



## NEW BOOK!

Explore a better way to work – one that promises productivity and creativity.

[LEARN MORE](#)

# CAL NEWPORT



Home » Blog » The Grandmaster in the Corner Office: What the Study of Chess Experts Teaches Us about Building a Remarkable Life

## The Grandmaster in the Corner Office: What the Study of Chess Experts Teaches Us about Building a Remarkable Life

January 6, 2010

### About

Cal launched the "Study Hacks" blog at calnewport.com in 2007, and has been regularly publishing essays here ever since. Over 2,000,000 people a year visit this site to read Cal's weekly posts about technology, productivity, and the quest to live and

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Subscribe

We won't send you spam. Unsubscribe at any time.

## Becoming a Grand

How do great chess players become great? Malcom Gladwell's

answer: **the 10,000 hour rule.** This concept, which was first introduced in academic circles in the early 1970s, was popularized by Gladwell in his 2008 book.

Here's how he summarized it in a [recent interview](#):

*When we look at any kind of cognitively complex field — for example, playing chess, writing fiction or being a neurosurgeon — we find that **you are unlikely to master it unless you have practiced for 10,000 hours.** That's 20 hours a week for 10 years.*

There seems to be no escape from this work. [As Florida State University Psychology Professor Anders Ericsson](#) reminds us: **“even the chess prodigy Bobby Fisher needed a preparation period of nine years.”**

home for all other content relevant to the deep life movement he helped initiate. Here you can find all past episodes of Cal's popular podcast, *Deep Questions*, and explore an extensive library of original videos.

n  
ted  
of  
e  
nese  
ectly  
the  
)  
. To  
an  
15  
s in  
Cal  
/  
com,  
ine

The full story, how right when he not appearing as a ne performance in m Ericsson, along wi noted in [an excep](#) mere number of y activities in a dom performance.”

Put another way, y **become exceptional it.**

To understand wh attention to [a fasc](#)

published in the journal *Applied Cognitive Psychology*. After interviewing two large samples of chess players of varied skill, the paper’s authors found that “*serious study*” — the arduous task of reviewing past games of better players, trying to predict each move in advance — was the strongest predictor of chess skill.

In more detail:

*...chess players at the highest skill level (i.e. grandmasters) expended about 5000 hours on serious study alone during their first decade of serious chess play — nearly five times the average amount reported by intermediate-level players.*

Similar findings have been replicated in a variety of fields. **To become exceptional you have to put in a lot**

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

We respect your privacy.  
Unsubscribe at anytime.

of hours, but of effort  
be dedicated to it  
serious chess player  
tournament ranking  
chess games can

I'm summarizing  
make a provocative  
type of work" is p  
most under-appreciated  
remarkable life...

## Deliberate Practice

Anders Ericsson, the  
coined the term of  
special type of work. In [a nice overview](#) he posted on his  
web site, he summarizes DP as:

*[A]ctivities designed, typically by a teacher, for the sole purpose of effectively improving specific aspects of an individual's performance.*

Geoff Colvin, an editor at *Fortune* Magazine who wrote an [entire book](#) about this idea, surveyed the research literature, and [expanded the DP definition](#) to include the following six traits (which I've condensed slightly from his original eight):

1. **It's designed to improve performance.** "The essence of deliberate practice is continually stretching an individual just beyond his or her current abilities. That may sound obvious, but

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

most of us do it  
as practice.”

2. **It’s repeated**

important details  
of a task and  
counts.”

3. **Feedback counts**

“You may think  
interview with  
counts.”

4. **It’s highly deliberate**

practice is a  
concentration  
distinct from  
hitting of te

5. **It’s hard.** “D

enjoyable, and that’s exactly the opposite of what  
deliberate practice demands.”

6. **It requires (good) goals.** “The best performers set

goals that are not about the outcome but rather  
about the process of reaching the outcome.”

If you’re in a field that has clear rules and objective  
measures of success — like playing chess, golf, or the  
violin — you can’t escape thousands of hours of DP if you  
want to be a star. But what if you’re in a field without  
these clear structures, such as knowledge work, writing,  
or growing a student club?

*It’s here that things start to get interesting...*

## **Deliberate Practice for the Rest of Us**

Colvin, being a business reporter, points out that this  
sophisticated understanding of performance is lacking in

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my  
latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

the workplace.

“At most companies, the benefits of fostering great people are often ignored.”

He then adds the **means the opportunity of adopting the private huge.**”

It's this advantage grandmaster requires highly sought-after money-making bl into national recog much less.

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

*Why? Because when it comes to DP in these latter field, your competition is sorely lacking.*

Unless you're a professional athlete or musician, **your peers are likely spending zero hours on DP.** Instead, they're putting in their time, trying to accomplish the tasks handed to them in a competent and efficient fashion. Perhaps if they're ambitious, they'll try to come in earlier and leave later in a bid to outwork their peers.

*But as with the intermediate-level chess players, this elbow-grease method can only get you so far.*

As [Ericsson describes it](#), most active professionals will get better with experience until they reach an “acceptable level,” but beyond this point continued

“experience in [the  
performance.”

It seems, then, that  
**into your regular**  
**through the acce**  
**your peers.** And b  
what is required to  
valuable (which, a  
[remarkable life](#)).

This motivates a c  
**like for fields tha**  
**performance-opt**  
**freelance writing**  
**college?**

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my  
latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Let me use myself, in [my role as a theoretical computer  
scientist](#), as an example. There are certain  
mathematical techniques that are increasingly seen as  
useful for the types of proofs I typically work on. What if I  
put aside one hour a day to systematically stretch my  
ability with these techniques? Taking a page out of the  
chess world, I might identify a series of relevant papers  
of increasing complexity, and try to replicate the steps of  
their key theorem proofs without reading them in  
advance. When stuck, I might peek ahead for just  
enough hints to keep making progress (e.g., reading an  
*induction hypothesis*, but not the details of their  
*inductive step*).

The DP research tells me that this approach would likely  
generate large gains in my expertise. After a year of such  
deliberate study, I might even evolve into one of *the*

experts on the top  
could yield tremen

*Why am I not doing*

*What would such  
my life, like non-fi*

*What about for ot*

These are the type  
winter here on Stu

The answers aren  
endeavor exciting  
approach to build

fields, I hope to identify an efficient path to the type of  
excellence that can be cashed in for remarkable rewards.  
Or, perhaps I'll discover that such a quest is quixotic.

*Either way, it should be fun...*

(Photo by [World Economic Forum](#))

- < [Resolve to Make 2010 a Year of Radical Simplicity](#)
- > [How Ricardo Aced Computer Science Using His iPhone](#)

# 247 thoughts on “The Grandmaster in the Corner Office: What the Study of Chess Experts Teaches Us about Building a Remarkable Life”

## READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.



**Katie**

January 7, 2010

Wow, one of my favorite chapters in a book is about chess. Right before I went to google “chess” I found a good chess blog. I think I got the

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Twitter Trackbacks for Study Hacks » Blog Archive » The Grandmaster in the Corner Office: What the Study of Chess Experts Teaches Us \[calnewport.com\] on Topsy.com](#)

**Jason**

January 7, 2010 at 1:56 am

This was a great post. It reminds me a lot of a book I recently finished called “The Talent Code” by Daniel Coyle. It goes into some theories about why deep practice and 10,000 hours are necessary for mastery of a skill. It was very fascinating and I recommend it if you have time. Thanks.

[Reply](#)

Pingback: [uberVU](#)

**Maureen**

January 7, 20

Above all the g  
be great if you  
Ford said, "If I h  
wanted, they v  
learned from y

methodology the value of innovation. To look at  
the whole picture and know what needs to be  
accomplished and then to apply innovate  
strategies to accomplish the goal requires a  
higher level of thinking and it is what I want to be  
able to do.

[Reply](#)

**NewWorldOrder**

January 7, 2010 at 2:20 am

I strongly recommend "How to Solve It: a new  
aspect of mathematical method" by G. Polya. It  
attempts to convey what Ph.D. programs try to  
instill in us :o).

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

[Reply](#)

**firsttimepo**

January 7, 20

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

I have been a r  
very interestin  
class chess pla  
below grandm  
when DP was  
I think it is so i  
practice and b  
always laugh a

mistakes over and over again b/c of the limited  
success they had with their current techniques.  
Perhaps as an adult I have become too much like  
the adults I use to laugh at. When was the last  
time I practiced a skill with the sole intent of  
getting better at something. very eye opening.

[Reply](#)

**Confused**

May 8, 2016 at 3:49 am

Chess ELO isn't a normal distribution. How  
do you use Standard deviation?

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Trent**

January 7, 2010

Cal, I can't wait for *Overrated* is out. I don't really buy

[Reply](#)

Pingback: [Deliberate Practice in the Workplace « Public Agents](#)

**amit**

January 7, 2010 at 4:43 am

It is well recognized that to become an expert in ANY field requires an average of 14-15 years of sustained effort, at the very least. Your views on DP are very relevant in this regard and as per my understanding hinges on two basic tenets:

1. Work smarter and not harder
2. Continually push against your comfort level, not too much at a time but gradually.

Most people once they reach about 4-5 years into their chosen field stop trying to push boundaries,

due to various  
being lack of t  
precisely these  
DP more as its  
will reap the m

An excellent a

[Reply](#)

Pingback: [Deliberate  
Investor | Street C  
Investments](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Liam McIvor Martin**

January 7, 2010 at 6:46 am

Deliberate practice seems like a method I've been using for years. I remember even at a young age not just practicing sports mindlessly but asking coaches exactly what the inner workings of a jump or spin were (I was a figure skater). I would break down the technique and replicate the moves in various combination's in order to completely understand what I was doing.

I also remember in graduate school as a sociologist, sitting around with my compatriots in the graduate bar and going up to random people (they were usually cute women) to ask them where they were from and what they did. We

would each do  
each other the  
profile down.

The result from

An eastern Cal  
the ability to g  
skin.' I'm excite

[Reply](#)

**JLD**

[January 7, 20](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

*"At most companies," he argues,  
"the fundamentals of fostering great  
performance are mainly  
unrecognized or ignored."*

LOL, no, the "fundamentals" aren't ignored it is just it's [another kind of game!](#)

[Reply](#)

**JLD**

[January 7, 2010 at 7:15 am](#)

Why am I  
[DP on pr

# READY TO GO DEEPER?

Likely because  
work, there is s  
you cannot spe  
unless you are  
field.

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

[Reply](#)

We won't send you spam. Unsubscribe at any time.

**Stefan | Student**

January 7, 2010 at 8:04 am

Well, this certainly makes me think.

*“Doing things we know how to do well is enjoyable, and that’s exactly the opposite of what deliberate practice demands.”* So you have to keep challenging yourself. Making papers better, break others papers down to see what they are doing good and keep improving yourself.

This is really a motivation for me, I sometimes think I have found the right way with studying, or just experiment with other ways, but I should look at successful students and study what they are doing, how and why.

With writing, I think you can practice by trying to be featured on big blogs, you will need excellence writing for that. So you have to keep improving

your writing. H  
into little piece

I'm looking for  
definitely arouse

[Reply](#)

**Scott Young**

January 7, 20

Fantastic Cal. T  
better at Study

Not sure if it was in the research you took, but you should look to the example of the difference between surgeons and GPs in improving their skills. GPs didn't improve much over time because the feedback wasn't timely. Important when crafting your DP strategy.

-Scott

[Reply](#)

**Nick**

January 7, 2010 at 11:16 am

Just wanted to add my own general excitement to your plans. Deliberative practise is clearly a

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.



great strategy,  
ways of applyi  
I think, the less  
is also undoub  
good fellow stu  
help.

I very much lo  
think and writ

Take care, Cal.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Richard Shelmerdine**

January 7, 2010 at 11:23 am

I agree with the rough 10,000 hour to mastery rule. I really didn't like the book Outliers though. So many limiting beliefs. Great example of Chess Masters. They're the type of people everyone can look up too.

[Reply](#)

**James**

July 14, 2021 at 1:39 am

I agree. Whether or not the ideas in his book are true (which other research shows that it's not), being told that since I wasn't

born in t

I wasn't

success

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Twitter Archive](#) » [The Grand the Study of Ches: on Topsy.com](#)

**Stephanie**

January 7, 20

I'm so glad to see you take on some of the ideas raised in *\_Outliers\_*. The idea of 10,000 hours made a lot of sense to me. I have put in well over 10,000 hours of reading in my life, so it made sense that I would end up as a PhD candidate in English. But the idea of deliberate practice takes it much further. I am definitely not at the top in my department, but deliberate practice might put me closer. 10,000 hours of reading (which includes both close analytical reading of *\_Wuthering Heights\_* and self-indulgent binge-reading of *\_Harry Potter\_*) might be enough to provide some skills needed in graduate level literature work, but deliberate practice could make my work exceptional. For me, I think this might mean tackling and deliberately picking apart the more difficult theorists I need to use for my dissertation

and doing pos  
feedback from

I am eagerly a  
topic. Thanks s

[Reply](#)

**Anders**

January 7, 20

Fantastic post,

I like the research you have done. The D.P. or  
Deliberate Practice is in Daniel Coyle's term what  
one would call Deep Practice, and essentially the  
same. It's that crafting of extra myelin sheaths  
that makes all the difference, between being just  
really good at something and being excellent.

Thanks for this amazing article. Good work!

Looking forward to see the future posts!

[Reply](#)

**Mike Stankavich**

January 7, 2010 at 2:26 pm

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my  
latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Cal, I particularly don't require to outperform your competition to achieve mastery in your subject area than the time to invest in the case for building a few

I have a question you think that DP from your case that there's a case it's worth exploring

cutting edge math techniques would indicate a separate effort from your ongoing work, which would then improve the quality of that work in the future. In contrast, a blogger who systematically invests DP into his writing would be integrating practice into his ongoing work of developing content.

This is a topic of great interest to me. Thank you for taking it on. I'm eagerly looking forward to see where you take the discussion.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Ryan**

January 7, 2010 at 2:58 pm

Just recently d  
heard thus far.

[Reply](#)

**Ryan**

January 7, 20

sight=site...nee

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Laura**

January 7, 2010 at 3:55 pm

Has teaching come up in the literature in DP at all?

I tutored students in writing for 3 years and I know I learned more about writing through teaching than I ever did through any class.

Teaching requires you to focus on the task and be aware of both your actions and the student's actions, as well as increasing the amount of material that you have to processes critically.

I have chosen to pursue teaching French (at the university level) partly as a means of continually practicing my French skills, without having to

permanently li  
force me to sp  
improve the flu  
students will b  
that once I ach  
truly progress.

[Reply](#)

## Study Hack

January 7, 20

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

*It goes into  
why deep practice and 10,000 hours  
are necessary for mastery of a skill.  
It was very fascinating and I  
recommend it if you have time.*

I've skimmed it, but it's on my list to read more deeply.

*Although.... I don't really buy Colvin's  
Blank Slate argument.*

I find it convincing. I don't think he's arguing that there are no natural differences between people, just that they don't end up mattering much. The effects of DP swamp broad inborn differences.

*I learned  
Valedictorian  
value of it  
whole pic  
to be acc  
apply inn  
accompli  
higher lev  
what I wa*

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

I think this is one of the biggest obstacles to success. It's not unconventional, it's just your energy. So just doing the

say, sales — at a degree significantly higher than your coworkers), other times it will require innovation.

I think when I start tackling specific examples — which I hope to do soon — some of these distinctions will become clearer.

*Perhaps as an adult I have become too much like the adults I use to laugh at. When was the last time I practiced a skill with the sole intent of getting better at something. very eye opening.*

Excellent self-reflection. I would be fascinated to hear any conclusions you come up with about

how your chest  
your current si  
e-mail me if yo

# READY TO GO DEEPER?

*Most people  
4-5 years  
trying to p  
various re  
important  
current o*

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Another explan  
can feel uncon  
make progress  
Ericsson points

point requires the more focused attention of DP. Put another way, it's not that people get too busy to keep improving, it's that they never worked in the style that could keep them moving even beyond the "acceptable level."

*An eastern Canadian championship in 2001 and the ability to get under anyone's 'psychological skin.' I'm excited about seeing more posts on DP.*

Did the latter help you in your role as a grad student? I'm interested in collecting stories of DP in unconventional fields.



Reply

## Study Hack

January 7, 20

*Likely bec  
creative t  
“chicken c  
cannot sp  
activities  
knowledg*

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

I've been thinking about this. I think you're absolutely right. But DP accounts for this adaption. If you read Colvin's take, for example, it's clear that a big piece of DP is adapting where you apply it as you make progress. A golf player would start on improving basic skills, and work up from there. The same, I guess, would hold for grad students or any other field.

*Not sure if it was in the research you took, but you should look to the example of the difference between surgeons and GPs in improving their skills. GPs didn't improve much over time because the feedback wasn't timely. Important when crafting your DP strategy.*

Another great

*I am definitely  
department  
might pu  
reading (v  
analytical  
Heights\_  
reading o  
enough to  
needed in  
work, but  
make my*

## READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

This is the hyp

keep me updated if you actually put some DP plans into action.

*It's also possible to achieve mastery in less than 10,000 hours in subject area that are so new that nobody has had time to invest that amount of DP yet.*

Great point. I agree, in a field where people are still just dabbling, any amount of expert knowledge can make you stand out.

*Do you think that it's better to separate or integrate DP from your ongoing daily work?*

As we explore  
this question r  
hypothesis is t  
integrate DP in  
modifications

*Has teach  
literature*

I haven't seen  
up new studie

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Steve C**

January 7, 2010 at 4:52 pm

Josh Waitzken's story/book has a lot of this type of information. He took the principles of learning that he acquired mastering chess and adapted them to becoming a world champion in Tai Chi.

See: <https://bit.ly/8aXGxA>

[Reply](#)

**fnurrboll**

January 7, 2010 at 5:40 pm

Cal,

a problem with that they offer "By induction". opportunity to stuck in your e already had a technique to u already spent

Benjamin Pier using a theore course on prog have one TA (t

which gives instant feedback on what you are doing wrong in your proofs. Full video [here](#).

Please follow up with a blog post about how well your approach works for you. Blogs often talk about how to learn things from books but they rarely talk about how to ask the right questions or modify your approach to the research problem at hand by using what you have learnt.

Laura: some big shot that I can't recall the name of right now (Feynman? Hamming?) used to make lecture series about the subject he was learning right now. Even if he didn't make any progress on the research problems he would at least have something to show for it. This made it easier to start working on the problems since he was successful by just having held the lectures.

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Reply

**Peadar Coyne**

January 7, 2010

Cal, this is very interesting. I see myself as a Physicist. My interests in physics talks a lot about how we can help the learning process. Feedback aspect makes it so beneficial. You any feedback?

where he talks about modelling theory in Physics. Modelling means the cognitive models you need to understand a topic, and this is perhaps very close to your ideas of deliberate practice. Rather than merely try to do the calculations, an understanding of the landscape of ideas is terribly important. For instance a Chess champion may know many different types of chess player, different styles. A Mathematical Physicist may know several different ways to compute certain integrals.

<https://modeling.asu.edu/R&E/research.html>

Reply

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**paurullan**

January 7, 2010 at 6:41 pm

This post came  
computer eng  
is a big player  
to code a gam  
was enough sk  
because I have  
to become gre  
Obviously writ  
great hacker (i  
the feeling of u  
encouraging.  
This is going to

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Rachel**

[January 7, 2010 at 7:49 pm](#)

Hi Cal,

I'm a violinist myself, and have often thought about the applications of "practicing well" with an instrument (SLOW DOWN, always have a goal for practice sessions, observe, takes a thousand tries to break a bad habit, must be vigilant about said bad habit at all times (ie. don't ignore it to "work on something else")) and how those same guidelines apply to my studies.

Er, and I can also attest that 10,000 hours do not make you an expert. I've been playing for 10 years... and really am only a tad better than

mediocre. Effo  
vs. external.

Keep up the g

Rachel

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Rachel**

[January 7, 20](#)

I reread my po  
according my personal experience, 10,000 hrs do  
not NECESSARILY make you an expert (if you're  
not focused, don't really care, etc.)

Rachel

[Reply](#)

**RJ Weiss**

[January 7, 2010 at 9:08 pm](#)

Wow. One of my favorite articles from study hacks.

I'm looking forward to what you have to say about knowledge workers and this concept in future posts.

[Reply](#)

**Channing V**

January 7, 2010

Excellent blog, number of top proof.

However, there all the right pro software devel

It doesn't matter if you only need to do a little to differentiate yourself from peers that do nothing if nobody notices; apart from personal satisfaction but then frustration will win the day. Not only do you need to put in the right practice, you need to be somewhere where your skills are appreciated.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Study Hacks**

January 7, 2010 at 10:03 pm

*Josh Waitzken's story/book has a lot of this type of information*



Good pointer.

*Benjamin  
talk about  
in an una  
program  
is to have  
prover) pe  
instant fe  
doing wr  
video her*

## READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Fascinating...

*used to make lecture series about the subject he was learning right now. Even if he didn't make any progress on the research problems he would at least have something to show for it.*

I know at least two top theoreticians who do the same thing. When working on a big problem, one of the first things they do is schedule to give a talk on the problem.

*Rather than merely try to do the calculations, an understanding of the landscape of ideas is terribly important*

There's actually professional pl to amateurs. T that through p more complex conceptualizin

*and would according 10,000 hrs make you*

Right. That's ex you do need to has to be the r

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Also, you're smart to point out the importance of "internal" motivation. There's research that says intrinsic motivation is key for surviving the difficult DP needed to get good.

[Reply](#)

**Amy Champ**

January 7, 2010 at 10:37 pm

Sounds awesome. Look fwd to hearing more and more, especially in this dissertation year. I'm trying to work during the day, so I can be human at night. Thanks for everything.

[Reply](#)

**Liam McIvor**

January 7, 2010

@ study hacks

I think my account didn't necessarily graduate student career did teach particular issues use strong discourse at X.

I think the general theory of how to become good at anything can be learned, replicated in other realms and taught to others.

[Reply](#)

**Leonard Desri**

January 8, 2010 at 2:36 am

Great article. I was thinking about how this applied to my study habits in Law School as well as in other aspects of my life and saw a lot of correlation. I look forward to reading more from this blog.

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

[Reply](#)

**prasanna**

January 8, 20

This is one of t  
Excellence! Cle  
mind. Good wo

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Joe F**

January 8, 2010 at 3:15 pm

Like the article mentioned, it would be interesting to find a DP that works for college students. First of all, who is willing to take up the challenge and construct a viable DP for college graduates? Or do we be our own teacher in this case and form our on DP?

[Reply](#)

Pingback: [Creating an Effective Practice Routine | fretterverse.com](#)

**Eric**

January 8, 2016 at 2:02 am

In this context, “Learning” by Jacob is a chess player. The chess and sports great ideas.

[Reply](#)

**Jacob**

January 9, 2016 at 2:02 am

I feel like this might not be nearly as effective in research as in chess. In part, while it might be an extremely effective way to learn certain techniques and methods, it's no more helpful in giving you deep insight than the standard method of just studiously reading papers.

As far as writing and blogging, it can't hurt, but you have to be wary of making your goals superficial. Improving your prose to Hemingwayesque-levels won't, as far as I see, do a lot to boost your traffic or book sales.

But I eagerly look forward to seeing how this works out. I hope you manage to figure out some great strategies!

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Reply

**supergirl**

January 9, 20

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

I think the pro  
sport/music/ch  
good feedback  
tuner and met  
aural training s  
I get a private  
with peer and  
performance v

get a feedback session every day of the working week except Wednesday. Many of the necessary elements of success have clear, reasonably objective standards (like being in tune and in time) that ensures that most feedback is helpful. You belong to a long tradition that gives you an idea of what the top you're aiming for looks like.

Most other activities don't look like this. If you start a nonprofit, you can tell by the lack of donations that it's not working, but it's a mystery why people won't donate to it – you might think it's because of a bad cause, bad marketing, poor luck, etc, but no one is going to go up to you on a regular basis and say 'I abstain from donating because you fail to update me on the state of my microfinance loan via Twitter', the way a crotchety old singing teacher might say 'You will never amount to anything until you stop fudging your

fioratura and ti  
week. There m  
nonprofit like k  
but these are g  
you're really te  
there spend th  
profit leaders, a  
heterogeneity  
like.

[Reply](#)

**Corina**

[January 9, 20](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Interesting discussion.

It seems to me that central to deliberate practice is immediate/timely expert feedback. Otherwise it is the chicken and egg problem mentioned before, you learn through experience which techniques are best in your case, but this is a timewise costly road, and not really efficient.

Going back to applying DP to college students. I study engineering and grades are 100% end of semester exams in all classes (huge mass of information to be all tested during 2 weeks).

There are no tests during the semester either, we only have to give in weekly problem sets which are corrected but not graded. So my feedback if my studying strategies worked are at the end of the semester. If they were not the right strategies,

then a semester  
If anyone has a  
this situation, v

[Reply](#)

Pingback: [Weekend](#)

**Xaq Rothman**

[January 9, 20](#)

*Why am I not being promoted?*

...is the question that keeps me up at night.

[Reply](#)

**carlos**

[January 10, 2010 at 3:44 am](#)

I'm reminded of the story of a gentleman who was disappointed that he was passed over for a promotion that was given to someone who had far less time in the field. When he approached his supervisor about it the supervisor said, "There's a difference between having 20 years of experience and having the same experience for 20 years."

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.



[Reply](#)

Pingback: [Accident Management Tips](#)

Pingback: [We are then, is not an act](#)

**Karl**

[January 11, 20](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

I know it's a good blog when I print a section out and post it on my wall. Great food for thought!

[Reply](#)

**Rana**

[January 12, 2010 at 7:41 pm](#)

I just Like This Blog So Much

Thanks alot For Publishing these posts it's very useful ...

Would you please tell me how many hours should be maximally slept per day , specially that we are having our final examsnow and have really alot of stuff to be done

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Phil**

January 12, 2010

Great Post and  
program" on the

*There's a difference between  
how professional physicists  
solve problems and how  
amateurs solve problems.  
They found a way to solve  
the problem. Professional  
physicists build up much more  
complex (and abstract) ways of  
conceptualizing a problem, while  
newer*

Could you please name a good paper on this or a researcher involved in this kind of research. I googled a variety of words and phrases, but unfortunately could not find anything coming close to this subject. Thank you.

[Reply](#)

**Trace**

January 13, 2010 at 3:28 am

Excellent post  
I'm also interes  
model for:

1. Selecting wh
2. How to est. a
- interest to kee
3. How to find :
- feedback loop
- objective self-e

Some books on

Practice Made  
Anything Quic

The Inner Game of Tennis

Talent is Overrated

The Talent Code

A synthesis or process of finding a most effective  
practice technique would be an amazing project  
to tackle. I hope to read the results of your  
research soon and can contribute on the reading  
load if you can share your current sources.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my  
latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [rePost::The Grandmaster in the Corner Office:  
What the Study of Chess Experts Teaches Us about  
Building a Remarkable Life : On the 8 Spot](#)

Pingback: [Dream](#)

**David**

January 16, 20

Dynamite Pos  
teach applicab  
sure to check o  
collaborates w  
Talent Code” b  
Practice” and u

What is so enc  
reminds us we don't need to put in 5000 hours to  
do something great. We can put in a few hours,  
try to do something great, and increment those  
hours upward until we are doing something  
magnificent well before hour 5000.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Kimberly**

January 19, 2010 at 9:58 am

I think the biggest barrier to DP (at least for me) in computer science and research is getting immediate and expert feedback. There are paper peer reviews, conference presentations, and possibly internal seminars, but these are not

immediate (by  
a weekly meet  
Taking your ex  
rapper friend, I  
performance t  
all, if he doesn  
doesn't like it,  
basically guys

I am also remi  
programming  
Programming.  
together, agre  
they write. God  
met a program  
looking at the

all sorts of Asberger-like behaviour in an  
otherwise well-adjusted person, including myself.  
But ... DP is supposed to be hard too.

In the absence of a willing victim (er...  
programming partner) your Benjamin Franklin-  
like idea of working through paper proofs seems  
like a good start, but lacking the expert direction  
which would make it extremely effective.  
Textbooks have perhaps more educational  
organization, but I expect you already know all  
the ones you need to by heart (not me!). I also like  
the idea of making lecture notes, and am putting  
all my stuff in a wiki as we speak. I look forward to  
the next instalment in your blog on this subject.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my  
latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Study H](#)  
[The Science of Lov](#)

**Michael Tu**  
[January 24, 2](#)

“I have possibly  
could tolerate  
while he typed  
like behaviour  
person, includi

When I was at

the late 70s and early 80s, there was this gradu  
student who positively delighted in having people  
watch him hack. He often kept up a constant  
patter — slightly tongue-in-cheek, dimwitted, self-  
deprecating — the whole time.

He never took himself too seriously. And he  
always pushing on to the next kind of thing he’d  
never worked on before, instead of specializing  
and milking his accumulated expertise for  
publications. It was as if he actually liked being a  
perpetual amateur or something.

Who? Bill Joy.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Rajiv**

January 24, 2010

Cal, what a fast way this could one could delil an expert in a specialized en people would highly and be autonomy in e

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Study Hacks](#) » [Blog Archive](#) » [Quick Hits: Deliberate Practice for Writers, Entrepreneurs, and Hollywood Superstars](#)

**Jason V**

February 1, 2010 at 5:48 pm

How does this help with jobs that solely measure your worth by your output? Honed skills doesn't necessarily mean more output. Or does it?

[Reply](#)

# READY TO GO DEEPER?

*How does  
solely me  
output? H  
necessari  
does it?*

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

I'm not sure. C  
type of job you

We won't send you spam. Unsubscribe at any time.

*Would you please tell me now many hours should be maximally slept per day , specially that we are having our final examsnow and have really alot of stuff to be done*

If possible, whatever you need to be rested.

*I can see many ways this could apply to law school.*

If you look in the "Advice in Action" category of my archives, I think I have a case study of a law student who did exactly that.

*Who? Bill Joy.*



That's really cool!  
Malcolm Gladwell  
however, Bill was  
born at the peak of  
computer revolution.  
In other words  
exactly the practice  
the first non-m

[Reply](#)

Pingback: [How do  
Bougie](#)

## READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

### **Lorraine**

February 3, 2010 at 4:38 pm

I've read some of your blog posts, I'm inspired!  
Last semester in college and I'm trying out some  
of your study hacks suggestions. Particularly  
challenged by the idea of being so good such that  
others can't ignore you. Yet, it somehow eludes  
me how I can achieve it in my life as a teacher-to-  
be. What might DP look like for me? I'm going to  
practice "teaching" for at least the next 5 years?  
Any advice?

[Reply](#)

**Cara**

February 4, 2010

@Rajiv: unfortunate  
law. If you spec  
can be out of a  
tanks, either th  
changes in the  
colleagues hav  
the work in the

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

---

Pingback: [Study Hacks » Blog Archive » On Great Teachers and the Remarkable Life: A Deliberate Practice Case Study](#)

---

Pingback: [PC – Goal Setting | Mr Murphy's Blog](#)

---

Pingback: [Where's The Fun? | Christine Bougie](#)

---

Pingback: [Study Hacks » Blog Archive » How to Become a Star Grad Student: James McLurkin and the Power of Stretch Churn](#)

**Roga**

March 18, 2010 at 8:34 am

Is Malcolm Gladwell's book 'Outliers' all about hard work?

Short Answer...

<https://www.balaraman.com/2013/03/21/is-malcolm-gladwells-outliers-all-about-hard-work/>

[Reply](#)

**Irving Podoloff**

March 21, 2013

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

This is a very compelling post. And so true. Practice, practice, practice! And do it with PASSION. In my experience, deliberate practice cannot be fostered without the fire and heat of passion, whatever generates it.

Now I have not read the preceding comments, and my statement may have already been observed. And if so, I guess I not far from the truth.

[Reply](#)

Pingback: [Malinvestment And Artificial Equity — Thomas A. Shakely](#)

**Jamey**

August 3, 2016

I have been reading Benjamin Franklin and how he became an expert. On this blog, I realized I had to become another writer and rewrite it over and over to match the elegance of the original work.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

---

Pingback: [Study Hacks » Blog Archive » Beyond the 10,000 Hour Rule: Richard Hamming and the Messy Art of Becoming Great](#)

---

Pingback: [Study Hacks » Blog Archive » The Passion Trap: How the Search for Your Life's Work is Making Your Working Life Miserable](#)

---

Pingback: [Success: causes and effects «](#)

---

Pingback: [Trial 2: Day 11 – Choose Your Thoughts « Way of the Scholar](#)

---

Pingback: [Study H](#)  
[Math Whiz: My Ac](#)

Pingback: [Krojex.c](#)  
[to the Next Level?](#)

**Karl**

June 25, 2011

A Great read,

Id be intrested

this DP is or could be applied within subjects such as physiotherapy/ sports therapy / medical type subjects as DP would need to include aspects of both theoretical knowledge and practical skills. Would the combining of the two aspects be DP in practice? The example of the chess players requires only 'thinking' so if a subject area requires both does it change the way DP is undertaken?

To bring about DP is there a requirement of thought, personality, motivation, determination or the likes to succeed with it? As Real expertise at the mastery level sees beyond biased perspective and simple categories of "either/or" Real mastery entertains options which may not even be present. So while the optimist and the pessimist argue over whether the glass is half-full or half-empty- the 'realist' is able to point out the fact 'the

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

glass' is just to  
biased perspec  
the 'deliberate  
the subject tha

[Reply](#)

Pingback: [Study Hack: Seeking the Story Behind Genius](#)  
[Thinks You're Not](#)

Pingback: [Study Hack: Seeking the Story Behind Genius](#)  
[Story Behind Geni](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Seeking the Story Behind Genius](#) « 10 years of endeavor

Pingback: [Study Hack: Seeking the Story Behind Genius](#) | foxyfresh

Pingback: [Atul Gawande Thinks You're Not As Good As You Think You Are](#) | Bookmarks

**Alex**

November 1, 2011 at 2:48 am

*The question—is “Why don't I do this?” Because everyone, has always, wanted to get better at*

what they're doing  
perhaps only by  
decades, it's not  
concentration,

So—why? First  
It's unpleasant  
long—do you want  
reputation as a  
bounds, that's  
math means less  
do you have a  
constant unpleasant  
*constant* pressure  
exceptional than  
experience or

drives you beyond normal human limits.

Something that's probably, actually, painful itself.

Or, you have lots and lots of small reminders that  
what you're doing is important. Reminders of the  
reason that you have to have. As an academic,  
you collaborate, you see other people working  
hard who keep you to a standard of excellence as  
part of a community of it. Or you keep in constant  
contact with the driving reason you're doing your  
work at all, the people you're trying to help, the  
situation you're trying to improve, whatever it is.

The problem is that so much of this thread,  
theory, and literature, makes the implicit  
assumption that mastery happens in a vacuum,  
that people have no better things in life to do  
than get good at an arbitrary task, and that pure  
will-power is enough to control your life.

## READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my  
latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

I should know.  
sure it's not the  
(Disclosure/cre  
networks, CMU

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Study Hacks](#)  
[You're Doing Some](#)  
[Relaxed Lives of E](#)

Pingback: [If you're](#)  
[Miasmi | Miasmi](#)

Pingback: [Recommendation: Houston's Blackburn Music School | Thought Box](#)

Pingback: [Learning The Luddite Way | 413 | Blog | Chris Laskey](#)

Pingback: [Study Hacks » Blog Archive » Complicate the Formula: John McPhee's Deliberate Practice Strategy](#)

Pingback: [Relax ... and get much more done](#)

Pingback: [Study Hacks » Blog Archive » Perfectionism as](#)



Pingback: [Steve Jobs](#)

Pingback: [Continued](#)

Pingback: [Sorry, P  
Larry Ferlazzo's W](#)

Pingback: [The Pai  
Winner and More\)  
Read/Watched/He](#)

Pingback: [Cultivat  
OnTheSpiral](#)

Pingback: [Have You Put in 10,000 Hours to Master Your  
Specialty?](#)

## **Gorjan**

[December 16, 2011 at 3:39 am](#)

Cal,

Discovered your blog for the first time about 15 minutes ago, following a link from one of the CopyBlogger posts. Just wanted to say a big Thank You for your effort. Outstanding writing, advice, and insights.

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

[Reply](#)

Pingback: [The Tal  
Writers | Yilin Wan](#)

**Serge**

[December 29](#)

Why is being “  
promoted as s  
and competitiv  
game, where c

individuals can be happy. If one gains, another  
loses. This is warfare by other means. We should  
question an entire system which defines success  
in such destructive terms.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [My 3 Words for 2012 - Elliott Ng](#)

Pingback: [My 3 Words for 2012 | Global Choupal](#)

Pingback: [Writing, Girls, and Self-Improvement | Dale  
Thoughts](#)

Pingback: [Thought](#)

Pingback: [Power c](#)

Pingback: [Deliber](#)  
[Overrated | To Be](#)

Pingback: [Career](#)  
[Matter? « doug to](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**S Taylor**

February 23, 2012 at 3:07 pm

Critical to this is that someone is watching and helping you correct your efforts to achieve your goals. It is important to have an expert vision of your goal for reference. In my short experience with singing lessons, having a professional signer listen to me was very tough. For those of you who coach kids basketball, I bet your kids loft the ball towards the basket over and over without really adjusting so that the next shot is closer to the mark.

[Reply](#)

**Larry Gluck**

March 1, 2012

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Fred Borchelt, presently high coach coined the perfect, practice practice, deep practice with a doing repetitive attain at that t window of you

[Reply](#)

Pingback: [>Why Your Goals Are Bound to Fail, and What You Can Do About It | Nir and Far](#)

**Matt**

April 4, 2012 at 2:47 pm

From a college student perspective, I have really benefited from Deliberate Practice. This has mostly happened in my math classes where you must work homework problems everyday, they get progressively harder as you go along, and you get immediate feedback the next day in class when your homework is graded. It was difficult because math has never been a strong subject for

me, but it was  
learned somet

[Reply](#)

Pingback: [Deliber](#)  
[|| Motorcycle Helr](#)

Pingback: [cb707 |](#)

**permainan**  
[April 21, 2012](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

great post, add to the spirit as well as very useful  
for me who are still learning to play chess.. 😊

[Reply](#)

Pingback: [Focus](#)

**jo**

[May 9, 2012 at 6:09 pm](#)

I am not in the academic field, but was intrigued  
by DP and how it can be applied in the work  
place. We are a programming shop but interact

with different c  
encouraging o  
thinking and a  
work — creatin  
deliverables vs  
programming/  
requested; fully  
can contribute  
ways, etc.

I am thinking t  
required to be  
parts (say, com  
negoiate, get i  
view, etc.) we c  
& gain confide

run we won't build experts but I still think there is  
benefit that is gained from intentionally  
practicing a skill before putting out in the "real  
world."

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

---

Pingback: [Greatness - Talent Is Overrated - busiconics](#)

---

Pingback: [4 Ways Active Introspection Can Transform Your Writing Practice](#) « [Becoming Prolific](#)

---

Pingback: [How to Improve | Ratha Grimes](#)

---

Pingback: [Thought](#)

**jus mangg**

June 15, 2012

his was a great  
I recently finish  
Daniel Coyle. It  
why deep prac  
for mastery of  
recommend it

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Announcing: Apreggios for Writers | Expected Aberrations](#)

Pingback: [Travel as a Deliberate Practice | TrekDek](#)

**plumage**

July 6, 2012 at 10:34 am

I've been struggling to try and turn these ideas into a programme for learning to write well. And i think it means breaking down the skill into different components. The first part of that perhaps is compiling list of things to work on. For

me as a writer  
aspects of 'gen  
creativity. fluer  
myself to write  
equivlanet to t  
being a sports  
per se but it er  
relaxed when y  
this for about 4  
large chunk of  
techniques fro  
exercises in a s  
wordsmithing  
lists of aspects  
few hours a da  
hour a day in a  
good literature.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

---

Pingback: [WHY YOUR GOALS ARE BOUND TO FAIL, AND WHAT YOU CAN DO ABOUT IT](#) by Nir Eyal | The Genius Trader

---

Pingback: [Friday Links 13/07/2012](#) | Jordan Ayres

---

Pingback: [The Best Resources For Learning About The 10,000 Hour Rule & Deliberative Practice](#) | Larry Ferlazzo's Websites of the Day...

---



Pingback: [Study H](#)  
[Work Better: My E](#)

Pingback: [What M](#)  
[Research](#)

Pingback: [Excellin](#)

**Alicia Brov**  
August 24, 20

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

I'm combining the idea of deliberate practice with an examination of successful people in my field (writing) to create an "Encyclopedia of Extraordinary Writing." I have a list of aspects to master: plot, scenes, characterization, etc. As I study works of extraordinary writers, I look at how they are successful in these aspects. Then I practice doing what they do. I hope that, as I master more and more, my writing will also become extraordinary.

[Reply](#)

Pingback: [Hi Cal | Johan Bastiaens](#)

Pingback: [Crush t](#)

Pingback: [Dream  
The Good Men Pro](#)

Pingback: [5 tips fo  
Attendly](#)

Pingback: [Master  
from? | The UnStu](#)

Pingback: [Book Recommendation: So Good They Can't  
Ignore You « Full of Ship](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

## **villas in Almoradi**

November 2, 2012 at 5:10 pm

First of all I would like to say awesome blog! I had a quick question which I'd like to ask if you don't mind.

I was interested to find out how you center yourself and clear your mind prior to writing. I have had trouble clearing my mind in getting my ideas out there. I do take pleasure in writing but it just seems like the first 10 to 15 minutes are usually lost simply just trying

to figure out  
how to begin.

[Reply](#)

Pingback: [Facing](#)

Pingback: [Study H  
Workers are Bad a  
About It..\)](#)

Pingback: [The Pra  
TheJourneyCounts.com](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Justin**

November 26, 2012 at 3:41 pm

These principles can be applied to any endeavor.

For example, I notice that many people in my Muay Thai class, once they've become accustomed to kicking the soft "easy" pads, never move towards the harder pads. The hard pads really hurt when kicked, but how else can you develop shins of steel than through regimented punishment? I always make an effort to try to kick harder and to push through my regular pain threshold. I am currently at the point where the hardest pads in the gym do not hurt at all no

matter how ha  
that is enough  
able to kick so  
it hurting. And  
increase my fle  
well.

Basically not n  
challenging th  
systematic ma  
just waiting to

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

---

Pingback: [Video: "Follow Your Passion" is bad advice. Do this instead...](#)

---

Pingback: [Be Hard To Beat. | Matt Hogan](#) Matt Hogan

---

Pingback: [Naive Bayes classification and Living social deals | making my own luck](#)

---

Pingback: [If you aren't getting better, you're getting worse — Wisdom Begins with Wonder](#)

---

Pingback: [Ready, Set, Mistake](#) « [Physics Mistakes](#)

---

Pingback: [Drive | I](#)

---

Pingback: [how to even if you don't t own interestingne](#)

---

Pingback: [If You're | Modar HIJAZI - S](#)

---

Pingback: [Study T Proofreader | I Wa](#)

---

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [More on Deliberate Practice | The Deeper Thinker](#)

---

Pingback: [Review of Cal Newport's So Good book – Swaroop, The Dreamer](#)

---

Pingback: [Sweep the Dojo - Neil Traft](#)

---

Pingback: [How Long Does it REALLY Take to Learn to Play the Acoustic Guitar? \(With real life examples from actual guitar players\) | Severn River Guitar](#)

---

**sklap**

August 4, 2013 at 1:49 pm

Hi Cal –

DP is a fascinating historical piece in his Autobiography written by re-writing and fighter pilot “off the mat” ground mat” practicing

Thanks for the

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

---

Pingback: [Music Practise Hour | Heestory](#)

---

Pingback: [Are Talents Overrated? | Jeremy Weng](#)

---

Pingback: [Reading Goals For July 2013 | Jeremy Weng](#)

---

Pingback: [Why You Should Forget About Passion \(for a Minute\) | SparkPath](#)

---

Pingback: [The Ultimate Guide to Changing The World by Making Your Readers Pee Their Pants Laughing | The Unlost](#)

---

Pingback: [5 Secrets to Writing a Book](#)  
| [Growth Crafter](#)

---

Pingback: [Are you a writer?](#)  
[Individual Post](#)

---

Pingback: [How to](#)

---

Pingback: [The Great](#)  
[the Study of Chess](#)  
[Remarkable Life |](#)

---

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Sin práctica no hay avances, pero ¿cuánto tiempo, cómo?](#) | [La voz cantada](#)

---

Pingback: [How to Practice Writing When You Don't Know What to Write About](#) | [How to Practice](#)

---

Pingback: [How to Practice Writing When You Don't Know What to Write About](#) | [Werrrds](#)

---

Pingback: [Work Ethic Part 2](#) | [Great Things](#)

---

Pingback: [2013 Year in Review](#)

---

Pingback: [JOHN M](#)

---

Pingback: [Beyond late...](#)

---

Pingback: [Where's Us About the Que Newport](#)

---

Pingback: [Where's Us About the Que](#)

---

Pingback: [How Many Hours a Day Should You Practice?](#)

---

Pingback: [Should Gatekeepers be Bypassed or Embraced? - Study Hacks - Cal Newport](#)

---

Pingback: [Should Gatekeepers be Bypassed or Embraced? | FitnPins](#)

---

Pingback: [The Only Direction – Be Hard To Beat](#)

---

Pingback: [Tips For Growth Hacking Your Career, a Progress UpdateMeaganFrench.com @mkfrench](#)

---

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.



Pingback: [“Every t  
sleep in; every tim  
don't give 100% – \](#)

Pingback: [Masteri  
My IM Journey](#)

Pingback: [On Fail](#)

**Daniel**

[November 11](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Practice does not make perfect, perfect practice makes perfect.

[Reply](#)

Pingback: [Aurora | Hello world!](#)

Pingback: [The Power of Everyday | Brett Dent](#)

Pingback: [Want To Become An Expert At Something? Try Deliberate Practice | Captain Max The Cat](#)

Pingback: » [Beyond You Do](#)

---

Pingback: [Deliberate](#)

---

Pingback: [Stretch Elizabeth Floyd](#)

---

Pingback: [19 Ways Worship](#)

---

Pingback: [7 Rules for Creating Gorgeous UI | CK.D.Lee](#)

---

Pingback: [20 Practice Tips for Drummers \(18 Apply to any Musician!\) | Drums and Worship](#)

---

Pingback: [The truth behind the 10,000 hour rule - Crew blog - Crew Blog](#)

---

Pingback: [Deliberate Practice: How To Improve Productivity... Fast](#)

---

Pingback: [CFH Training Plan 22/06/2015 – 28/06/2015 | Momentum Training](#)

---

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [If you a](#)

---

Pingback: [- Todo E](#)

---

Pingback: [A VC's C](#)  
[on Quora | Matter](#)

---

Pingback: [The tru](#)  
[blog](#)

---

Pingback: [Deep W](#)  
[Distracted World - Study Hacks - Cal Newport](#)

---

Pingback: [Bennett's Bulletin](#)

---

Pingback: [If You're Busy, You're Doing Something Wrong:  
The Surprisingly Relaxed Lives of Elite Achievers](#)

---

Pingback: [¿Cuántas horas al día debes practicar? -  
Guitarra totalGuitarra total](#)

---

Pingback: [The Talent Myth: Deliberate Practice for  
Writers - Yilin Wang, Writer & Journalist](#)

---

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [How to](#)

---

**Alvaro Mor**

March 3, 2016

What does it take to  
this science field

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Practice](#)

---

Pingback: [Why Your Business Needs Deliberate Practice \(and How to Do It\)](#) - Bidsketch

---

Pingback: [7 Rules for Creating Gorgeous UI](#) | Free Hub

---

Pingback: [When to Peek at the Solution](#) - Red-Green-Code

---

Pingback: [Keep Going: Daily Habits & Scrum](#) - berniejmitchell.com -

---

Pingback: [Building Habits & The Compound Effect](#) -

@Work Hubs -

Pingback: [RSTP a](#)

Pingback: [What I  
in the Last 52 Wee](#)

**sumit**

July 19, 2016 a

hii i am studer  
concept of dp

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [How I Meditate : LIAM CHAI](#)

Pingback: [Stop trying to jump to the sexy stuff first - SHARP SIGHT LABS](#)

Pingback: [7 Rules for Creating Gorgeous UI | J Media Group](#)

Pingback: [A dream without a plan.. | Honourable Mentions](#)

Pingback: [7 Rules](#)  
[experience design](#)

---

Pingback: [Deliberate](#)  
[adventgineering](#)

---

Pingback: [Deliberate](#)  
[Career Journal](#)

---

Pingback: [Don't let](#)  
[SJO.com | SJO.com](#)

---

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

Pingback: [Ego is the enemy for software developers -](#)  
[Fatos Morina](#)

---

Pingback: [If You're Busy, You're Doing Something Wrong:](#)  
[The Surprisingly Relaxed Lives of Elite Achievers –](#)  
[horushabari](#)

---

Pingback: [Two Month Solitary Retreat Preparations :](#)  
[LIAM CHAI](#)

---

Pingback: [How To "Up" Your Skills And Take Your Career](#)  
[To The Next Level](#)

---

Pingback: [Muhte?  
n 7 Kural? \(Bölüm](#)

Pingback: [3 Steps](#)

Pingback: [Stop try  
SHARP SIGHT](#)

Pingback: [Why I a  
Cloud Baron](#)

Pingback: [Want To Become An Expert At Something?  
Try Deliberate Practice - BOQOUS](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

## Galaxy Evan

September 27, 2018 at 7:37 pm

I'm a big fan of Garry Kasparov and I always watch his games vs the other known players just to try to learn from them the best moves and tricks to be great in Chess and that's not easy at all but I read your article and I realised that I can improve myself easily using the tricks that you mentioned that's why I would like to thank you warmly.

[Reply](#)

Pingback: [The Mo  
Cal Newport](#)

Pingback: [1 – It's H  
software develop](#)

Pingback: [Naive B  
deals – making m](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Big Chris**

February 5, 2019 at 2:31 pm

I am a huge fan of Garry Kasparov and I always watch his games vs the other players just to try to learn from them the best moves and tricks to be good in Chess and that is not easy at all but I read your article and I realised that I can improve myself easily using the tipps that you mentioned that's why I would like to thank you warmly!

[Reply](#)

Pingback: [4 Proven Strategies to Improve Your Writing  
Day by Day - Craft Your Content](#)



**Beau Taille**

April 23, 2020

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Hey Cal thanks

Your email address

I'm a classical/  
diving into lots  
practice.

We won't send you spam. Unsubscribe at any time.

Being a music  
colleagues and peers are well acquainted with  
the research on deliberate practice and I've found  
this is often not the case.

There are staggering amounts of ineffective  
practicing philosophies out there among  
musicians and it's wild.

I noticed two really interesting things in my  
analysis of musicians applying the ideas of  
deliberate practice:

1) Simply learning to play a piece composed by  
someone else can be fine tuned with deliberate  
practice philosophies and practice strategies. This  
can be game changing for people not well  
acquainted with ideas of deliberate practice, deep  
work, goals, amount of reps needed, having the  
right perspective of effort etc.

2) A lot of musicians mastered skill forward with the of musical development musicians and meaningful careers almost always intricate systems and pushed the complexity involved elements of music person to have multiple domains the best jazz composers pianists, guitarists new boundary

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

deliberate practice into an area of uncharted waters. This ability to apply deliberate practice into a new territory that no one else has mastered produces great musical careers.

Another interesting finding is how many highly trained classical musicians are completely unable to compose their own music or improvise even simple melodies. My observation is the path of mastering how to play music/an instrument requires deliberate practice but it is relatively straightforward and coaches/training programs are widely available.

Learning to compose/improvise does not have the same well paved path. Not as many people have this skill set to learn from, the training is very hard for most people to do without a coach and it can be hard to get feedback on your progress.

In this example show up, especially composer-at-large (in the domain) but the deliberate practice benefits, but people because they are

Another odd finding and/or “artists” thinking or structure “killing the art” seems like an you’ve uncovered the musical/art phrase to ratio

involved in deliberate practice and I bet has ruined many potentially fruitful music/art careers.

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

**Alexander**

September 1, 2021 at 3:49 pm

Amazing post, Cal! (My team and I have stumbled upon it in search for the all-time greatest articles on improving oneself that we feature at One Daily Nugget. We featured this article in yesterday's issue.)

When reading the post we had one question. How much of a delta is there between the number of

hours of DP for performance compared to traditional if one is a professional in the field.

You mentioned that integrating any form of deliberate practice into your schedule will be an "acceptable-level improvement over your peers". But will this be true in a field without deliberate practice optimization?

Let's say, I am a chess player. Aside from one hour of deliberate study of the moves

It is absolutely true that in some time, I will likely be better at my field than, say, 90% of my peers. However, it is unlikely that I will be the next Kissinger. To become one, wouldn't I need to spend the same 10,000 hours of deliberate practice in diplomacy as grandmasters do in chess? In that sense, if we want to become better than 90% of people in diplomacy, it requires fewer hours in DP than becoming better than 90% of chess players. But to become better than 99% of other people will require roughly the same amount of deliberate practice both for diplomats and the chess players (in both cases, we would be competing only against the best of the best, who are likely spending a lot of time on deliberate practice themselves).

The implications would be that if we want to become experts in our communities (local

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

experts), it is n  
field where the  
optimization. F  
become the ak  
not matter tha

This distinction  
people who ar  
would be grea

Thank you ver

[Reply](#)

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

## Leave a Comment

Name \*

Email \*

Save my name, email, and website in this browser for the next time I comment.

Post Comment

# READY TO GO DEEPER?

Sign up to join the tens of thousands of readers who have my latest articles sent directly to their inbox.

Your email address

We won't send you spam. Unsubscribe at any time.

## CAL NEWPORT

This site is the online home for the commercial science professor and bestselling author Cal Newport. Here you can learn more about his work and both his general audience and academic writing. You can also browse and subscribe to his long-running weekly essay series. For more on Cal's podcast, videos, and online courses, please visit his media portal, [TheDeepLife.com](https://TheDeepLife.com)

[Privacy Policies](#) [Cookie Policy](#) [Terms of Service](#) [Accessibility Statement](#)

Copyright © 2025 Cal Newport, All rights reserved.