

# How to get better at the things you care about

Eduardo Briceño



*“What if, instead of spending our lives doing, doing, doing, performing, performing, performing, we spent more time exploring, asking, listening, experimenting, reflecting, striving and becoming? What if we each always had something we were working to improve?”*

**As you watch the TED talk, make notes on the following:**

- 1) What is the best way to achieve high performance, according to the speaker? Throughout the talk, what concrete examples did Eduardo Briceño bring up to illustrate this?
- 2) What is “deliberate practice”? Can you think of ways you can apply this principle to your own life/work?

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**Complete Eduardo Briceño’s table with the information contained in the box below.**

Immediate performance Improve	Minimized Execution	Haven’t mastered yet Growth and future performance Do as best as we can	Expected Have mastered
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	Learning Zone	Performance Zone
GOAL:		
ACTIVITIES FOR:		
CONCENTRATE ON:		
MISTAKES TO BE:		
BENEFIT:		