic error in thinking that occurs when people are processing and interpreting information based outside logical factors and it's very closely related to our decision making.

By hoping you understand the importance of knowing these biases I would like to share with you one of the most defying ones when it comes to our progress, which is called...

"TOWARDS & AWAY FROM MOTIVATION" Are You Motivated By Gain Or By Fear?

This cognitive bias is rather simple: People move away from the things they don't want and towards the things they do want.

We are driven by greed and desire, as well as by pain and fear.

But as it turns out, humans are twice as motivated to move away from the things they don't want to happen than motivated to go towards the things they do want to happen.

Gain is simply not as motivational as pain is.

What that means is if we have the chance to win 100\$, but also the risk of losing our 100\$, we don't take that chance. At least most of us don't. Because we don't like to take risks.

Humans have a heightened sense of risk, and in fact, most people look out more for the risk than the opportunity.

In other words, they consciously and unconsciously look at what they stand to lose, and they make many of the decisions, if not most of the decisions in their lives based on avoiding loss.

We came wired with this tendency, but nowadays it acts in many situations more as a virus when it comes to making decisions.

What's important to note about this pattern is that it compels you to avoid experimentation. It activates a conservative "avoid loss" strategy. And if you want to avoid loss, the safest bet is instead risking, to do what has worked in the past.

Some research suggests that the more money someone has, the more those people are inclined to worry about money. And the logic that explains this phenomenon goes like this:

The more you have, the more you have to lose.

As humans, we don't like to lose things, especially if we worked hard to get them. So once we have it, we tend to worry and focus on what we already have far more, than what we could get in the future.

It's the reason why people often settle for what they have and concentrate on not losing it. It's true for money, it's true for romantic relationships and it's also true for practice.

If this is the way how most people make decisions in their lives, it's most probably also how most people make decisions in their practice.

Instead of moving forward to gain something, they behave to avoid losing something, so the only logical step for them to go try something more advanced and push their skill further is to first make sure not to lose the level they are already at.

When we had zero skill, there was nothing to lose, but once we advance in a skill, we tend to make sure that the "important" part is done first of rehearsing the achieved skill and only then we feel we can afford to "risk" some time and energy to try something new.

The biggest problem with this strategy?

It's almost the exact opposite of how Naturals practice. But let me elaborate and ask you again: "What would you say is needed to overcome your current skill level? What is needed to overcome your current abilities and to literally overcome your limits?"

You would probably agree that it's not something you can already do, but it would need to be something that is slightly more difficult than you are currently capable of right now.

It is something that overcomes your current skill level, something that pushes you on your edges of ability and takes you out into the unsafe territory where you face difficulty and error. It's what gets you out of your comfort zone.

Now if you want to overcome your current skill level and ability, you probably would need to be in the best possible shape and with the most amount of energy and the best focus you can have.

Would that be logical if you wanted to improve yourself? So with this reasoning in mind, when would you say we have the most energy, willpower, and focus in our practice session? At the beginning of our practice, the middle, or at the end?

In the beginning, right? It's when you start your practice. So here's my question to you:

Why are we trying to accomplish something new that overcomes us, even when we are full of energy, and in the most active state, at a time when we are even in a worse state than when we started out?

Your energy level, will power, and focus is the lowest at the end of your practice session, yet we decide to put our "new" most demanding skill to practice, which overcomes our skill level, therefore would need the most energy, and focus in order to overcome ourselves, usually right there at the very end.

We literally want to overcome our skill level and reach something that is hard even when we are full of energy and in the best state, at a time when we are in worse shape than when we started out.

When I said that Naturals do almost the exact opposite of Non-naturals, what Naturals do is not start with the 99% of the things they already can do, but start with the 1% they can't do yet as soon as it's physically safe and possible to practice.

They start with the thing that overcomes their skill level and challenges all their skill.

The difference lies behind their investment of energy and the mindset behind their decision-making process. They do what no one seems to do, because it seems illogical and counterintuitive.

They might finish their practice by practicing their new skill, but they never wait until they get past the point that I call “low-value energy”.

Now, investing our energy can be a very crucial factor. It’s not only about investing physical energy, although that alone could be already enough, but also other factors are significantly involved as well.

Tony Schwartz, in his book “Power of Full Engagement”, said that the rarest and most valuable form of energy we have is willpower. And we get only very little of it, and usually, we don’t use it purposefully; instead, we squander and waste it throughout our day.

In a study, psychologists did an experiment where they made people watch an emotional movie. The task in the experiment was that half the people were instructed to repress their emotions while watching, while the other half could emote freely.

The interesting part was that after both groups finished watching the movie, they made them do an exercise in focus. The nature of the exercise was to match different colors together as close as possible that were very similar to each other but weren’t an exact match so they really had to focus each time in order to get it right.

The result of the experiment was that the people who had to repress their emotions with willpower did much worse than the other group who could emote freely.

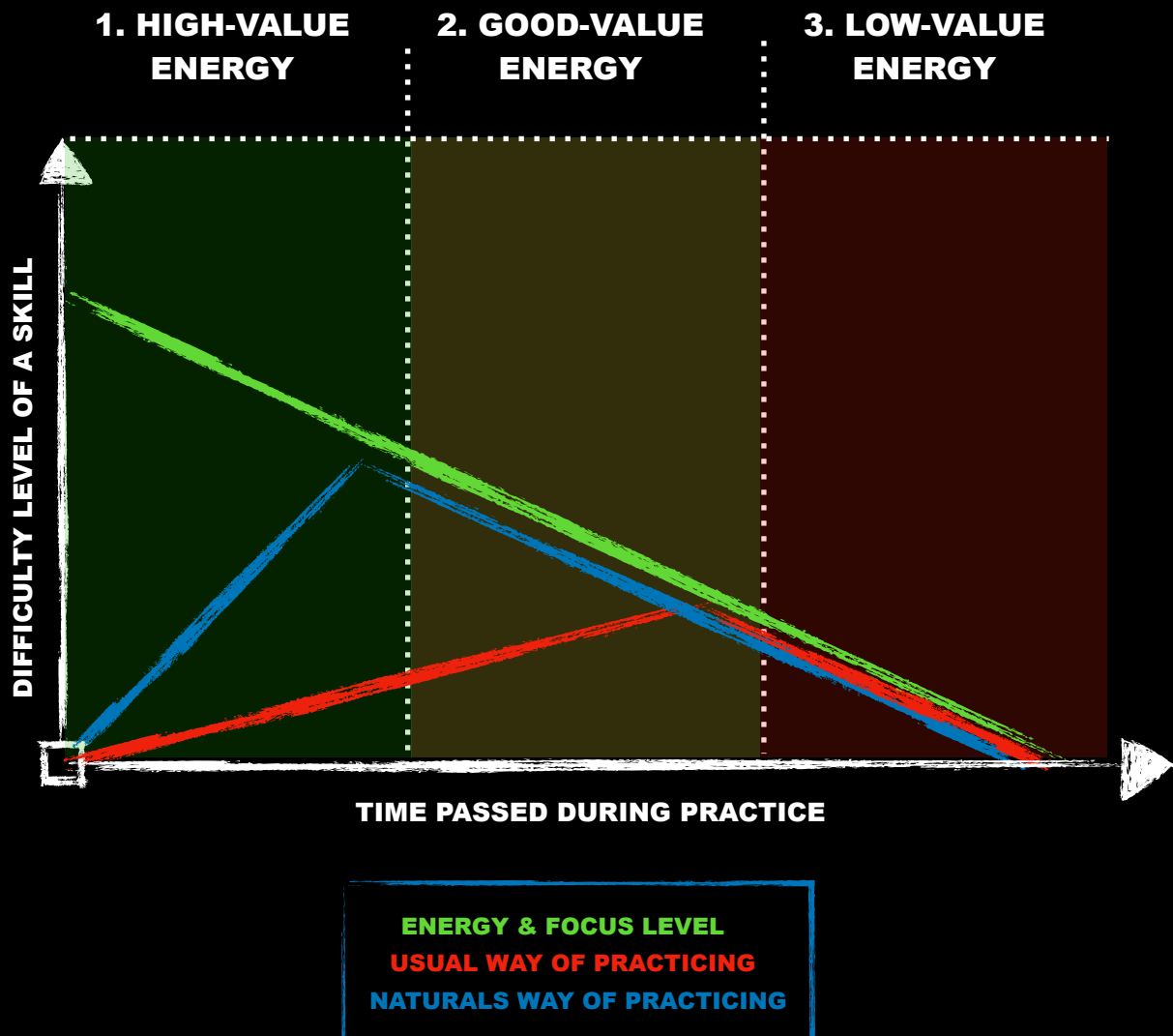
As it turned out, willpower is tightly connected to focus, and as a form of energy, it affected the results of the group tremendously, even though physically there was no difference in tiredness.

Would you say that practicing any skill needs more focus than matching colors together? Yeah, I would say it takes a lot more.

THE 3 KINDS OF ENERGY

Now there are 3 kinds of energy we have in our practice session and we need to learn how to invest in each of them, the right way.

Going back to the "Practice Diagram", let's divide it into 3 parts based on energy and focus levels.



Depending on the physical difficulty of the skill, Naturals either practice new skills at the beginning or in the middle of their practice session.

While doing it, they build a much faster warmup road towards it than others, which involves another technique, but either way, they never put it at the end where they have lost most of their "high-value energy".

The "New Level Skill" goes into one of the two-thirds of their time, either in the "High-Value" or in the "Good-Value" Phase.

As said the "High-Value" phase is often used as a fast warmup of intensive difficulty in order to be ready to practice the new skill as soon as possible.

"Low-Value" phases are very rarely used by Naturals. There are even Naturals who stop practicing as soon as they hit the "Low-Value" range and actually that's what I do as well.

But hearing this, you might say: "If I put all my priority on the new level skill, what happens to my routines then? If I commit my time to a new skill and neglect practicing my routines first, I will get a lot worse at them, right?"

Well luckily, that is not the case!

Naturals, as I said, constantly push themselves to new limits with the newer harder skills, but that doesn't mean at all that they don't practice their routines and old skills.

It just doesn't get priority.

Once they accomplish getting better, then they usually go back to their routines to perfect them, coming from the most difficult skill in their routine down to the easier ones, but progressing always comes first and gets top priority.

Once they pushed themselves over their current maximum skill level and used all of their energy to get better at something they couldn't do before, there's still energy left that can be used on practicing their routine.

This way coming from a high difficulty new level skill, back to practicing the routine becomes almost effortless. Since, coming from something much harder to something easier, it syncs with their energy level.

As physical energy gets burned and drops, the skills get easier and easier, in contrast with the opposite way how practice usually occurs and how everybody else does it, which means that as energy gets lower, the difficulty gets harder and harder.

The importance lies behind putting the priority on progress rather than trying to "save" the routines you already have.

This way as the emphasis is on progress, it ensures that there's always something new, and most importantly, something challenging to learn because every practice session arranges itself around it and sets the context that will force us to succeed.

That means if you play "tennis", you start out your practice as soon as safely possible with the newest or most difficult movement to master, if you play basketball, baseball or if you are a dancer, you do the same and start out with the most difficult next level skill to master as soon as physically safe and possible.

Of course, you don't go overboard and practice something without proper warm-up or trying something that's way above what would be logically possible for you. As a general guideline, it should be something that is around 5-10% over your current maximum skill level.

Whatever it is where you are at your limit in skill, you warm-up and as soon as you can and you try to overcome it.

In summary, the main thing to understand about this technique is that it's a must to have your progress at a new level be in the focus of your attention instead of your routines.

It sets the context, making you look forward to the future by focusing on getting better, instead of looking back into the past of putting the priority on routines and not getting worse. This way, whatever you are going to achieve is relative to how high you set your goals daily.

If you aim and focus for higher progress every single day, in time, your overall success will skyrocket over days, weeks, months, and especially years. Every inch you go further will add up to something bigger.

Trust this process and with every step, you will begin to look a lot deeper into the way naturals think.

WHAT THIS METHOD HAS DONE FOR ME & MY LIFE

Ever since I've started using the principles I outlined I started to progress increasingly faster...

And I've learned that the best way to shortcut your progress enormously, to get results faster, easier, with less trial and error, fewer mistakes, and less stress, is to borrow the methods of "Naturals" and apply them to what you're doing.

And that's exactly what I did...

After more than 20.000 hours of practice and almost 2 decades of perfecting the system that we barely scratched the surface of...

Here are just some of the results and progress it helped me to achieve.



(Click On The Image To See Some Of My Practice)

Now my life did transform a lot ever since I've started to improve.

It wasn't just the financial income I was finally able to support my family with, but as my results became finally consistent, others started to notice and things also began to change around me...

People started to be nicer and some started to say "hi" who never said a word to me earlier...

This had a sweet & sour feel to it, but people's perception of me undoubtedly changed in a way that often blew my mind.

It was a weird experience starting as someone who was never recognized before to becoming someone that gets noticed and can walk into any room amongst his peers with confidence, seeing the mind-blowing difference in how people change their behavior based on what value they attribute to you.

People congratulating you, behaving like you were friends ever since... I learned a lot from that time about people. Some positive, some as you can already guess, not as much...

One thing however that kept happening over and over by people knowing me from before, saying things like:
"WOW! You've changed."

Yet, that wasn't true...

The truth is...I didn't change at all. I was the same guy...
They think I did, but it was "that guy" who made it happen.
All the credit goes to him.

It was the same guy I had always been.

I knew that it wasn't the world changing, nothing really changed, people didn't change, the only thing that changed for them is that I just moved up from the bottom of the hierarchy to the top of it.

Once I've got hired by Cirque du Soleil it got to an entirely different level, but the real change was something that nobody could see because it didn't happen on the outside, but within.



(My Original Debut Act Directed By Me)

Creating the act I always dreamed of and feeling the success come from it, you could say I've got my "revenge"... But after so much struggle reaching it, it had an entirely different meaning than I ever could expect.

By the time I got there, it didn't even have the same meaning anymore, since all my anger disappeared...

I've become even thankful to the people who were always trying to get under my skin and frustrate the hell out of me because they were the ones reminding me of my goal every single day.

They gave me the power and energy to rise above what they told me I was worth...

Because of them, I could never forget my goals, since they never let me. I'm sure they would never think of it that way, but they've become my biggest supporters and the ones helping me the most.

Cause it doesn't matter how many people won't believe in you, yet it also doesn't matter how many people believe in you if you can't believe in yourself. This works both ways...

But there's also something else that happened.

Do you remember the feeling that you could do a lot more if you just knew how? I exactly knew "how" I did it.

Throughout the years I've been asked a lot how I improved myself so fast, especially by the people who were witnessing this change.

And the answer wasn't as simple that I could explain it in just a couple of minutes... I also never got involved changing people's favorite excuse, that of "talent" or "luck".

There was certainly no luck involved for many many years...

I've had the attitude of just letting anyone think whatever they would want to think and this was the case up to the point until I met a young artist full of passion, but still struggling with developing his skills.

A young artist came to me one day asking for advice the same way I did and on that day I had a decision to make: Did I want to have the benefit only for myself or did I want to help others...

Instead of saying "You just need to love what you do and work hard" I really wanted to give him an exact precise action plan. Steps that would put him into the right direction, right from the beginning.

I thought about all the struggle, the years of frustration I had to go through, and the amount of work it needed to get to the point where I'm at right now...

I've burned multiple years of my life spending all my free time to accumulate the knowledge needed, time that I will never get back.

At least it shouldn't be for nothing...

And I knew I could help others do the same.

I teach this stuff because it was able to transform my life and it's the reason why I want to teach people in the first place.

I know from first hand the difference what getting better in your skill can create in your life.

Becoming better skilled than the "average" you might get a better job, earning a real income, you might win a competition, travel to places because of it, or getting respected within your community...

All things that I would have no idea how I could have experienced, unless I would have stumbled across the right knowledge that keeps still serving me every single day...

But all these shiny things aren't the fantasy. It really isn't.
At least it wasn't for me...

It's about the transformation you go through.

Not from the outside, but from within. It's about proving not for others, but to yourself that you can achieve whatever you want...

Ever since I first started training artists and performers I was realizing that's what I want to do with my life.

And once I started helping...

Word got quickly around expanding into something more than I initially planned. From juggler's it expanded into artists of different kinds, genre's I quite honestly never expected to coach.

From athletes to musicians, dancers to anyone who held a high standard for their progress.

No matter the physical skill... it worked. And ever since the point I now know it will work I want to show anyone who is serious about their practice, how to accomplish their goals and get the most out of their progress and themselves.

And that's what I've committed my life to showing high performers how to do.

Which led me to the question I will be asking from you now...

TWO OPTIONS. WHICH ONE WILL YOU TAKE?

Now, I've mentioned that if what you read made sense and you felt it could help you in some way, I was going to reveal a way you could work with me.

If you've read this far, I appreciate and respect you already, because you are someone who was not only interested...

But someone who took action on advancing their knowledge, and has put trust in me to help that cause.

I thank you for that.

Most people kind of say they want to do great things and accomplish great things, they say they want to be the best artist, athlete, whatever it is, but their process doesn't really reflect that.

What most people do are usually things that leads them to be "average". They might just watch a YouTube video, watch a free training, and try to figure things out completely on their own...

The things they try are random and not systematic... They work by what their mood dictates, not by plan.

But while dreamers have goals, winners have systems.

And if you're part of the tiny minority of people that want more out of life and someone who is willing to invest in their own personal growth to get what they want, no matter the amount of work it needs...

In that case I'm willing to commit myself to **GUARANTEE YOU RESULTS.**

Because the way I see it you really have only 2 choices to reach your goals and get the results you want.

And I will have to be very blunt in making them clear...

1. You can go at it alone on your own and figure things out by trial and error and learn by experience.

I know, because that's exactly what I did.

But what I can tell you is that it probably will cost you a lot more in terms of energy, time, and experience than whatever you might imagine right now.

And if that's what you really wanna do, I can't stop you.

You can at least get a head-start by knowing what you need to look out for and make your conclusions yourself...

And you know what, maybe it will work.

I don't know you. I don't know your level of dedication, maybe you actually have the time to do this, in addition to practicing every day. But let me tell you this and you will know it's the truth...

It will be not what it could be.

I know for a fact that if I would have known what I know now and would have been able to give all that knowledge, systematically packaged to myself a decade ago... I know that I would have achieved everything at least 2-3 times faster.

I have not a single doubt about that...

The road from amateur to pro is a long and hard one, since obviously the “aha” moments and experience's won't come until the end of the road, but what if there's a way...

A way that took some of those moments and brought them to the beginning saving you years of time...

A way that can save and without doubt shave off at least 5-10 years of struggle in your life.

2. That's what I believe your other choice is about...

What I want to present to you are some action steps and a way of looking at it that will allow you to progress confidently, consciously, and very quickly with the right methods and a **PROVEN PROCESS**.

Have someone, who already did the work for you and can just give it to you systematically, basically on a silver platter...

Cause I really believe everyone should have a mentor. Since mentoring brings two things: New Ideas & Accountability.

For instance, there are new ways now of looking at things, ideas that would not have been accessible if you didn't make time for this book.

And so if you want to change the outcome...

You will need to change your beliefs not only about what's possible, but the strategy you follow, and with that, your actions and results will change as well.

Mindsets are the most important, since your beliefs about what's possible and the quality of those ideas is everything your results will depend on.

You have certain beliefs right now inside of you that got you into the situation you are in and you have the quality of those ideas, which means are you actually following a strategy that works? Are you following a proven process?

...I've really taken the time to challenge myself to give anyone a simple refined version of the things I've discovered, with nothing left out...

So they don't have to go through feeling around with a stick in the dark. And it involves simple shifts of actions, simple rules, and processes that by default nobody even thought of...

They are meant to be guidelines practitioners can follow and get their head around until they understand what works why.

And I'm sure you would agree that I can't possibly know what you're EXACTLY dealing with...

But what I know is that each of my clients with the most different kinds of backgrounds and skills typically struggled with the very same things regarding how they structure their practice that was responsible for holding them back.

And getting those fixed required the exact same, unique combo of strategies within a system.

Now the one single technique I shared inside this book was not only meant to show you that it's possible to fasten your progress, but also meant to serve as a "test-run".

Mind you it's not a test run of whether the technique works or not, but it was meant to test if YOUR particular skill is the right one for the method I'm offering. And if it is, if you've tested it and gotten already results...

And you would like to further short-circuit that whole process and do something of a "mind-meld" with me sooner rather than later.

Then here's what I have for you... A system that delivers all my strategies and tactics in a class I've created, called
"The Practice Blueprint Masterclass"
www.thebookofpractice.com/masterclass

I know there are so many different kinds of skills that the first thing you may be wondering about is if the methods I'm offering fit your specific situation.

And I figured out a way to take that risk from both of us...
That's why, you will have a full 21 Days to try out the program.

I'm not going to try to get you all hyped up about what this is and how this can be of any help to you, cause I believe if it is for you, you already know the answer...

By now, you've probably started to get a sense of whether or not this kind of training can help you get what you want and if it's right for you, that's great. If not, that's OK, too.

The whole reason you can't find instant access to any of my next-level training materials as the "Practice Blueprint Masterclass" or any of my group coaching is to make sure it's the right fit for the right people and if it's not...

...I don't even want to offer it.

Not everyone wants to reach those highest levels or put in the work needed. And that's completely fine and everyone's absolute birthright.

Only you know how important that transformation is for you.

But the direction matters just as much as *how much energy you put into it*.

Would you agree that motivation is one of the foundations of all skill based effort and accomplishment?

Whenever I speak to groups of young athletes or artists, I always ask how many have big goals, like going to the Olympics or winning a Circus Festival.

Usually about 90% raise their hands.

I then ask how many are doing everything they can to **ACHIEVE THEIR GOALS** and only one or two hands go up.

There is often a big gap between the goals people have and the effort they are putting into those goals. It's very easy to say that you want to be successful and master the skill you practice, but not that easy to do the work that has to be done.

At that point you really only have 2 options:

- * You can lower your goals that matches your effort.
- * * Or you can **RAISE YOUR EFFORT** to match your goals.

If you chose the second option...

You will inevitably arrive at a point in training towards becoming a pro at which training is *no longer fun*.

You arrive at the "Grind", when it gets tiring, painful, and tedious. Where you will have to maintain your efforts until you have achieved your goals...

It's important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things and it directly impacts the level of success that you ultimately going to achieve.

That's really the point where you separate yourself from anyone else...

Now most people when they reach this point either ease up or give up because it's just too darned hard.

Signs of low motivation may arise in the form of:

- * LACK OF DESIRE TO PRACTICE AS MUCH AS YOU SHOULD.
- * LESS THAN 100% EFFORT IN TRAINING, SKIPPING OR SHORTENING TRAINING SESSIONS.
- * EFFORT THAT IS INCONSISTENT WITH YOUR GOALS.

Only those who are TRULY MOTIVATED reach the grind and are able to keep on going...

Many sports psychologists at this point will say that you have to love the "Grind", but only 20% of society is what I would call "towards motivation" oriented.

Which means except for a very few hyper-motivated athletes, love isn't in the cards because there's not much to love...

Yet you won't hear anyone talk about the most powerful side of motivation... which is the negative "away from" type of motivation.

Be it Michael Jordan, Tiger Woods or any mainstream legend of sports... They were all able to use that **POWERFUL NEGATIVE** side of motivation. And luckily it's **ANOTHER** contributor to performance over which you can have control.

That's the part that will keep you going, the part that you can essentially always rely on...

And the system of "Negative Motivation" which I am about to show you, **WILL WORK RELIABLY FOR 80% OF SOCIETY** which is "away-type" motivation oriented...

So you not only have the first step towards a better strategy in practice, but also have the fuel in order to reach it.

You can access it, by [clicking the thumbnail below](#).



CLOSING THOUGHTS

Now, I hope that the Limitless Motivation Training will serve you well in your future. Especially if you are someone who's life already evolves around top performance and becoming a professional or someone who aspires to become one...

In that case, the only real question you need to ask yourself is "Am I in this for the long-term? Is perfecting the skill I practice truly something I dedicate myself towards for the majority of my life?"

Will you still be practicing a month from now, 2 months, 3 months, 1 year, 5 years, 10 years? Cause if the answer is "yes"...

Contrary to what you might think, you don't have the time to waste. In other words, you do have the time, but it is important to use it wisely and not waste it on activities that do not bring any value or benefit.

To get where you want to go, it is important to be honest with yourself and ask some difficult questions. What will be the consequences of not addressing this problem or achieving your goals? How will it affect you in the long run if you continue to spend years without making progress or reaching your desired outcomes?

Because the bad news is... not me, but time will begin to put more and more pressure on the process, because time is running out for all of us trying to reach our dreams.

And if you are not happy with your results, you need a new mindset a new plan and you need accountability to do the work that needs to be done.

If that's you, I will be looking forward to see you in the program. I promise that it's going to be one of the most insightful experiences...

Now, no matter if you join or not, I want to thank you for coming this far and hope that your journey of practicing with or without me further along the road will bring you nothing less than success!

Even if you decide not to join, I've put a video on the top of the enrollment page that actually teaches one of the most valuable lessons from the program sharing the secret of getting a skill consistent.

See it as a free continuation for this ebook since I think this already will be valuable to you even if you don't enroll.

But for those of you who want to continue the journey with me and see how deep the rabbit hole goes...

- This one last training is my invitation for you -

[THEBOOKOFPRACTICE.COM/MASTERCLASS](https://www.thebookofpractice.com/masterclass)

To your success,
Laido Dittmar

P.S.

If you are looking for 1on1 or group coaching to help you accelerate your progress on a more personal level with me and assist you from beginning till end on the way [click here](#)...

Sadly I can really only work with a limited amount of clients per year so if that's what you need, fill out your the application at the link and book your appointment with me.

P.P.S.

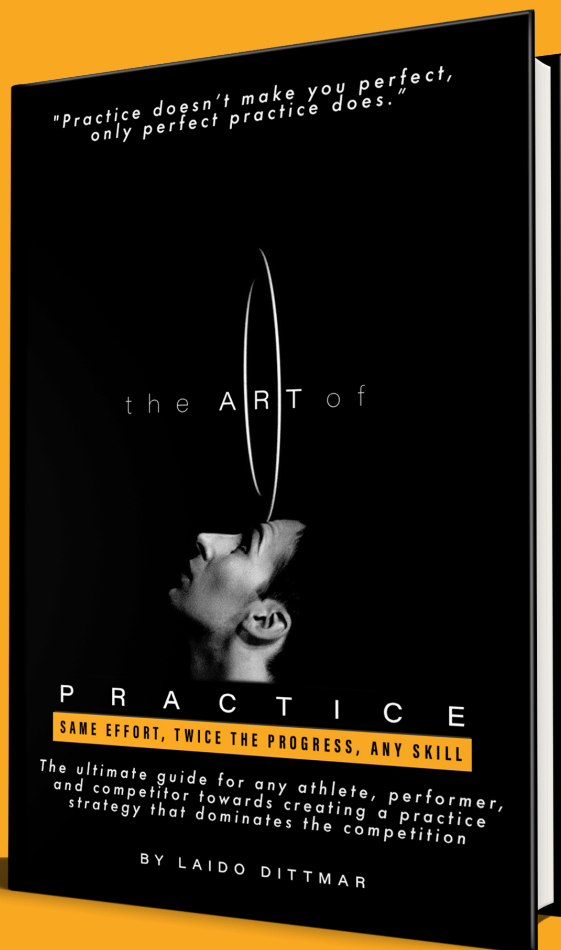
I would love to hear your experience about using the "Natural's Method" technique and "The Limitless Motivation Formula" we discussed inside this book and invite you to the [Practice Mastery Facebook Group](#)!

I would hope it to become THE place for smart and eager progress practitioners of any skill to get advice, brainstorm new insights, and ultimately GET PROGRESS.

Introduce yourself. Tell us what's happening with you, what skill you practice, what you are trying to become better at, and most importantly share your biggest insight that you've learned from reading this book and how you applied it to your specific skill.

I really want to turn this group into a collection of helpful insights, no matter what skill it involves, but that will depend on each of you. I see you there...

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