

Should you really spend 10,000 hours trying to become an expert

10,000 hours of 'deliberate practise' in any field allows you to become world-class

Gladwell suggests that no innate ability is needed to become an expert in a field, just practise

'Deliberate practise' means practising in a way that pushes your skill set to the limit

Many believe that this is a myth

10,000 hour rule - Malcolm Gladwell



Forget About The 10,000-Hour Rule. Thomas Edison, Jeff Bezos, And Mark Zuckerberg Follow The 10,000-Experiment Rule - Do This Next



Josh Kaufman: How To Learn Anything From Scratch



The first 20 hours -- how to learn anything: Josh Kaufman at TEDxCSU

Articles on spending time learning new skills

The First 20 Hours - Josh Kaufman

Kaufman's book, 'The First 20 Hours,' challenges Gladwell's '10,000 hours' theory

He thinks "the idea of 'mastering' a skill when you're just getting started is counterproductive"

Researchers have found that it takes around 10,000 hours of practice to reach the top of ultra competitive, easily ranked performance fields, like professional golf, music, or chess

Most of the time however, ranked competition isn't the end goal; many people prefer to pick up new skills for a particular outcome (such as: developing new career skills or finding a new hobby)

Thus, the idea of 10,000 hours can be daunting

Kaufman states that you only need 20 hours of deliberate practise to get beyond beginner level and reach your set goals

Top tips for learning new skills

1. Although it's not essential, try to choose a field that interests you/you are passionate about
2. The human brain can quickly pick up new skills. Persistence and practise will result in dramatic improvements in little time
3. Most skills are really just bundles of smaller sub-skills. By deconstructing the skill into manageable parts, you eliminate early feelings of overwhelm

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Should you really spend 10,000 hours trying to become an expert

1. The First 20 Hours - Josh Kaufman

- 1.1. Kaufman's book, 'The First 20 Hours,' challenges Gladwell's '10,000 hours' theory
- 1.2. He thinks "the idea of 'mastering' a skill when you're just getting started is counterproductive"
- 1.3. Researchers have found that it takes around 10,000 hours of practice to reach the top of ultra competitive, easily ranked performance fields, like professional golf, music, or chess
- 1.4. Most of the time however, ranked competition isn't the end goal; many people prefer to pick up new skills for a particular outcome (such as: developing new career skills or finding a new hobby)
- 1.5. Thus, the idea of 10,000 hours can be daunting
- 1.6. Kaufman states that you only need 20 hours of deliberate practise to get beyond beginner level and reach your set goals

2. Want more mind maps? <http://www.DigitalMarketingU.com>

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3. 10,000 hour rule - Malcolm Gladwell

- 3.1. 10,000 hours of 'deliberate practise' in any field allows you to become world-class
- 3.2. Gladwell suggests that no innate ability is needed to become an expert in a field, just practise
- 3.3. 'Deliberate practise' means practising in a way that pushes your skill set to the limit
- 3.4. Many believe that this is a myth

4. Top tips for learning new skills

- 4.1. 1. Although it's not essential, try to choose a field that interests you/you are passionate about

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5. Articles on spending time learning new skills

5.1. Forget About The 10,000-Hour Rule. Thomas Edison, Jeff Bezos, And Mark Zuckerberg Follow The 10,000-Experiment Rule - Do This Next

Link: <http://www.dothisnext.co/10000-experiment-rule-2/>

5.2. Josh Kaufman: How To Learn Anything From Scratch

Link: <https://constantrenewal.com/learn-anything-from-scratch/>

5.3. The first 20 hours -- how to learn anything: Josh Kaufman at TEDxCSU

Link: <https://ed.ted.com/on/JNHmw4Iz>