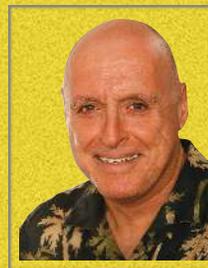


# THE EXTRA POINT

BY JERRY ROBERTS



## # 216 Will Micromastery Fuel Your Next Breakthrough?

It's called micromastery and it just may be your ticket to successfully attaining new skills. I'm Jerry Roberts and I've got the lowdown on what it is and how to use it, today, on The Extra Point.

When we want to learn a new skill or jump into a hobby, there's a gremlin lurking nearby. It's the amount of time and effort it takes to achieve a certain level of skill that keeps us involved. If it takes too long to get there it can often lead to demotivation, and we end up quitting.

Enter micromastery. Micromastery aims to eliminate that demotivation that stands in the way of our success. Essentially, we do what I call 'chunking' our goals. It's breaking them up into small, achievable stages.

We focus on one thing before moving onto the next one. Each small step is a small victory and we get a sense of accomplishment. More important, we stick with it.

It's a combination of psychology and constant changes happening in the brain. Micromastery creates new neural connections as we grow our new skill. As we focus on learning smaller things quickly, we give our brain a regular workout and encourage growth.

I've got a few easy steps to start you on your way to micromastering any skill or task you wish to pursue.

First, get your "why" figured out. Why do I want to acquire this skill? Is it for work or a hobby? What are my expectations? Do I just want to learn the basics and get by, or would I like to become an expert? In example, if it's a work skill, maybe it will lead to a promotion and a pay raise. Be honest with this step. Know what you want from this effort and why.

Second, ask "What could get in my way?" Are

there obstacles that could derail you? Can I carve out the time? If not, how can I make time? Do I have the equipment or resources? Do I have the support of my boss, my family, or anyone else who has an interest in my decision to go after this new skill?

Once you have the why, the expectations, the obstacles figured out, set your Point A, where you are now, and Point B, where you want to be? Focus on Point B, and we're going to work backwards. Write down what it will take you to get there, step by step. This is your roadmap to succeeding. And it's okay to make these steps itty bitty ones if that is what's needed to move forward. Adjust as needed.

Why is all this important? Because it gives us proof that we're making progress. Without it we're more likely to become disappointed and give up. Proof is our payoff, it tell us that we're getting closer to achieving the goal.

I suggest your keep a journal or some kind of record of the entire process. If you're ever at a low point and unhappy over what you feel is a lack of progress, go back over your notes and see how far you've come. Hopefully, that will give you a boost. It's also will help as you take on more micromastery projects. You can go back over your steps and see where you were strong, where you needed encouragement, and this will help you plan better.

Micromastery...it may be exactly what you need to successfully add your next skill.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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