

### 30. Practice Activity: K-SPA

Chartered psychologist and university lecturer Alison Price is interested in the psychology of successful people. Having spent time researching and interviewing, she proposes an interesting model for the types of preparation people do before a breakthrough. These barrier busting breakthroughs don't come over night, Price argues – they're the result of careful planning, preparation and determined action.

But faced with a problem, it's normal to sometimes feel gloomy and defeated. It's really hard to know what great preparation should look like. How do we get past this? Where should we start? What should we do next?

We've had fun adapting Price's work to create the K-SPA model below. It suggests four things you should focus on in order to break through a barrier and become better at something. It's like a four-step plan to follow:

**K = Knowledge.** Things you need to *know more about* in order to break down the barrier.

**S = Shopping.** Things it would be *useful to have* to break down the barrier.

**P = Practising.** Things you *need to be better at* in order to break down the barrier.

**A = Action.** Things you could *do right now* to break down the barrier.

First, begin by identifying your barrier. You're capable of blasting it away in the next few weeks. Choose a barrier than is preventing you from improving; perhaps a problem you've identified using the previous activity (The Problem Solving Cycle).

The problem or barrier:

.....

.....

The result of the problem:

.....

.....

Now use the four headings to begin brainstorming solutions. Once you've got a whole bunch under each heading, your task is to choose the one that will have the highest impact, and commit to it. You should end up with four doable actions that you can now sequence!

<b>Knowledge</b>	Possible areas for research and learning: .....
	.....
	.....
	The one thing I'll study:
<b>Shopping</b>	Possible purchases: .....
	.....
	.....
	The one thing I'll buy:

# March Activities

Practising	Possible areas for practice: .....
	.....
	The one thing I'll practise:
Action	Possible actions I could take straight away: .....
	.....
	The one thing I'll do now:

The important thing here is to commit to the four actions. To maximise your chances of success, choose actions you know you can execute, and schedule them so you know when you should be taking that action.

If you're stuck or it didn't work, return to your list of possible actions and choose another!

## Final Thoughts

This activity works a little like Looking Under the Rocks (aka Four Steps Forward) because it gives you four simple things to go and do. Remember you don't need to do them in order! Try this. **Place your four actions from hardest to do, to easiest to do.** Now complete them in this order:

Make **action one the second easiest.**

Action one: .....

By when? .....

Make **action two the third easiest.**

Action two: .....

By when? .....

Now give yourself a reward. You've done two of your four steps. Treat yourself!

Make **action three the easiest action** to do.

Action three: .....

By when? .....

Finish with **action four – the hardest of the lot!**

Action four: .....

By when? .....