



Tiger Woods started playing golf when he was two years old. Basically from birth, Tiger was trained by his father to become a great golfer. As a boy, baseball (1)_____ Ichiro Suzuki practiced with his father

every day. The practice sessions were hard, and Ichiro (2)_____. Mariah Carey started singing when she was three. She was taught by her mother who was a (3)_____ singer and voice coach.

When and what do you practice?

We believe these people (4)_____ genius.

We would say that they were born with a special talent, and we stand in (5)_____ of them. The feeling of wonder and awe is (6)_____.

But the popular understanding of their genius is mistaken. In

fact, research shows top performers share one common (7)_____. They know how to practice. And for them, more than anything, practice makes genius.

It is not just regular practice that makes a genius. It is a special kind of practice. Researchers call it "deliberate practice." Years and years of (8)_____ practice will make you an expert. Deliberate practice is not the same as hard work, and it is not the same as play. With deliberate practice, you focus on actions that you need to improve. You (9)_____ on these actions (10)_____ until you can do

them well. You push yourself beyond what you can easily do now.

What is the key to deliberate practice? Focus on the skills you need to improve. This is the "learning zone." These activities are (11)_____, but they are not too hard. Activities that are too hard are in the "(12)_____ zone." You are not ready to practice them. Activities that are too easy are in the "(13)_____ zone." You already know them. Working in the learning zone stretches you. When you (14)_____ a skill, move to a new one.

But here is the challenge. (15)_____ practice for 10,000 hours during a period of about 10 years. That's a long time. But if you start young, you can carefully schedule your practice. A good schedule helps you (16)_____ overwork. You can seek the help of (17)_____ coaches. And you can enjoy many chances to (18)_____. But the most important thing is practice. Here is a simple (19)_____. $3 \times 365 \times 10 = \text{Genius}$. That is, if you practice an (20)_____ of 3 hours every day for 10 years, you too can become a genius.



THINK ABOUT IT

1. Make a list of people who show genius? Why do you think succeeded?
2. What is deliberate practice, and how do you do it?
3. What do Tiger Woods, Ichiro Suzuki, and Mariah Carey have in common? Do you know of other people who have a similar experience?
4. What is the formula for genius? Do you agree with it?