

BECOME A MASTER ROUTINE

Date



GOALS, VALUES, & MOTIVATIONS

WHAT ARE YOU TRYING TO BECOME A MASTER AT AND WHY IS IT IMPORTANT TO YOU? WHAT WOULD BECOMING A MASTER OF THIS SKILL MEAN TO YOU PERSONALLY? WHICH OF YOUR PERSONAL VALUES DOES THIS SKILL EXEMPLIFY AND WHAT ARE YOUR DEEPEST MOTIVATIONS FOR MASTERING THIS SKILL?

A large, empty rectangular area for writing answers to the questions above.



YOUR SYSTEM OF MASTERY

LIST THE TOP 5 HABITS THAT IF PERFORMED REGULARLY WILL LEAD TO YOU BECOMING A MASTER AT YOUR SKILL. IF YOU NEED INSPIRATION RESEARCH TOP PERFORMERS IN YOUR FIELD AND THE HABITS THEY USE OR USED TO BECOME HIGH ACHIEVERS. MARK IF YOU COMPLETED THE HABIT TODAY. ADD BEHAVIORAL SCIENCE NUDGES LIKE CHAINS, CUES, AND REWARDS TO DRASTICALLY INCREASE YOUR CHANCES OF COMPLETING THEM.

Priority	Complete?	Habit	Nudge(s)
1.			
2.			
3.			
4.			
5.			

BECOME A MASTER ROUTINE

IMAGINE VIVIDLY

BEFORE YOU CAN VISUALIZE THE SKILL THAT YOU WANT TO MASTER YOU NEED TO KNOW HOW TO PRACTICE PERFECTLY. FIRST, WRITE OUT EVERY STEP OF THE SKILL IN EXCRUCIATING DETAIL SO YOU HAVE A TEMPLATE OF WHAT TO VISUALIZE. IF YOU HAVE ALREADY WRITTEN OUT YOUR VISUALIZATION TRY TO ADD A NEW SENSORY DIMENSION TO YOUR VISUALIZATION EITHER ADDING A NEW SIGHT, SOUND, SMELL, TOUCH, MOVEMENT, FEELING, EMOTION, THOUGHT, SENSATION, OR VIEWING ANGLE.

SUBJECT OF
VISUALIZATION _____



IMAGINE VIVIDLY

FIND A COMFORTABLE PLACE OR A PLACE THAT MIMICS WHERE YOUR SKILL WILL BE PERFORMED IN PRACTICE. VISUALIZE THE SKILL THAT YOU WANT TO MASTER.

I. BREATHE

Breathe slowly and deeply in through your nose and out through your mouth or nose (preferably using 3-stage breathing outlined above). If you are performing a physical skill where breathing is important to the practice (such as swimming) you may want to mimic the type of breathing that you will perform while doing the skill.

II. MIMIC

Ideally, when visualizing, you will want to your experience to mimic the real skill as much as possible. That means you will want to mimic the body position, setting, and other details that may affect the performance of your skill while visualizing. For example, if there will be loud noises or other distractions you will want to play a loud soundtrack.

III. VISUALIZE WITH ALL 5 SENSES

Close your eyes and imagine your warm-up routine before performing your skill even if it's just taking a deep breath. Now, imagine executing the skill with perfect form and complete confidence. Imagine each and every detail of the skill down to the emotions that you would feel when executing your skill perfectly. Imagine performing the skill from multiple viewing angles and perspectives. Imagine any challenges to executing your skill perfectly and how you would overcome them. Imagine how you would feel after succeeding in performing your skill.

TOPIC OF
VISUALIZATION _____

VISUALIZATION
DURATION _____

