

WHAT A PROJECT SHOULD DO FOR YOU

- #1 reason to begin working on Data Science Project :-

“ You have to get to a point where you **DON'T NEED** to think about what to do next! ”

- You have to practice this much that you don't get stuck in a confused state & unable to proceed.
- Renowned author Robert Greene talks about Apprenticeship Phase!

APPRENTICESHIP PHASE

GOAL IS **NOT** :-

- Money
- Good Position
- Title
- Diploma

GOAL **IS** :-

- Transformation of Mind
→ Mastery!
- Move towards challenges that strengthen your Intuition as a Practitioner & Improve you.

- Rather than focusing on job at first place, focus on mastering a skill that serve as a foundation for Acquiring other skills.
- **Avoid** doing several things with your Project at the same time.

THE TEDIUM!

- Doing projects can be super tedious but you need to push through the tedium (boredom).
- You are gonna experience boredom, you are gonna experience pain but if you push through, it gonna make you standout very soon.

→ What happens to brain when we work on something new or a project :-

- When you learn something new, you get a large no. of neurons in FRONTAL CORTEX, helps in learning process.
- So the brain has to deal with large amount of New Information which brings **STRESS!** because a limited part of brain is used to handle information.
- As a result, FRONTAL CORTEX expands in size. in the initial phase as we focus hard on task.
- Once something is repeated often, it becomes **HARDWIRED** and **AUTOMATIC**.
- This Builds Muscle Memory! //

→ This Process **CAN'T** occur if you are constantly distracted and moving from one task to another.

- So it's better to spend 2-3 focused hours on skill than 8 unfocused hours.
- Be as Present to what you are doing as possible.
- Also get as much feedback as possible from others to have standards so as to measure your progress, so you are aware how far you have to go.
- People who do not practice & learn new skills, **NEVER** gain a proper sense of proportion or self criticism. Trying something over & over & over again grounds you in reality.
- when you practice & develop any skill, you transform yourself in the process. You reveal to yourself some new capabilities that were dormant earlier.