

SEPTEMBER • THE BUILD

The Deliberate Practice Protocol

Two decisions a day. One capability going in. Three, one, one coming out.

BEFORE YOU GET IN – DECIDE WHILE YOU ARE CALM

Q1 Today I am going to focus on ____

One thing. Not three. Specific and controllable. Check what the session is first, then pick. When it gets hard, this is what you go back to.

AFTER YOU GET OUT – THREE, ONE, ONE

Q2 Three things that went well

Three, however bad practice was.

Capabilities you executed, not outcomes.

Q3 One thing that did not

One. Not five. Five is a list of reasons to feel bad; one you can aim at tomorrow.

Q4 What will I do about it tomorrow?

A specific action — the line between reflection that builds and reflection that just stings.

WRITE IT. PHOTO IT. SEND IT TO YOUR COACH.

LESSON NUMBER ONE

When you're focused on everything, you're technically focused on nothing.

LESSON NUMBER TWO

You find what you're looking for.

You race fast by being great at what you're already great at.