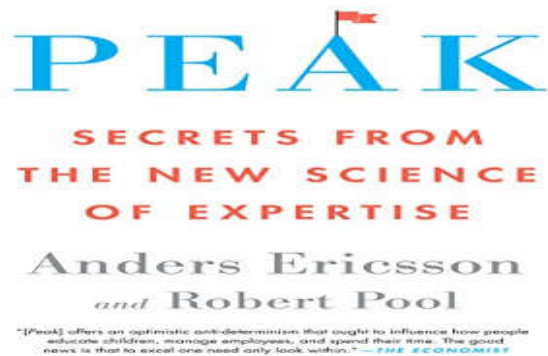


MINDMAP BLOGS

Peak: Secrets from the New Science of Expertise



Who should read

A person who wants to reach at the highest peak of success in his work.

How should read

Go through the Mind Map, understand the concepts and give yourself sufficient time to plan your things according to the given concepts. Start with a small step, recognise your comfort zone, take one small step to get out of your comfort zone and apply deliberate practice concepts. Just do it now.

Peak

To learn alphabets and basics, we need naive practice, i.e. repeating same things again and again. To reach up to a level where people can recognise us for our work, we need a purposeful practice where we have specific defined goals, and we work hard for those goals. This takes sufficient time

and efforts- we listen our experts and coaches, we take their feedbacks and improve ourself. Many times we come out of our comfort zone, although it is uncomfortable. Hardest thing start when we do these things on regular basis i.e.- always dare to go out of comfort zone, continuously working on the feedback, trying different ways and developing our own styles, make a lot of mistakes and failures and learn from them. This is the most uncomfortable practice and only a few people remain involved for a long time. This is a deliberate practice in which you should involve regularly to reach at the peak of success. Purpose of this practice is to create clear mental pictures in our mind of everything related to our task which train us for faster, accurate and quicker response. The **deliberate practice** is useful to reach on the top of the world in a known field and for which an expert coach is already available.

Take away

The graph of success is not a linear and going upward always. It has several plateaus and dips. The person who continues to practice succeeds. The secret of Extraordinary success and becoming world's topmost achiever is involving yourself in **deliberate practice** regularly for a long time.

The Mantra of this book is – do more, fail more, learn more and keep going.



[Download MindMap](#)

Exercise

In which field you want to apply deliberate practice

Who is the best coach in your area in your country for this task

What are the three good books on this topic

Define which type of practice you will do and why

What you can do now to implement deliberate practice in your daily life and in your work

Define your comfort zone and find out the steps you can do to get out of this comfort zone

Are you producing your own style?

Review your answers

To-Do List

(as in previous blog)

- 1. **Meditation** – Morning – 5 Minute – 6:30am
 - 2. **Exercise/yoga/Run** – Morning – 1 hr – 6:35am – 7:35am
 - 3. **Set Goals/Make Todo list** – Morning – 15 minutes – before 8am
 - 4. **Block time in your todo list for the one thing** – block 4-8 hrs in the day
 - 5. **Spend time with family** – Morning 1/2 hr – Evening – 2 hr
 - 6. **Practice gratitude** at regular interval throughout the day.
- Share this and Do write me your experience.

What do you think?

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These book summaries using mind map, Questions & Answers and to-do list have added a lot of values to my life, and I love having the opportunity to share my experience, passion and thoughts with my loyal readers.

Read on, and enjoy.

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