



GET GOOD GUIDE

GOOD IS GREAT

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This guide should be usable with minimal explanation. The basic concept is that “getting good” at anything can be broken down into sub-skills and components. Each of those components can be learned and practiced to a point where, in aggregate, the user of this guide is demonstrably skilled.

Each unit is a single spread of two pages. Every unit will differ, and is placed in a specific order with specific links between them.

Most units require interaction from the user and the Get Good Guide serves as both resource and workbook.

While each unit is designed to further the ultimate goal of getting good, they are oftentimes quite different. They can be broken down into families of similar types (goal setting, mindset, activity, etc.).

All this said, it is not a requirement to understand the “why” or “how” of the Get Good Guide, to utilize it. Simply follow the steps, complete the units, and get good.

The Anatomy of a Unit

All units will have the same four items in their header and footer.

- ▶ **Upper Left:** The name of the unit and its unit family.
- ▶ **Upper Right:** The purpose and objective the unit seeks to help the user accomplish.
- ▶ **Lower Left:** The user writes in their key takeaway from the experience, once they complete the unit.
- ▶ **Lower Right:** The user sets a day and time, committing to the completion of the next unit.

A Note to the User

The Get Good Guide is an active experience. It is not a hack or shortcut. The goal is an intentional, efficient process that provides you the best possible framework to achieve your Get Good Goal.

Takeaway:

Next Unit Appointment:

Phase 1.1 - The Story You Tell Yourself

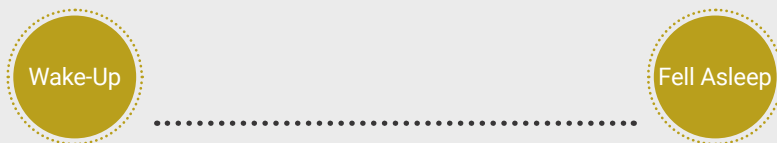
We tell ourselves a story. Sometimes we tell that story to make ourselves feel better. Sometimes to feel worse. "I'm not worried about winning, I just want to have fun," or "I could look like that if every day was arm day," or "I don't have the time it takes," or "I've just never been good at that." The stories change, but we all tell them.

We tell these stories to justify. Because everyone believes that they are justified. Everyone is the hero of their own story.

You told yourself a story today. What was it?

The Get Good Guide is an active experience. It is not a hack or shortcut. The goal is an intentional, efficient process that provides you the best possible framework to achieve your Get Good Goal.

Think through yesterday. Fill in day markers above the line, for example: ate, started work, meeting, a specific task, worked out, napped, etc.



Now add a one word entry below the timeline, every time you told yourself a story.

Objective: Approach this effort honestly.

What do you want to Get Good at?

Why aren't you good already?

Who is good - but not great - at it?

What story do you think they used to tell themselves?

What story do you tell yourself?

The easiest way to know when you've gotten good at something, is that you stop telling yourself that story.

Takeaway:

Next Unit Appointment:

Phase 1.2 - Good is Good: A Mindset

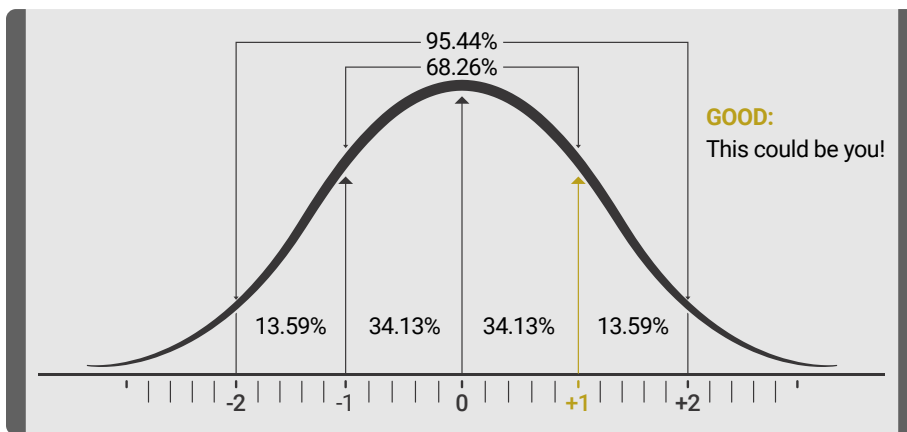


“The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.”

- *Brian Herbert*

Being Good is a Blast! Who wouldn't want to be better than they are today? The Get Good Guide can bring an average (perhaps even below average or bad) achiever in a specific skill or task to the range of Good in a very efficient and measurable way.

- The graph below can help us to visualize just how significant it can be to be Good. It illustrates the concept of Normal Distribution; a probability function that describes how the values of a variable are distributed. In short, when you make it to Good you will be more capable than roughly 80% of the population.



Objective: Begin to recognize why being good is a blast.

What can being Good accomplish that being less couldn't? Take a moment and list 3 things that being Good could do for you. They could be work related, something in your personal life, or anything that would improve your existence:



“An investment in knowledge pays the best returns.”

- *Benjamin Franklin*

Takeaway:

Next Unit Appointment:

Phase 1.3 - Global Goal Setting

What does society consider “good” in this skill?

Pick 3 specifics from the box above.

- 1
- 2
- 3

What would make you feel that you were “good” at this?

Pick 3 specifics from the box above.

- 1
- 2
- 3

Objective: Set a specific, measurable goal.

Of these 6 things, pick the 2 most important, label them Alpha and Omega. Give each one a point total of importance, so that they total 100 points.

Alpha = _____ points. Omega = _____ points.

In ten words or fewer, what are you doing?

What is the first actionable step toward that goal?

How will you know when you're done?

Takeaway:

Next Unit Appointment:

Phase 1.4 - Global Pre-Assessment

Using the map outline below, complete each instruction before moving to the next. Add any symbols, doodles, sketches, or anything else that helps.



- 1 Add an "X" (X marks the spot, after all) and label it, "There."
- 2 Wherever you feel that you are, add an "H" with the arrow pointing to the X, and label it, "Here."
- 3 Under "Here," add two personal traits you have, that you'll need for the journey.
- 4 Above Here, add two skills that you already have.
- 5 Block the path from Here to There with a skill you'll need but don't yet have.
- 6 Draw a mountain with a fear you have about the journey.
- 7 Add a list of three pieces of equipment or materials that will make the journey easier. Put a checkmark next to anything you already have.
- 8 Mark off a corner of the map, label it, "Here be monsters," and label it with something you want to avoid.
- 9 Draw a safe harbor, and mark down why it's safe.
- 10 Use a large, bold marker to draw a line from Here to There.

Objective: Determine where you are in relation to your goal.

Imagine someone just handed you this map. What would you tell them?

Using this page along with the Global Goals unit, fill in these chevrons.

Where are you?

What is the first actionable step?

What is a crucial early milestone?

What is your most important goal?

How will you know you're done?

Takeaway:

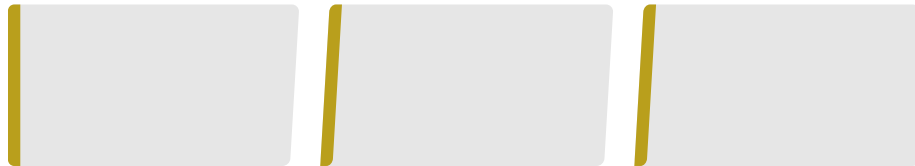
Next Unit Appointment:

Phase 1.5 - 90 Second Resource

It is now time to begin searching for baseline resources. After completing the first portion of this unit, make a purposeful search, and record the best returns on the Search Return Bullseye.

Brainstorm Search Terms

Pull out three search terms or phrases to explore further.



A note on advertised or sponsored returns:

- ▶ 98% of the time, these are leading you to a resource that requires payment. This makes them far more likely to serve as 90 minute resources than 9 minute resources.
- ▶ They are not inherently good or bad, but be aware that they are being promoted to you intentionally and at someone's cost.

Pick 3 specifics from the box above.

- 1 Learn _____ fast.
- 2 Best ways to learn _____
- 3 How do I start _____

Objective: Search for resources purposefully and efficiently.

When exploring search returns and potential resources:

- ▶ Open links in a new tab.
- ▶ Keep your browsing / reading under 15 seconds per return.
- ▶ Read no more than 6 returns in any given search.
- ▶ AVOID rabbit holes about narrower and narrower subjects.
- ▶ AVOID jumping into any resource before this unit is complete.

The Search Return Bullseye



Check -These-Leter

Takeaway:

Next Unit Appointment:

Phase 1.6 - 9 Minute Resource

Now, explore the Bullseye resources. Ideally, each of these resources should take about 9 minutes to consume and digest.

Use the boxes below to help you better absorb your resources.

Write one question you intend to keep in mind

Before Consuming/Digesting the Resource

Write one question you intend to keep in mind

What do you expect to find?

While Consuming/Digesting the Resource

Record two crucial pieces of information

Write the gist in ten words or fewer

Objective: Explore two of your Bullseye resources.

Before Consuming/Digesting the Resource

Write one question you intend to keep in mind

Before Consuming/Digesting the Resource

What parts of this resource are useful?

What parts can be discarded?

Upshot summary of this resource

Evaluation and Synthesis

How did these resources compare to one another?

What are you left wanting to know, or know more about?

Single most important gain:

Takeaway:

Next Unit Appointment:

Phase 1.7 - Toe in the Water

After today you will have made it to the first milestone in your journey to Get Good; you have looked truthfully inward, considered your goal, and discovered a bit about the learning process. Now it is time to put what you've learned to use and give it a go.

The objective of this Unit is to try one session of your Get Good skill. It is important to narrow down what your first activity will be. The goal is simply to be reflective and intentionally experience what you're doing. For example: don't go golfing with friends, go by yourself and be present, think, and feel. Don't be hard on yourself about how you think it went, just be mindful

Example of narrowing your activity into a digestible portion if your goal was to learn to swim.

Jump in the deep end of the pool.

Get in the shallow end of the pool.

Stand on the stairs in the pool.

Ideal first session: Dip your toe in the pool.

Objective: Undertake one session of your Get Good skill

PRE: Prepare to be Mindful

How do you expect it will go?

What part of my preparations am I taking with me?

MID: Pause and Calibrate

Stop and reread PRE.
Check in with your feelings.

What went well?

Where was there struggle?

What Surprised you?

Takeaway:

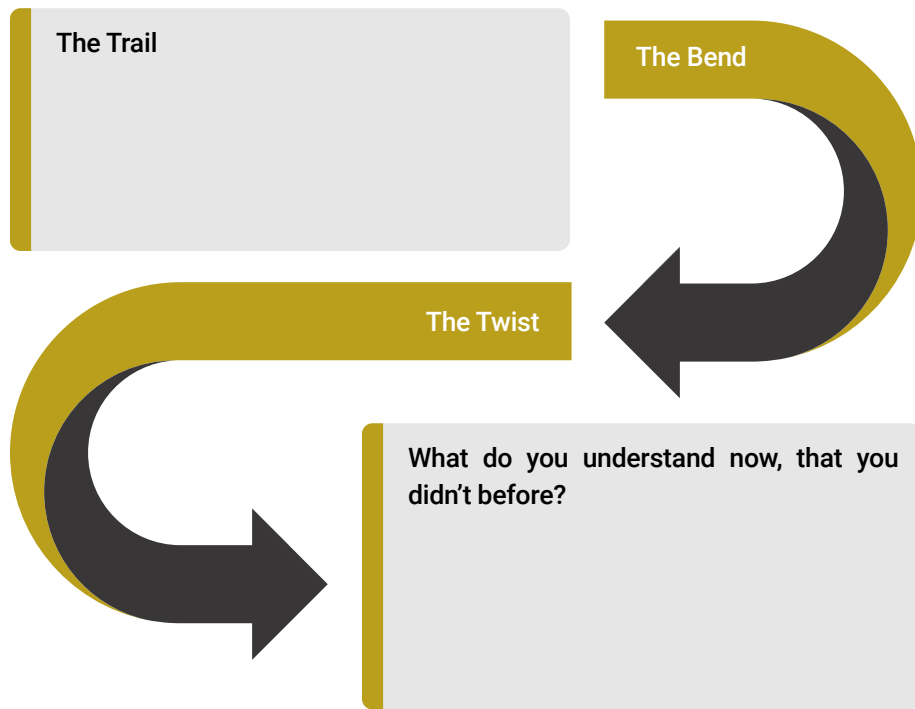
Next Unit Appointment:

Phase 2.1 - Checkpoint Reflection

You have come to a point where it is important to stop and consider your efforts so far. One way to reflect is to visualize yourself on a long hiking trip. Each day will bring time on the trail, but won't necessarily end at the destination. The trail is simply the line you're drawing between where you are, and where you want to be. Trails will bend and turn throughout the journey. These bends are just adjustments you make to your path to get around obstacles or forge a better trail. You will encounter twists. Twists are unexpected, even unwelcome issues you will encounter. They may seem like setbacks, but will often provide perspective and previously unseen opportunities.

Take a few moments to consider your work so far. How would you describe the trail? What bends have you made? What twists have you encountered?

Use the light gray areas below to jot down your reflective notes.



Objective: Inventory your experience so far.

It would be naive to think that every aspect of a Get Good project would be delightful and enjoyable. Take a quick inventory of your efforts to this point. What do you want to keep a hold of? What do you want to get rid of or avoid in the future? And what do you want to chase down or learn more about?

Take It	Leave It	Chase It

What is the Story You're Telling Yourself at this point?

Takeaway:

Next Unit Appointment:

Phase 2.2 - The Best Twenty Percent



If you are afraid to fail, you will never do the things you are capable of doing.

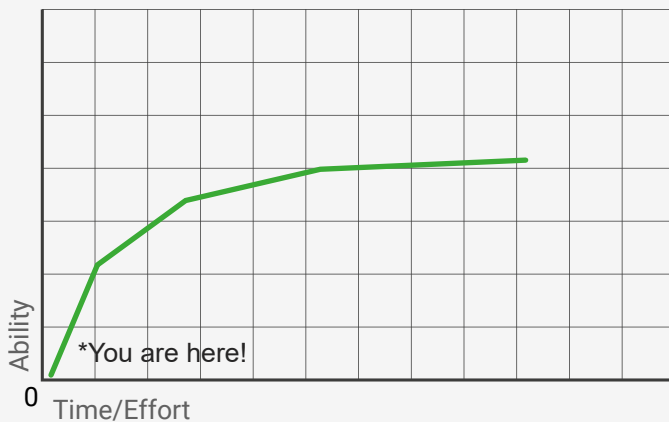
-John Wooden

Learning is not a steady and consistent climb upwards. Instead, the pace at which you gain capacity changes as you progress.

The 80/20 rule applies in an exaggerated way for the first portion of any Get Good effort.

You currently stand upon the precipice of incredible and efficient gains. This is a time of rapid improvement with relatively low effort and investment.

- The graph below can help us visualize how improvement changes as you make progress. You will be able to make tremendous gains immediately, followed by very fast gains, and then a taper into “The Greatness Trudge.”
- By avoiding the drudgery mindset, we can focus on the periods of profound improvement.
- The graph below is yet another example of why being Good is great!



Objective: Get geared up to go beyond.

Now that you have begun your journey to Get Good, what are three things that you are excited about as you move forward?

Takeaway:

Next Unit Appointment:



“An investment in knowledge pays the best returns.”

- Benjamin Franklin

Phase 2.3 - Stand on the Stairs

It is time to try again. Don't worry about being better than last time, instead remember what you did well and what you gained in your reflection.

The objective of this Unit is to try one session of your Get Good skill. It is still important to narrow down what your activity will be. The goal is to move one step past your last **Toe in the Water** Unit, trying to extend yourself slightly past your comfort zone. As before try to be reflective and intentionally experience what you're doing as you move forward.

Example of narrowing your activity down into a digestible portion if your goal is to learn to swim.

Jump in the deep end of the pool.

Get in the shallow end of the pool.

Ideal extend session:
Stand on the stairs

Dip your toe in the pool.

Objective: Undertake another session of your Get Good skill.

PRE: Use what you've learned

Choose and record your two focus points.

MID: Calibrate

Check to ensure you are still mindful of your two focus points.

Briefly visualize how you want the rest of your session to go.

POST: Evaluation

How did this compare to the Toe in the Water unit?

What is one thing you want to carry forward next time?

Takeaway:

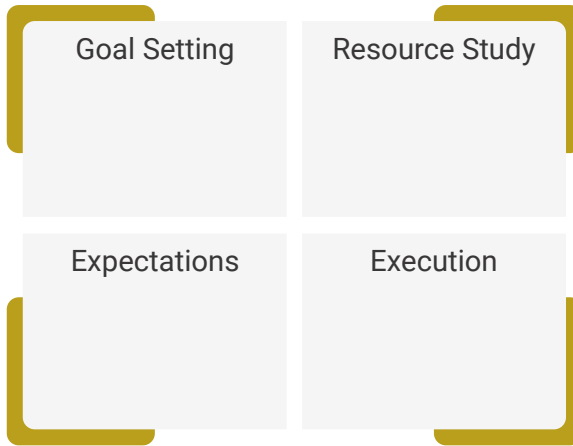
Next Unit Appointment:

Phase 2.4 - Actionable Assessment

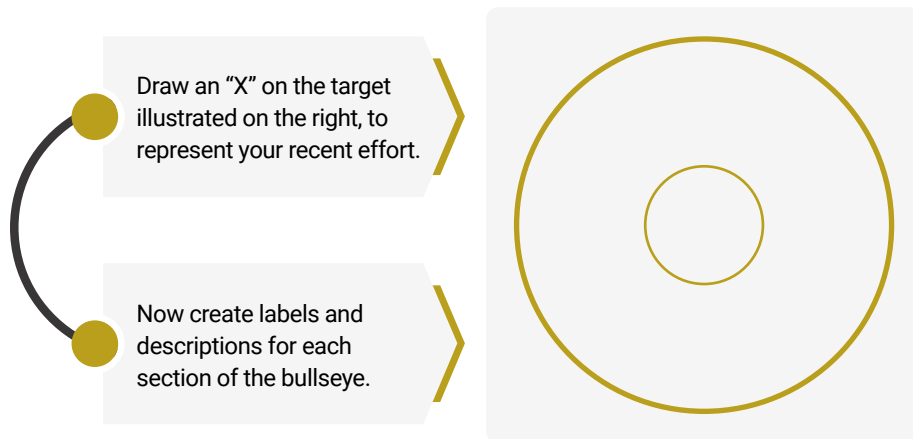
Begin with a visualization:

Mentally divide your previous effort into four sections, jot down short, one to three word notes about each, in the section to the right.

Spend no more than ninety seconds on each section.



Relive your efforts. Let your mind wander through the time you spent in preparation, into the steps you took before you began. See yourself executing your plan and doing the thing; see yourself pausing to calibrate. Examine the results of your effort from outside yourself.



Objective: Determine specific steps to improve.

Answer the questions, rating each area in importance to your efforts by shading in the 1-7 bar.

Where was there a blank in your understanding?	How can you fill it in?	7 1
Where was there an unexpected success?	How can you expand it?	7 1
What fear looms largest?	What is it stopping?	7 1
What excites you most about taking another step forward?	Why is that exciting?	7 1

Examine the information above, and then use it to sketch out two potential areas of inquiry that will help you expand your next effort.

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Takeaway:

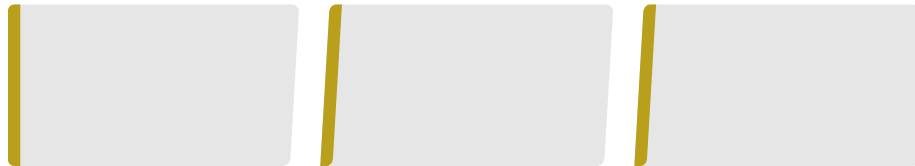
Next Unit Appointment:

Phase 2.5 - 90 Second Resource

It is time, again, to search out some baseline resources. Leverage the resources you've already explored, and the experiences you've gained by doing your Get Good skill.

Brainstorm Search Terms

Pull out three search terms or phrases to explore further.



A note on advertised or sponsored returns:

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- ▶ They are not inherently good or bad, but be aware that they are being promoted to you intentionally and at someone's cost.

Pick 3 specifics from the box above.

- 1 Learn _____ fast.
- 2 Best ways to learn _____
- 3 How do I start _____

Objective: Search for resources purposefully and efficiently.

When exploring search returns and potential resources:

- ▶ Open links in a new tab.
- ▶ Keep your browsing / reading under 15 seconds per return.
- ▶ Read no more than 6 returns in any given search.
- ▶ AVOID rabbit holes about narrower and narrower subjects.
- ▶ AVOID jumping into any resource before this unit is complete.

The Search Return Bullseye



Check -These-Leter

Takeaway:

Next Unit Appointment:

Phase 2.6 - 9 Minute Resource

Now, examine the two resources that you previously sketched out. Ideally, each of these resources should take about 9 minutes to consume and digest. As before, work to use these resources deliberately and resist the urge to fall down the rabbit hole of available information.

Use the boxes below to help you better absorb each resource.

Record the title/name and a question to keep in mind.

--	--

Record two crucial pieces of information.

--	--

Write the gist and what you wish had been available

--	--

Objective: Explore your resources.

Record the title/name and a question to keep in mind.

--	--

Record two crucial pieces of information.

--	--

Write the gist and what you wish had been available.

--	--

What is the single most important gain?

What are you left wanting to know more about?

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Takeaway:

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Next Unit Appointment:

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Phase 2.7 - Get in the Shallow End of the Pool

It is time to try again. Don't worry about being better than last time, instead remember what you did well and what you gained in your reflection.

The objective of this Unit is to try one session of your Get Good skill. It is still important to narrow down what your activity will be. The goal is to move one step past your last **Toe in the Water** Unit, trying to extend yourself slightly past your comfort zone. As before try to be reflective and intentionally experience what you're doing as you move forward.

Example of narrowing your activity down into a digestible portion if your goal is to learn to swim.

Jump in the deep end of the pool.

Get in the shallow end of the pool.

Ideal extend session:
Stand on the stairs

Dip your toe in the pool.

Objective: Undertake another session of your Get Good skill.

PRE: Use what you've learned

Choose and record your two focus points.

MID: Calibrate

Check to ensure you are still mindful of your two focus points.

Briefly visualize how you want the rest of your session to go.

POST: Evaluation

How did this compare to the Stand on the Stairs unit?

What is one thing you want to carry forward next time?

Takeaway:

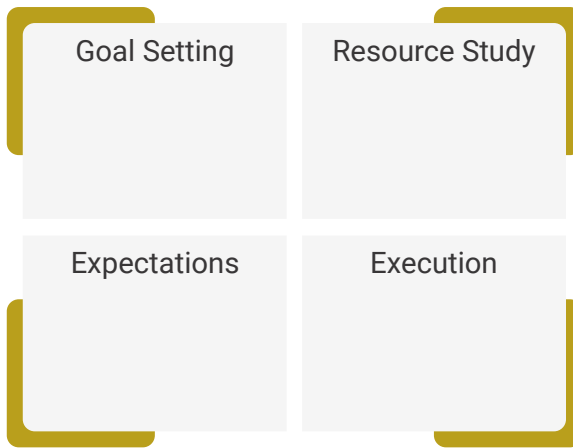
Next Unit Appointment:

Phase 2.8 - Actionable Assessment

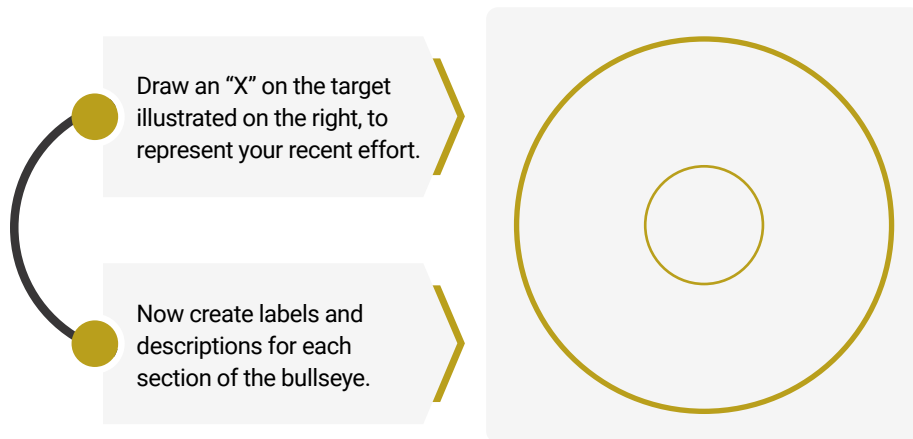
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Objective: Determine specific steps to improve.

Answer the questions, rating each area in importance to your efforts by shading in the 1-7 bar.

Where was there a blank in your understanding?	How can you fill it in?	7 1
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What fear looms largest?	What is it stopping?	7 1
What excites you most about taking another step forward?	Why is that exciting?	7 1

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Takeaway:

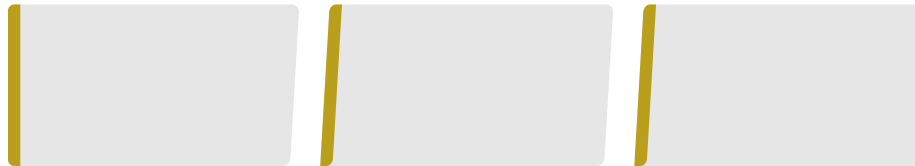
Next Unit Appointment:

Phase 2.9 - 90 Second Resource

It is time, again, to search out some baseline resources. Leverage the resources you've already explored, and the experiences you've gained by doing your Get Good skill.

Brainstorm Search Terms

Pull out three search terms or phrases to explore further.



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- 3 How do I start _____

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The Search Return Bullseye



Check -These-Leter

Takeaway:

Next Unit Appointment:

Phase 2.10 - 9 Minute Resource

Now, examine the two resources that you previously sketched out. Ideally, each of these resources should take about 9 minutes to consume and digest. As before, work to use these resources deliberately and resist the urge to fall down the rabbit hole of available information.

Use the boxes below to help you better absorb each resource.

Record the title/name and a question to keep in mind.

--	--

Record two crucial pieces of information.

--	--

Write the gist and what you wish had been available

--	--

Objective: Explore your resources.

Record the title/name and a question to keep in mind.

--	--

Record two crucial pieces of information.

--	--

Write the gist and what you wish had been available.

--	--

What is the single most important gain?

What are you left wanting to know more about?

--	--

Takeaway:

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Next Unit Appointment:

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Phase 2.11 - Jump in the Deep End of the Pool

It is time to try again. Don't worry about being better than last time, instead remember what you did well and what you gained in your reflection.

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Example of narrowing your activity down into a digestible portion if your goal is to learn to swim.

Jump in the deep end of the pool.

Get in the shallow end of the pool.

Ideal extend session:
Stand on the stairs

Dip your toe in the pool.

Objective: Undertake another session of your Get Good skill.

PRE: Use what you've learned

Choose and record your two focus points.

MID: Calibrate

Check to ensure you are still mindful of your two focus points.

Briefly visualize how you want the rest of your session to go.

POST: Evaluation

How did this compare to the Shallow End unit?

What is one thing you want to carry forward next time?

Takeaway:

Next Unit Appointment:

Phase 3.1 - Reflective Scavenger Hunt

We are going on a Scavenger Hunt! In this section you will explore how far you've come and what's next by looking back through your Get Good Guide.

Take a moment to think back on where you were before you started your Get Good Guide. Do you recall how your first Toe in the Water section went? Sometimes it is difficult to recognize progress as it is happening. Have you already come further than you expected? Were you hoping to be further along than you are? Are there things you wish you'd done differently? What are your proudest moments working on your Guide? These are a few good questions to keep in mind as you go through this scavenger hunt.

Scavenger Hunt

Use the boxes below to prompt your took look back through the Guide. Try not to use "new" answers, instead do your best to write your original answers to the questions.

What story did you tell yourself when you first began your Guide?

What reason did you give for not being Good at this skill already?

What does society say is good in this skill?

How will you know when you're done (you've gotten Good)?

What fear did you put on your treasure map? Is it still a fear?

Where was there struggle with your first Toe in the Water Unit?

Objective: Look back

Scavenger Hunt Continued:

What was one important focus point in your Toe in the Water sessions?

What is one of the things you said being Good could do for you?

Who did you write was Good at your skill but not great?

What did you say would make you feel Good at this skill?

What did you put as your first crucial milestone?

How did your last Extend session compare to your first?

Where your answers from the Scavenger Hunt what you expected? What Surprised you? Are you closer to Good than you had expected? If not, why not?

Now that you have come this far, what's next? It is time to Grind those skills and keep growing!

Takeaway:

Next Unit Appointment:

Phase 3.2 - The Story You Tell Yourself

Objective: Approach this effort honestly.

You have come a long way in your journey to Get Good! Very early on in the process you examined what stories you might be telling yourself to help feel justified. It is now time to not only look back on that story, but to see if and how that story has changed and what story you want to be telling in the future.

Look back to page (x) and write down the story you told yourself.

Think back to the last Extend unit and use the diagram below to examine the Story you were telling yourself During Process.



How did your story change over the course of your activity?

What story do you want to be telling?

What are two concrete steps you can take toward changing your Story?

Takeaway:

Next Unit Appointment:

Phase 3.3 - Goal Refinement

The last two units have asked you to look back at your work, reflect on your efforts, and seek out an understanding of what you've done so far.

Now it is time to look forward again.

The goals we set must evolve as our ability and understanding increase. You are far better at, and know far more about your Get Good skill than you did even a few hours of effort ago.

You are now ready to refine your goals for your Get Good journey.

Why did you start a
Get Good Journey?

Why did you choose
this Get Good skill,
specifically?

What has changed about those answers during this process?

How does that affect your goals?

Objective: Reassess the goals of this effort.

Take everything you now understand and everything you have reflected upon and considered. Set two specific goals for your Get Good effort. Determine what percentage of your time and effort should be dedicated to each. The total cannot exceed 100%. Answer the foundational questions for each goal.

Goal One, valued at _____ % is:

How will you measure this goal?

What do you need to be able to
achieve this goal?

Goal One, valued at _____ % is:

How will you measure this goal?

What do you need to be able to
achieve this goal?

Takeaway:

Next Unit Appointment:

Phase 3.4 - Grindset



"Quotey quote quote."

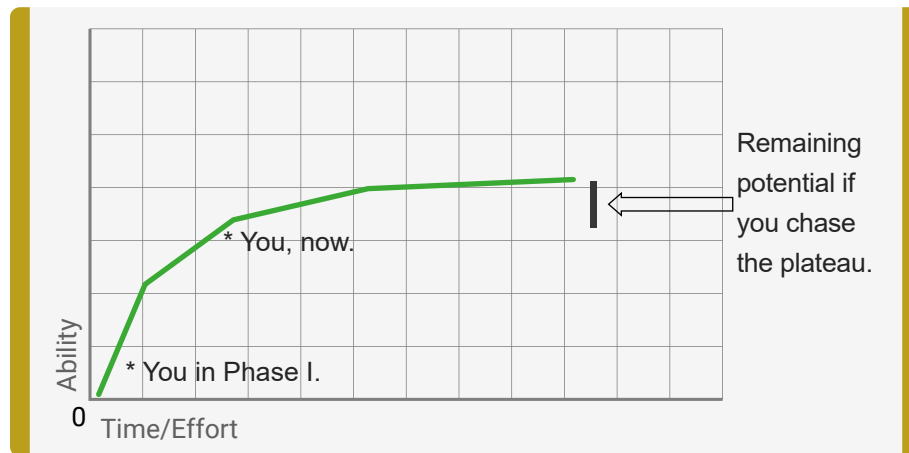
-Famous Respected Person

The efficiency curve of ability acquisition will plateau quickly. When using the Get Good Guide, you will reach 80% of your gains in short order.

UNDER NO CIRCUMSTANCE DO YOU CHASE THE PLATEAU.

Do not spend five or ten times the time, energy, and enthusiasm trying to get an extra 20% of an ability. That way lies madness. Instead, reset the curve!

Look again at the graph of the ability curve.



If you spend further effort and time, you can only gain a few more percentage points of ability.

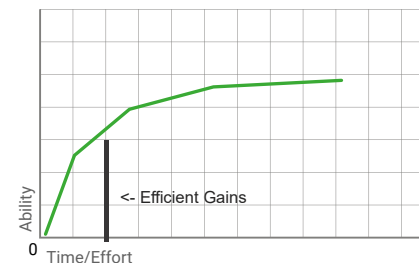
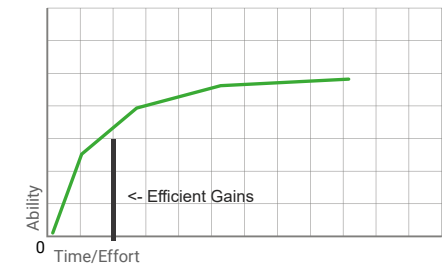
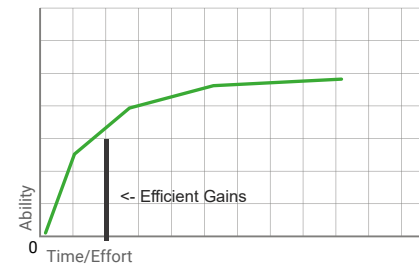
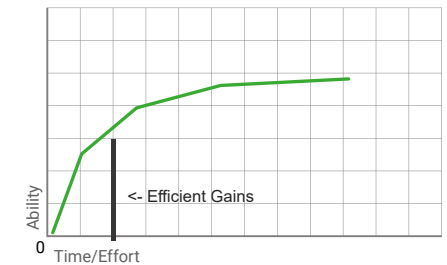
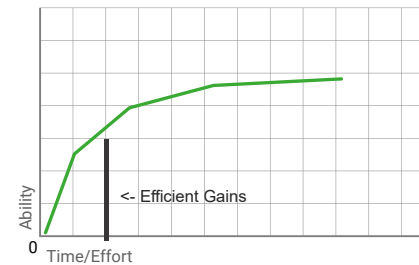
BUT, you can reset the efficiency curve, by **BREAKING DOWN** your Get Good skill into its component parts. Then, by focusing on getting good at those components, you can make fast, efficient gains, and spend your time, resources, and enthusiasm on the best part of the curve.

Objective: Recognize the efficiency of component progress.

Put another way, if you have 100 "units" of time, resources, and enthusiasm to put toward a Get Good goal, you can either spend them on one curve, hitting the plateau after the first 20 units, and seeing minimal increases in ability for the last 80 units, or, you can spend 20 units on five different components of that Get Good goal, making significant, even profound gains on each of them.

Look at the graph on the left again. Count how many squares of ability someone gains if they chase the plateau to the end of the green line.

Now see what can be accomplished with the same input, by breaking down the Get Good goal into components:



Resetting the efficiency curve, by breaking your Get Good Goal into components results in far more ability gain than chasing the plateau ever could.

Takeaway:

Next Unit Appointment:

Phase 3.5 - Component Breakdown

Every skill is made up of many smaller components. In order to effectively acquire a new skill or improve on an existing one, you must be able to dissect and break it down. In this Unit you will break your chosen GGG skill down into its major components. Take a skill like swimming. Even though this seems to be “one” skill, it is actually comprised of many skills. I.e. holding breath, different strokes, floating, etc. All of these smaller skills put together allow you to “swim”.

Component Brainstorm:

Using the diagram below, brainstorm the different components your skill may need. The circles provided are only a jumping off point, we encourage you to add more circles if needed.



Objective: Breakdown your skill into major components.

Use the three boxes below to organize the skills from your component breakdown. Don't get bogged down with trying to dig too deep for the correct placement, instead go with your immediate instinct.

Most Impact

Some Impact

Least Impact

Takeaway:

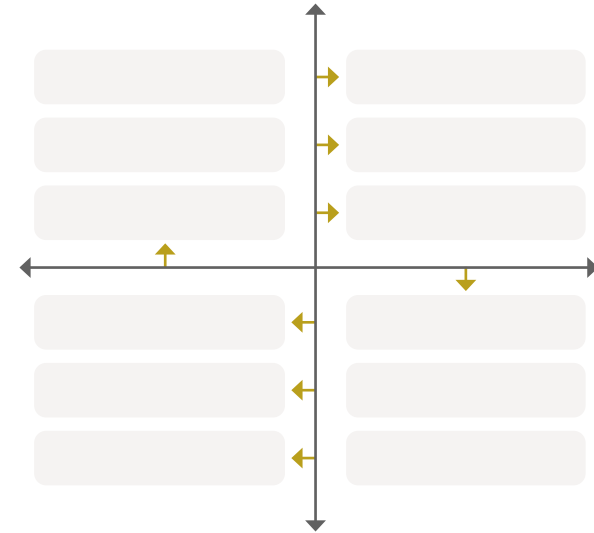
Next Unit Appointment:

Phase 3.6 - Prioritizing Components

Objective: Prioritize each component for a grind loop.

Identify no more than 6 components that are part of your skill, and list this in this box. Don't worry about order or importance. Looking at that list, are there any that need to be broken down further to be workable? Are there any that can be combined to make a more meaningful or useful component? If so, use this space to refine your list.

Now place each component on the graph below, based on where you put them on each axis.



Now you will place each component along an axis of how important it is to the goals you have. Place each component along the axis below.

Crucially Important

Not Particularly Important

Now place each component along an axis of how foundational it is to the other components. In other words, if you have to be able to do X Component before you can do Y Component, then X is more foundational than Y. Place each component along the axis below.

Foundational

Not Built Upon

Take a hard look at your quadrants. If any components fall into the "Not important, not built upon," then dump them, they aren't worth your time or effort.

Prioritize your most important and foundational component, and make that the subject of your first grind loop.

Follow this with the next most foundational component.



Make time and space for the component that is crucially important but not necessarily foundational.

Takeaway:

Next Unit Appointment:

Phase 3.7 - Grind Loop: Plan

Objective: Become ready to grind in an intentional way.

Answer the following process questions in ten words or fewer:

- ▶ Where am I?
- ▶ Where do I want to be?
- ▶ What lies on the path from here to there?
- ▶ What two truths are crucial to keep in mind?

Recall the last time you did your Get Good skill. Go through it, minute by minute. Acknowledge a place in need of improvement. Find one moment of success.



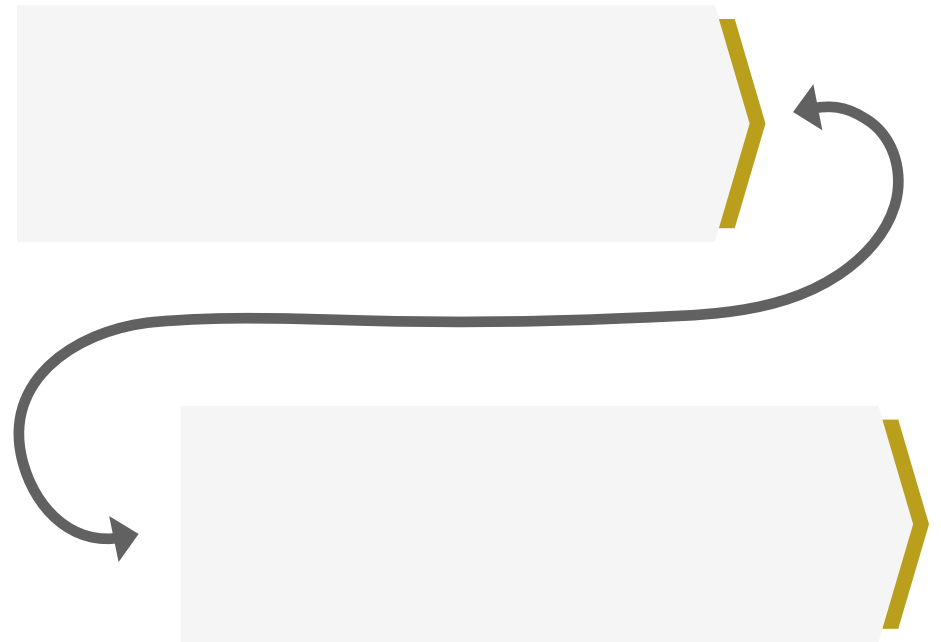
Visualize your next Get Good effort. See yourself making the next leap. What will that take?

List what you will need for your next Get Good effort in each box below.

Equipment / Tools / Facilities

Knowledge / Research

In the top arrow, note where you are in the Get Good process. In the bottom chevron, write your goal for the next Grind Cycle. On the left side of the line connecting the two, note any milestones you need to hit. Write any stumbling blocks - along with potential solutions - on the right side of the line.



What is your focal point for this grind loop?

Takeaway:

Next Unit Appointment:

Phase 3.8 - Grind Loop: Resources

There are a multitude of resources out there; articles, videos, books, trainers/coaches, etc. As you grow in your skill, you will need to continue to seek out different resources and decide how many and which types you may need to accomplish your goal. This may mean that a short 90 second video clip is not sufficient to gain the new information you need. However, if you can pick up the information quickly, then do so! At this point in your GGG journey you should have a solid grasp on how to search for resources and sift through them. This skill will become increasingly important as you continue to improve.

Use the boxes below to classify the resources that you will need for the next part of your GGG journey. *Note that you should not have many (if any) 9 hour resources at this point.

90
Second



9
Minute



90
Minute



9
Hour



Objective: Explore your resources.

Now that you have your Resources Classified. Explore the the one/s that you think will most effectively help you grow your GGG skill. Use the boxes below to help you digest them. You will need the "Key Points" of the resources, impertinent pieces of information you want to "Chase" or learn more about, and any "Questions" that you are left asking.

Key Points

Chase

Questions

Executive Summary of Resources

Important Take Away

Takeaway:

Next Unit Appointment:

Phase 3.9 - Grind Loop: Grind

It is time to Grind. In these sections you will begin to hone your skill more deliberately. Focusing on one specific aspect of your skill will help it develop as a whole. Try to remain centered on your goal and be intentional with your efforts as you undertake this exercise.

PRE: Use what you've learned

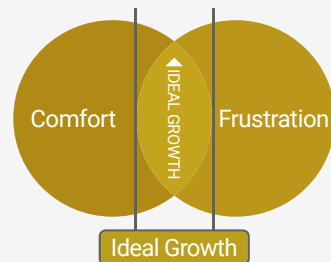
Preparation Checklist:

Use the boxes to write down what part of your preparations you are taking with you. As well as any equipment, tools, etc. that you will need during this session.

Write down your focal point for this session

MID: Initial Calibration

Place an "X" on the diagram; marking where you feel your first effort stands



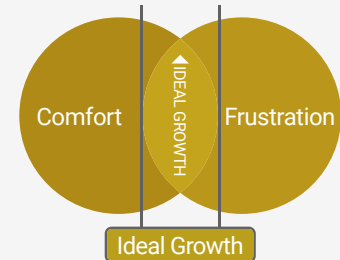
Check back in with and make sure you are centered on your Focal Point, say it out loud

Take a moment and visualize how you'd like the rest of your session to go

Objective: Intentionally Improve

MID: Final Calibration

Place an "X" on the diagram; marking where you feel your second effort stands



Check back in with and make sure you are centered on your Focal Point, say it out loud

Take a moment and visualize how you'd like the rest of your session to go

POST: Evaluation

Record Raw Data. How did the session go?

What do you wish you knew?

What do you want to remember?

What were the high points of the session?

Takeaway:

Next Unit Appointment:

Phase 3.10 - Grind Loop: Assess

This unit is the space to inventory the data from the previous grind experience. Focus first on authentic recollection of the grind. Jot down a few memories from the three phases of the grind. Use factual, clinical words; avoid judgements and emotional words. Write notes about what happened.

Before the Grind	During the Grind	After the Grind

Now answer these questions about the time you spent on the grind.

How much time did you spend on the grind?	What percentage did you spend on the focal point?
What percentage did you spend in ideal growth?	What percentage did you spend in comfort?
What percentage did you spend in frustration?	What percentage was wasted?

Objective: Take a sincere inventory of the grind experience.

Fill in the bullseye assessment.

- ▶ Draw a "P" on the target to represent your preparation.
- ▶ Draw an "F" on the target to represent your focus.
- ▶ Draw an "R" on the target to represent your resource leverage.
- ▶ Draw an "A" on the target to represent your analysis leverage.



Jot some notes about your affective thoughts and emotions.

Negative Emotions / Frustrations	Positive Emotions / Joyful Moments

Takeaway:

Next Unit Appointment:

Phase 3.11 - Grind Loop: Analyze

During this unit, you will review the data and recollections from the Grind and the Assessment units to determine which factors were causal, which were correlating, and which were merely coincidence. Mark each chevron below between 0% and 100% to denote how much Focus or Growth you had during the grind session. Note your analysis of the questions within each space.

Focus: What helped you stay on your focal point?

0%

100%

- ▶ What specific distractions did you encounter?
- ▶ How do you eliminate or minimize those moving forward?

Ideal Growth: What helped you stay in the ideal growth zone?

0%

100%

- ▶ What specific frustrations did you encounter?
- ▶ How do you eliminate or minimize those moving forward?
- ▶ When you were too comfortable, did you notice?
- ▶ What can you do to push yourself out of the comfort zone?

Objective: Determine the best path forward.

Mark, on the 1-7 scale, and label three stumbling blocks from the grind session, and list one idea to defeat or circumvent it.

7 1 Defeat or Circumvent	7 1 Defeat or Circumvent	7 1 Defeat or Circumvent
--------------------------------	--------------------------------	--------------------------------

What did you realize you want to explore?	What resource did you need or want, but didn't have?	What specific mistake do you want to overhaul?
---	--	--

Above all else, this is important and true:

Takeaway:

Next Unit Appointment:

Phase 3.12 - Grind Loop: Plan

Objective: Become ready to grind in an intentional way.

Answer the following process questions in ten words or fewer:

- ▶ Where am I?
- ▶ Where do I want to be?
- ▶ What lies on the path from here to there?
- ▶ What two truths are crucial to keep in mind?

Recall the last time you did your Get Good skill. Go through it, minute by minute. Acknowledge a place in need of improvement. Find one moment of success.



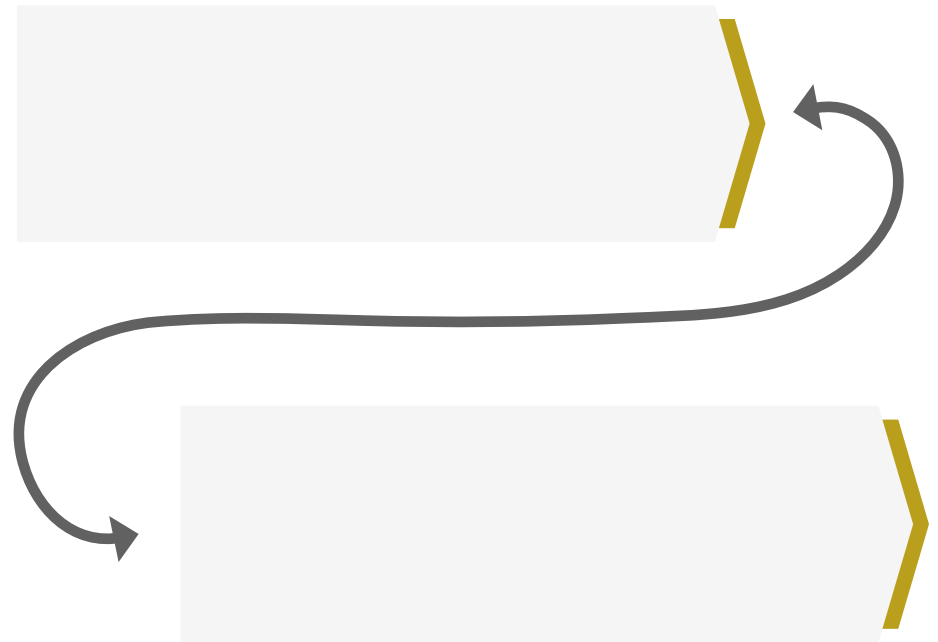
Visualize your next Get Good effort. See yourself making the next leap. What will that take?

List what you will need for your next Get Good effort in each box below.

Equipment / Tools / Facilities

Knowledge / Research

In the top arrow, note where you are in the Get Good process. In the bottom chevron, write your goal for the next Grind Cycle. On the left side of the line connecting the two, note any milestones you need to hit. Write any stumbling blocks - along with potential solutions - on the right side of the line.



What is your focal point for this grind loop?

Takeaway:

Next Unit Appointment:

Phase 3.13 - Grind Loop: Resources

There are a multitude of resources out there; articles, videos, books, trainers/coaches, etc. As you grow in your skill, you will need to continue to seek out different resources and decide how many and which types you may need to accomplish your goal. This may mean that a short 90 second video clip is not sufficient to gain the new information you need. However, if you can pick up the information quickly, then do so! At this point in your GGG journey you should have a solid grasp on how to search for resources and sift through them. This skill will become increasingly important as you continue to improve.

Use the boxes below to classify the resources that you will need for the next part of your GGG journey. *Note that you should not have many (if any) 9 hour resources at this point.

90
Second



9
Minute



90
Minute



9
Hour



Objective: Explore your resources.

Now that you have your Resources Classified. Explore the the one/s that you think will most effectively help you grow your GGG skill. Use the boxes below to help you digest them. You will need the "Key Points" of the resources, impertinent pieces of information you want to "Chase" or learn more about, and any "Questions" that you are left asking.

Key Points

Chase

Questions

Executive Summary of Resources

Important Take Away

Takeaway:

Next Unit Appointment:

Phase 3.14 - Grind Loop: Grind

It is time to Grind. In these sections you will begin to hone your skill more deliberately. Focusing on one specific aspect of your skill will help it develop as a whole. Try to remain centered on your goal and be intentional with your efforts as you undertake this exercise.

PRE: Use what you've learned

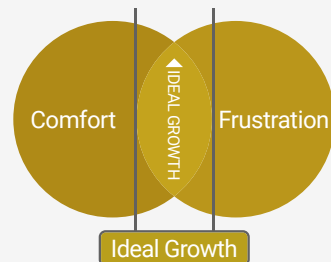
Preparation Checklist:

Use the boxes to write down what part of your preparations you are taking with you. As well as any equipment, tools, etc. that you will need during this session.

Write down your focal point for this session

MID: Initial Calibration

Place an "X" on the diagram; marking where you feel your first effort stands



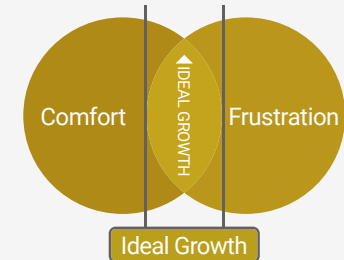
Check back in with and make sure you are centered on your Focal Point, say it out loud

Take a moment and visualize how you'd like the rest of your session to go

Objective: Intentionally Improve

MID: Final Calibration

Place an "X" on the diagram; marking where you feel your second effort stands



Check back in with and make sure you are centered on your Focal Point, say it out loud

Take a moment and visualize how you'd like the rest of your session to go

POST: Evaluation

Record Raw Data. How did the session go?

What do you wish you knew?

What do you want to remember?

What were the high points of the session?

Takeaway:

Next Unit Appointment:

Phase 3.15 - Grind Loop: Assess

This unit is the space to inventory the data from the previous grind experience. Focus first on authentic recollection of the grind. Jot down a few memories from the three phases of the grind. Use factual, clinical words; avoid judgements and emotional words. Write notes about what happened.

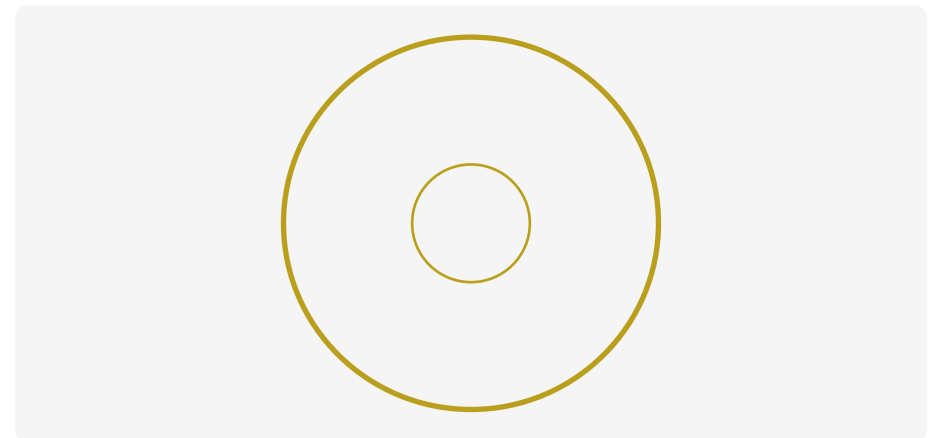
Before the Grind	During the Grind	After the Grind

How much time did you spend on the grind?	What percentage did you spend on the focal point?
What percentage did you spend in ideal growth?	What percentage did you spend in comfort?
What percentage did you spend in frustration?	What percentage was wasted?

Objective: Take a sincere inventory of the grind experience.

Fill in the bullseye assessment.

- ▶ Draw a "P" on the target to represent your preparation.
- ▶ Draw an "F" on the target to represent your focus.
- ▶ Draw an "R" on the target to represent your resource leverage.
- ▶ Draw an "A" on the target to represent your analysis leverage.



Jot some notes about your affective thoughts and emotions.

Negative Emotions / Frustrations	Positive Emotions / Joyful Moments

Takeaway:

Next Unit Appointment:

Phase 3.16 - Grind Loop: Analyze

During this unit, you will review the data and recollections from the Grind and the Assessment units to determine which factors were causal, which were correlating, and which were merely coincidence. Mark each chevron below between 0% and 100% to denote how much Focus or Growth you had during the grind session. Note your analysis of the questions within each space.

Focus: What helped you stay on your focal point?

0%

100%

- ▶ What specific distractions did you encounter?
- ▶ How do you eliminate or minimize those moving forward?

Ideal Growth: What helped you stay in the ideal growth zone?

0%

100%

- ▶ What specific frustrations did you encounter?
- ▶ How do you eliminate or minimize those moving forward?
- ▶ When you were too comfortable, did you notice?
- ▶ What can you do to push yourself out of the comfort zone?

Objective: Determine the best path forward.

Mark, on the 1-7 scale, and label three stumbling blocks from the grind session, and list one idea to defeat or circumvent it.

7 1 Defeat or Circumvent	7 1 Defeat or Circumvent	7 1 Defeat or Circumvent
--------------------------------	--------------------------------	--------------------------------

What did you realize you want to explore?	What resource did you need or want, but didn't have?	What specific mistake do you want to overhaul?
---	--	--

Above all else, this is important and true:

Takeaway:

Next Unit Appointment:

Phase 3.17 - Grind Loop: Plan

Objective: Become ready to grind in an intentional way.

Answer the following process questions in ten words or fewer:

- ▶ Where am I?
- ▶ Where do I want to be?
- ▶ What lies on the path from here to there?
- ▶ What two truths are crucial to keep in mind?

Recall the last time you did your Get Good skill. Go through it, minute by minute. Acknowledge a place in need of improvement. Find one moment of success.



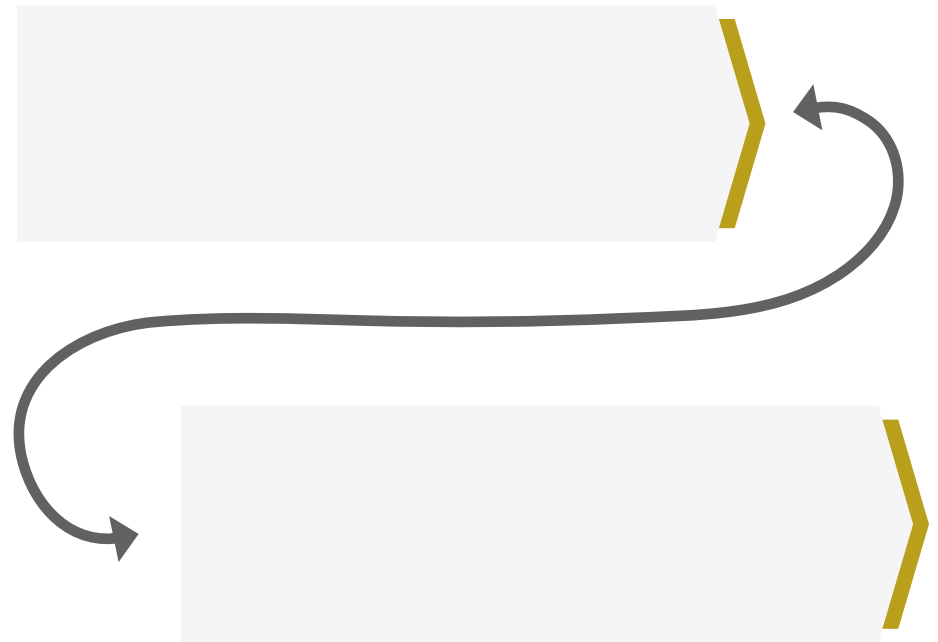
Visualize your next Get Good effort. See yourself making the next leap. What will that take?

List what you will need for your next Get Good effort in each box below.

Equipment / Tools / Facilities

Knowledge / Research

In the top arrow, note where you are in the Get Good process. In the bottom chevron, write your goal for the next Grind Cycle. On the left side of the line connecting the two, note any milestones you need to hit. Write any stumbling blocks - along with potential solutions - on the right side of the line.



What is your focal point for this grind loop?

Takeaway:

Next Unit Appointment:

Phase 3.18 - Grind Loop: Resources

There are a multitude of resources out there; articles, videos, books, trainers/coaches, etc. As you grow in your skill, you will need to continue to seek out different resources and decide how many and which types you may need to accomplish your goal. This may mean that a short 90 second video clip is not sufficient to gain the new information you need. However, if you can pick up the information quickly, then do so! At this point in your GGG journey you should have a solid grasp on how to search for resources and sift through them. This skill will become increasingly important as you continue to improve.

Use the boxes below to classify the resources that you will need for the next part of your GGG journey. *Note that you should not have many (if any) 9 hour resources at this point.

90
Second



9
Minute



90
Minute



9
Hour



Objective: Explore your resources.

Now that you have your Resources Classified. Explore the the one/s that you think will most effectively help you grow your GGG skill. Use the boxes below to help you digest them. You will need the "Key Points" of the resources, impertinent pieces of information you want to "Chase" or learn more about, and any "Questions" that you are left asking.

Key Points

Chase

Questions

Executive Summary of Resources

Important Take Away

Takeaway:

Next Unit Appointment:

Phase 3.19 - Grind Loop: Grind

It is time to Grind. In these sections you will begin to hone your skill more deliberately. Focusing on one specific aspect of your skill will help it develop as a whole. Try to remain centered on your goal and be intentional with your efforts as you undertake this exercise.

PRE: Use what you've learned

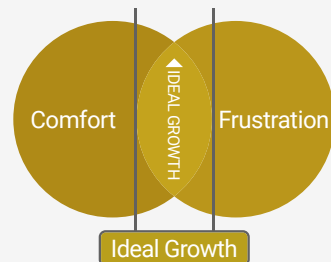
Preparation Checklist:

Use the boxes to write down what part of your preparations you are taking with you. As well as any equipment, tools, etc. that you will need during this session.

Write down your focal point for this session

MID: Initial Calibration

Place an "X" on the diagram; marking where you feel your first effort stands



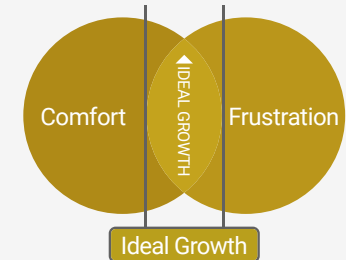
Check back in with and make sure you are centered on your Focal Point, say it out loud

Take a moment and visualize how you'd like the rest of your session to go

Objective: Intentionally Improve

MID: Final Calibration

Place an "X" on the diagram; marking where you feel your second effort stands



Check back in with and make sure you are centered on your Focal Point, say it out loud

Take a moment and visualize how you'd like the rest of your session to go

POST: Evaluation

Record Raw Data. How did the session go?

What do you wish you knew?

What do you want to remember?

What were the high points of the session?

Takeaway:

Next Unit Appointment:

Phase 3.20 - Grind Loop: Assess

This unit is the space to inventory the data from the previous grind experience. Focus first on authentic recollection of the grind. Jot down a few memories from the three phases of the grind. Use factual, clinical words; avoid judgements and emotional words. Write notes about what happened.

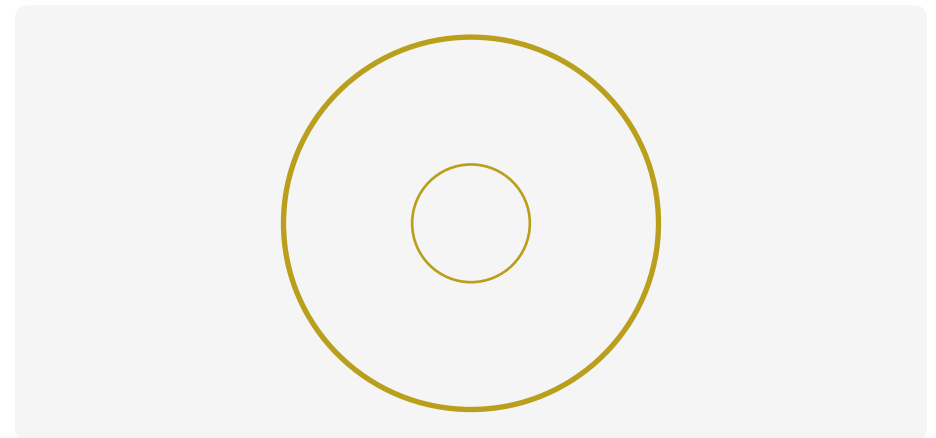
Before the Grind	During the Grind	After the Grind

How much time did you spend on the grind?	What percentage did you spend on the focal point?
What percentage did you spend in ideal growth?	What percentage did you spend in comfort?
What percentage did you spend in frustration?	What percentage was wasted?

Objective: Take a sincere inventory of the grind experience.

Fill in the bullseye assessment.

- ▶ Draw a "P" on the target to represent your preparation.
- ▶ Draw an "F" on the target to represent your focus.
- ▶ Draw an "R" on the target to represent your resource leverage.
- ▶ Draw an "A" on the target to represent your analysis leverage.



Jot some notes about your affective thoughts and emotions.

Negative Emotions / Frustrations	Positive Emotions / Joyful Moments

Takeaway:

Next Unit Appointment:

Phase 3.21 - Grind Loop: Analyze

During this unit, you will review the data and recollections from the Grind and the Assessment units to determine which factors were causal, which were correlating, and which were merely coincidence. Mark each chevron below between 0% and 100% to denote how much Focus or Growth you had during the grind session. Note your analysis of the questions within each space.

Focus: What helped you stay on your focal point?

0%

100%

- ▶ What specific distractions did you encounter?
- ▶ How do you eliminate or minimize those moving forward?

Ideal Growth: What helped you stay in the ideal growth zone?

0%

100%

- ▶ What specific frustrations did you encounter?
- ▶ How do you eliminate or minimize those moving forward?
- ▶ When you were too comfortable, did you notice?
- ▶ What can you do to push yourself out of the comfort zone?

Objective: Determine the best path forward.

Mark, on the 1-7 scale, and label three stumbling blocks from the grind session, and list one idea to defeat or circumvent it.

7 1 Defeat or Circumvent	7 1 Defeat or Circumvent	7 1 Defeat or Circumvent
--------------------------------	--------------------------------	--------------------------------

What did you realize you want to explore?	What resource did you need or want, but didn't have?	What specific mistake do you want to overhaul?
---	--	--

Above all else, this is important and true:

Takeaway:

Next Unit Appointment:

Phase 4.1 - Reflecting on a New Story

Objective: Recognize progress.

In this space, write the previous story you told yourself:

Look back at your Map. Where were you?	Where are you, now?
What was a blocker?	How did you defeat it?
What skills did you need?	What skills did you gain?
Write your Alpha goal. How did you get it?	Write your Omega goal. How did you get it?

What were the 3 most surprising successes you saw through the Get Good process to this point?

1

2

3

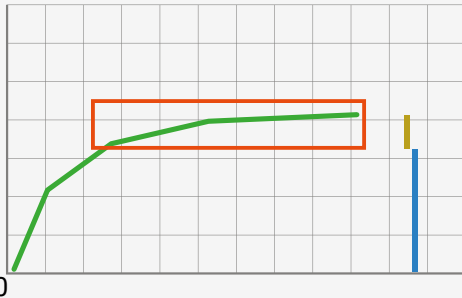
Write the new Story You Tell Yourself:

Takeaway:

Next Unit Appointment:

Phase 4.2 - The Greatness Trap

Objective: Bypass informed pessimism trap.

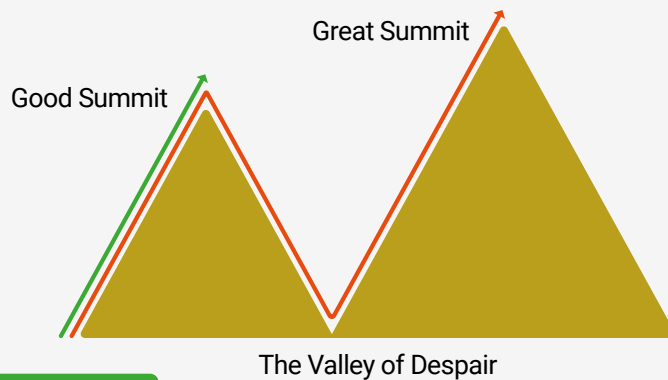


The red rectangle is The Greatness Trap. It represents the 80% of effort (time, resources, enthusiasm) that one can spend achieving only 20% of the potential gains.

Stay out of The Greatness Trap.

Blue is the progress you make Getting Good. Orange is the progress you make pursuing "great."

If you fall into The Greatness Trap, you spend four times the effort (time, resources, enthusiasm) to achieve the orange line.



Not only is the effort (time, resources, enthusiasm) required to reach the second summit four times more, it also requires a journey through the "Valley of Despair" - the devastating state of informed pessimism.

The Fantasy of Greatness vs. The Reality of Greatness

Imagine a person who is faced with a choice between purchasing one of two new cars: a Toyota Corolla (inexpensive, dependable) and a Maserati (about five times more expensive). Now imagine that this person has decided to purchase the Maserati. Complete this list four reasons why this person bought the Maserati.

1 Wanted a car that can go 165 miles per hour.

2

3

4

1 Can't really go 165 miles per hour on real roads, certainly not safely. (They took my license, and now I don't drive.)

2

3

4

The Fantasy of Greatness is that it's closer than it actually is and that by reaching it you will be fulfilled. The reality of Greatness is that it is a statistical impossibility and reaching it leads to despair.

Takeaway:

Next Unit Appointment:

What are The Greatness Fallacies?

- 1 That it is readily achievable. It is not. By definition, 99.7% of people are not going to reach greatness.
- 2 That it is impressive. In reality, very few people will even be able to tell the difference between good and great. People will tend to group both "good" and "great" together - in much the same way that people tend to lump millionaires and billionaires together, as "people who have a lot of money" when one is 1000x the other.
- 3 That it is fulfilling. Somewhat counterintuitively, "greatness" does not typically bring satisfaction. It is far more likely to bring pressure, anxiety, fear, and a gnawing suspicion that it can go away in an instant if you stop clawing for capacity.

Lost in the Woods: An Opportunity Cost Thought Experiment

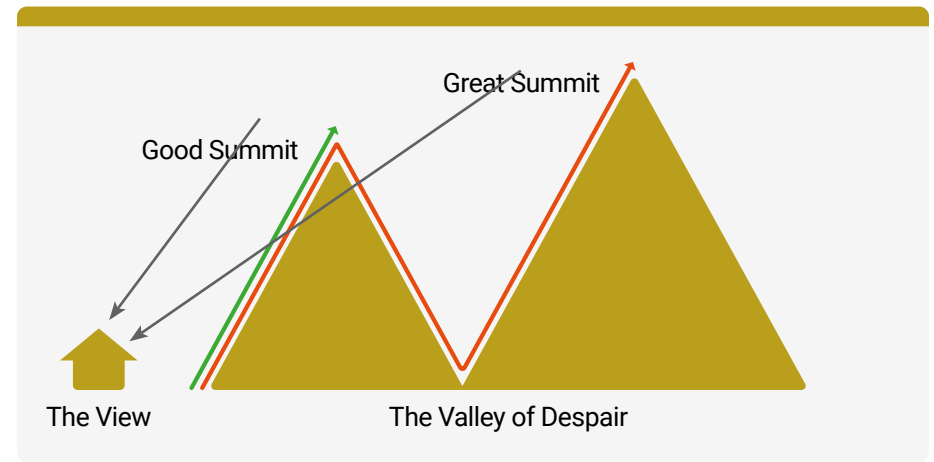
Of these two people, who would you rather be lost in the woods with?

Someone who is a great fire builder; top 0.03% fire builder of all time. This is the only skill they've had time to acquire.

Someone who is a good fire builder, a good shelter builder, a good forager, a good medic, and a good navigator.

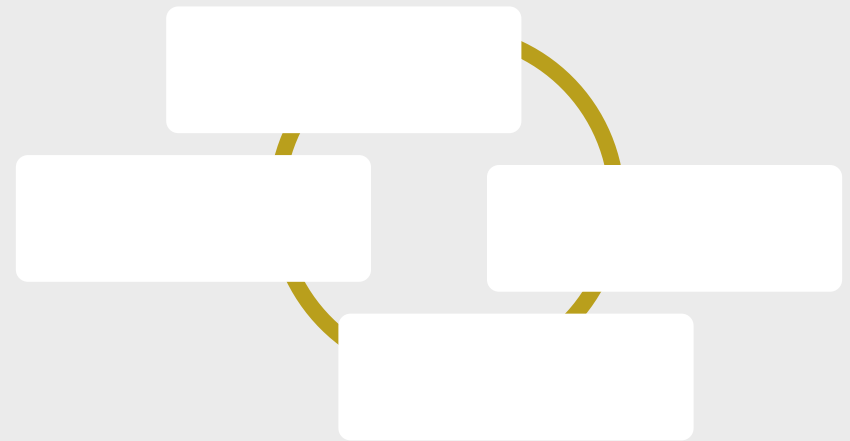
What are The Greatness Fallacies?

- 1 That it is entirely achievable in a short period of time. This creates the possibility of becoming "good" in several skills and disciplines.
- 2 That it is impressive. The majority of people cannot easily see a noticeable difference between "good" and "great" How many people could describe why the Mona Lisa is the most famous painting in the world?
- 3 That it provides the skills and freedom to authentically enjoy these activities.



Be excited about the view.

Imagine you're standing at the Good summit. What do you see?



Good = Freedom
Great = Prison

Good = Fulfilment
Great = Despair

Takeaway:

Next Unit Appointment:

Phase 4.4 - Staying on the 1st Summit

Purposeful repetition is the conscientious act of enjoying the view from the 1st Summit. You might rep to feel the joy of the activity, to show off your skill to others, to make aspects of the goal easier, or even to groove in muscle memory.

The universal limiting factors are the availability of:

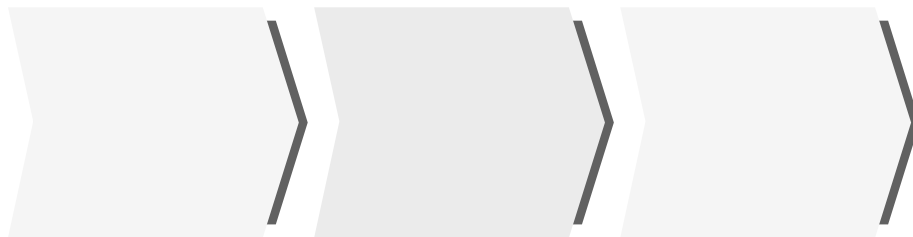
Time, Resources, and Enthusiasm

There are four distinct ways to decrease the “cost” of an activity, as it pertains to these factors. Perform the following four exercises before you begin to rep your Get Good Skill or Activity.

Guard the Time - If you don't, it will get eaten.

What do you use for scheduling?	When is your next Get Good appointment?
How do you make your Get Good appointments unique in your schedule?	Date & Time

Lower the Initiation Energy - Brainstorm 3 ideas to make starting easier. Write two steps you can eliminate in between those ideas.

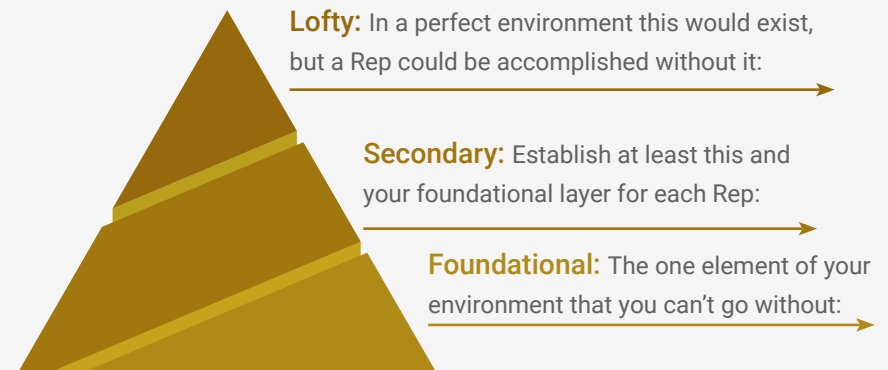


Objective: Make starting simple.

Prepare Equipment What is your Get Good Skill's version of sleeping in your jogging shoes? What can you do to make your equipment known, available, and convenient? Do you need it?

Equipment Need Checklist:	Need It?	Gathered & Ready?
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Prepare Environment - What would create the ideal situation for you to be able Rep your Get Good skill? Do you need a specific location, audience, etc. to be successful? Use the pyramid below to identify your 3 non negotiables of your Environment while Repping.



Takeaway:

Next Unit Appointment:

Phase 4.5 - Prep to Automate

The objective of this Unit is to identify a few of the different elements that appear most often and use it for your next Rep Unit. For example: If your skill was to learn to swim then you could choose to use your next Rep Unit to work solely on your breathing technique.

Element Brainstorm

Using the diagram below, brainstorm the different elements your skill needs. The circles provided are only a jumping off point, we encourage you to add more circles if needed.



Objective: Identify the element that appears quite often.

Most Used Element

Least Used Element

Now that you have identified the Element most used for your GGG skill you will make a plan for how you can center a Rep session around it.

Element Rep Preparation:

Using the boxes below to write down two specific exercises that you will use to help you better automate the Element which you identified as most important.



Takeaway:

Next Unit Appointment:

Phase 4.6 - Rep to Automate

It is time to Rep. In these sections you will begin to groove in your new skill. Try to remain centered on your goal but not overly critical. The point of these sections is to enjoy the new skill you have learned, not to try to drift into the ambiguous abyss of trying to become great.

PRE: Review Important Element

Use your exercises to help guide yourself through one session of your activity. Focusing on the Element which you found most useful.

Most Used Element



Element Rep Preparation:

Using the boxes below to remind yourself the two specific exercises that you will use to help you better automate the Element which you identified as most important.



Exercise #1

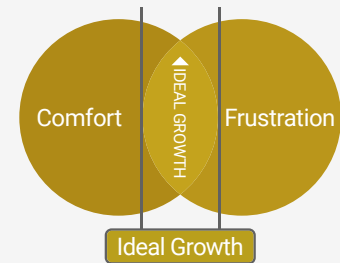
Exercise #2

Objective: Create muscle memory.

MID: Calibration

During the Rep sessions you should be staying much further in the Comfort zone of your ability. The goal here is to reinforce what you already know, not try to push for new information.

Place an "X" on the diagram; marking where you feel your second effort stands



Check back in with and make sure you are centered on your Focal Point, say it out loud

Take a moment and visualize how you'd like the rest of your session to go

POST: Evaluation

Did you stay focused on your Element?

What were the high points of the session?

Takeaway:

Next Unit Appointment:

Phase 4.7 - Prep to Show Off

Objective: Find people who will be impressed.

When you Rep to Show Off, you are performing for people. You are enjoying their adoration and adulation. This requires a different mindset than when you Rep to Revel (which is strictly about your own joyful practices). Rather than looking inward, you will now look outward, seeking to understand what other people find impressive and worthy of their attention.

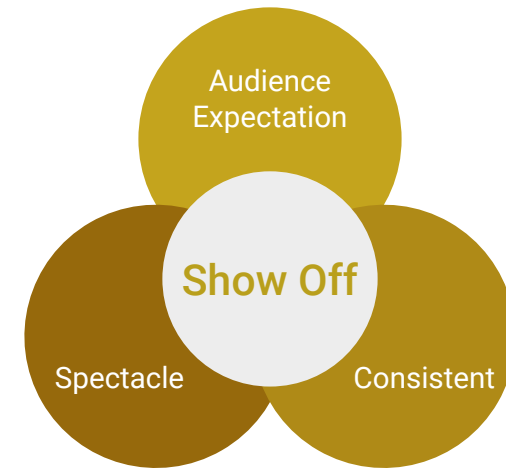
The Bowling Example. When you go bowling with friends, this is true:

- ▶ People will only “Ooh and Ahh” about the hook.
- ▶ Throwing a hook is 95% equipment, and 5% knowledge/skill. For \$50 and 15 minutes, you can throw a thundering hook.
- ▶ The difference between bowling a 150 and a 250 is the difference between “good” and “great.”
- ▶ People who bowl for fun will not consistently score over a 100 points. Thus, being able to bowl 150 is just as impressive as 250 to them.
- ▶ No one who goes bowling on a Friday night, gives a hoot about you bowling a 250. They will clap for you if you throw a big hook and bowl a 150.

There are three considerations when finding the sweet spot for a Rep to Show Off:

Audience Expectation, Spectacle, and Consistency.

In the example above, you can hit the Show Off sweet spot by spending a very short amount of time and very few resources. Throwing a big sweeping hook may not score a 250, but it will: Meet audience expectation (they think of the hook as impressive). Be spectacular (it's highly visible and makes a lot of noise) Be consistent (it's easily learned, repeatable, and equipment oriented)



Brainstorm 2 things that meet the Audience Expectation:

Brainstorm 3 things that will be seen as a spectacle:

Brainstorm 4 things that you can perform consistently:

What meets all three and fits into the Show Off sweet spot?

Takeaway:

Next Unit Appointment:

Phase 4.8 - Rep to Show Off

It is time to Rep. In these sections you will begin to groove in your new skill. Try to remain centered on your goal but not overly critical. The point of these sections is to enjoy the new skill you have learned, not to try to drift into the ambiguous abyss of trying to become great.

PRE: Use

What is in the Show Off Sweet Spot?

Back-Up 1

Back-Up 2

Some reminders in preparation for Rep to Show Off:

- ▶ Hit the sweet spot.
- ▶ This is about adulation, not critique.
- ▶ It may be joyful, uncomfortable, or somewhere in between to have people watch you show off. This is the reason for the rep. Take note of your own feelings.
- ▶ When in doubt:
 - ▶ Retreat to what you can do with consistency.
 - ▶ Remind yourself that this isn't about improving.
 - ▶ Remain in the moment of joyful practice.

Objective: Get clapped at.

MID: Calibration

In the middle of this rep, pause and gauge the things that your audience is entertained and impressed by. Is it what you expected? Did they respond to something you didn't think was impressive? Did they ignore something you thought was impressive? Adjust your rep to your audience.



"In a live performance, it's a collaboration with the audience; you ride the ebb and flow of the crowd's energy."

-Jon Batiste

Am I consistent?

Do I stay on course or pivot?

What will you do differently next time?

What will you do differently next time?

What were the high points of the session?

Takeaway:

Next Unit Appointment:

Phase 4.9 - Prep for Joy

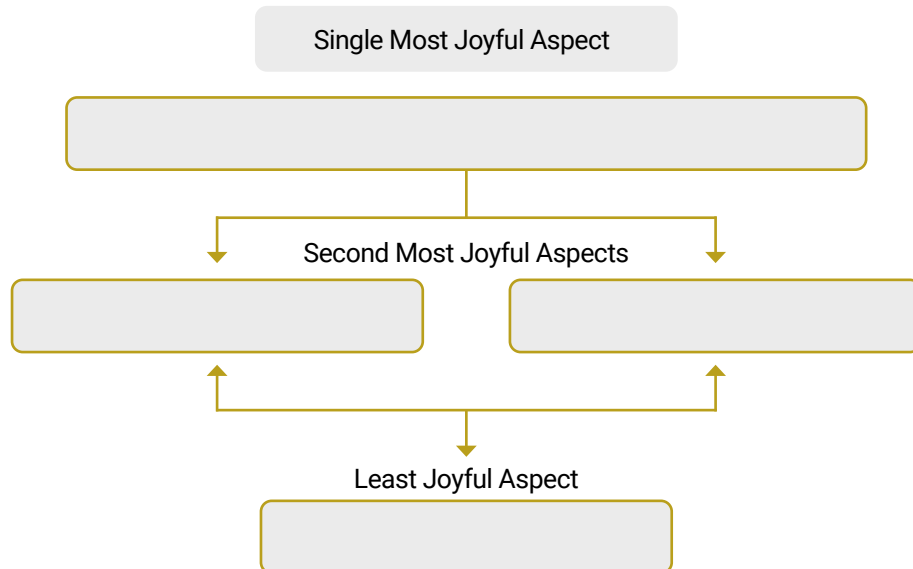
Refine what truly brings joy.

Take a moment to reflect on each of the last reps:
Revel, Automate, Show off

Which one of these brought the most joy?

Why did this one bring the most joy?

Use the diagram below to create your Joy Hierarchy. Employ it to help guide you through Joyful sessions of your activity. Focusing on the aspect that brings you the "Most Joy" and limiting the aspect that brings you the "Least Joy."



Objective: Make the next rep the most joyful.

Creating your Joyful Permission Mantra

The goal is to remain joyful with your activity in the long term. In this section you will create a mantra to assist in reminding yourself of that purpose. A successful Mantra uses efficient and powerful language to embody what brings you joy about your "Get Good" activity.

Mantra Word Brainstorm

Use the box below to brainstorm possible words to use as part of your Joyful Mantra. Try not to judge any of the words that pop up in your mind and put them on the page.



Your Joyful Permission Mantra

Say it out loud.

Takeaway:

Next Unit Appointment:

Phase 4.10 - Rep to Enjoy

Objective: Be joyful.

You have spent your efforts in acquisition of skills, grinding through resources and intentional practice, and a scientific approach to your Get Good Skill.

Now you have prepared yourself for joyful practice. While it often seems like enjoying something should be the easy part, it is often the thing that requires the most concentration. Use your joy preparations to take on this last guided rep.

Getting Good is a space in which you have permission to be joyful.

PRE: Preparing for Joyful Practice

Single Most Joyful Aspect

Secondary Joyful Aspects

Joyful Permission Mantra

Say it out loud.

MID: Mindful Moments

The concept of “Ichigo Ichie” has several translations. All of them point to a simple truth: each experience or moment will never be precisely repeated or recreated. Thus, the translation, “once in a lifetime” can apply to even a mundane experience. When you are repping to enjoy, bringing a sense of Ichigo Ichie to the process is crucial. Pause during your rep and complete this exercise:

What makes this moment unique?

What would I do if this was my last rep?

What is my focus from now to the end of this rep?

What did you see?

What did you hear?

What did you taste?

What did you smell?

What did you touch?

What did you feel?

Takeaway:

Next Unit Appointment:



“You don’t have to go home, but you can’t stay here.”

Bartenders at 3:00 AM



Glance back at your initial goal setting map to refresh your memory.

Now redraw your “Here” and “X” markings. The journey you’ve taken is unlikely to have exactly followed the map you drew initially, but there are certainly aspects that you predicted correctly. Note two things that you correctly predicted.

Note one that you missed.

Surround your “X” with four notes about your achievements.

How will you know when you are done?

What is the story you tell yourself now?

There are myriad options from this point, including:

Be joyful. Enjoy your new ability, show off, revel in it.

Begin anew. Choose a new skill and start the process again.

Deploy these tactics. Review the portions of the Get Good Guide that worked best for you, and use them elsewhere in your efforts.

Measure and observe achievement. Take some time to fully explore just how good you got. It can be surprising, even shocking just how much value you have added to your skills.

Lay out a larger scale Get Good plan. There might be a complex skillset or even profession you want to pursue with these methods. Use the Component Breakdown unit at the beginning of the Grindset phase to closely examine what Get Good skills and abilities you would need to Get Good at this large scale project.

Pause for now. It is entirely reasonable to step away from the Get Good Guide for now. Return whenever you need to Get Good at anything.

Takeaway:

Next Unit Appointment: