



"Practice Makes Perfect" is a Lie We've All Believed

You may not need more practice.
You may need to change how you
practice.

Keep scrolling to discover why traditional practice
might be sabotaging your progress.



The Quality vs. Quantity Trap



More hours \neq Better results

Studies show that after 10,000 hours, many musicians still struggle with basic techniques



Mindless repetition creates bad habits

Your brain reinforces whatever you repeat - including mistakes



What is Deliberate Practice?

Focused attention

Complete mental engagement on specific weaknesses

Immediate feedback

Constant correction and adjustment during practice

Progressive difficulty

Always working just beyond your comfort zone



Master the Feedback Loop

1

Identify mistakes

Record yourself or use mirrors to spot errors

2

Correct immediately

Stop and fix mistakes before continuing

3

Verify improvement

Double-check that the correction stuck



The 80/20 Practice Rule

20%

High-impact skills

Focus on fundamentals
that affect everything
else

80%

Total improvement

Results you'll see from
mastering those key
basics

Identify your 20% - the core techniques that unlock everything else in your field.



Mindful Practice Changes Everything

Single-tasking only

No music, phones, or distractions during practice

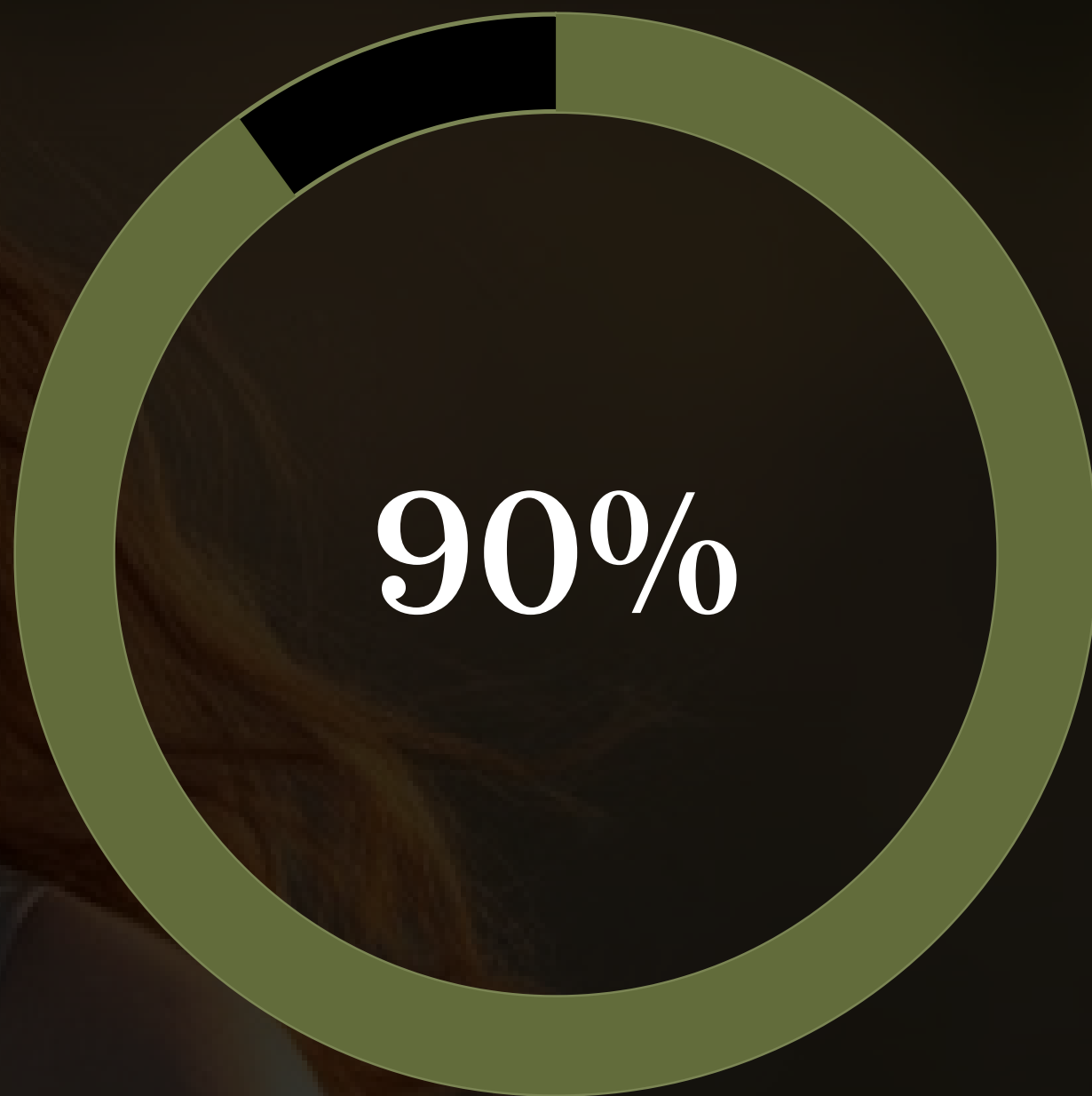
Feel every movement

Pay attention to how your body moves and responds

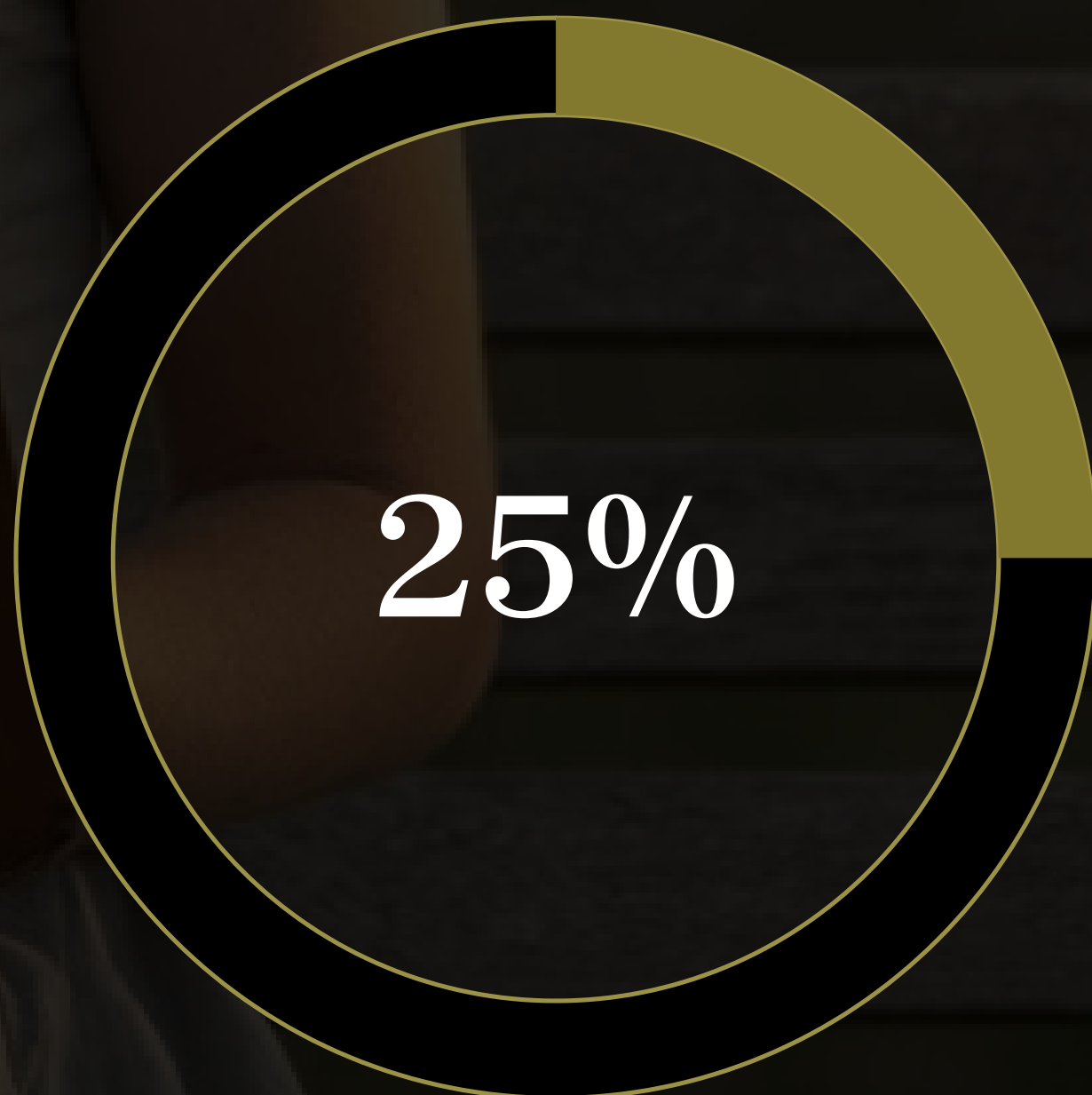
Question everything

Ask "why" and "how can I improve this?" constantly

Rest is Not Optional



Memory consolidation happens during rest, not practice



Improvement boost from proper sleep after practice sessions

Your brain literally rewires itself during downtime. Schedule rest like you schedule practice.



Spaced Repetition Wins

1

Day 1

Learn new skill

2

Day 3

First review

3

Day 7

Second review

4

Day 14

Long-term retention



Breaking Through Plateaus

Change your approach

Try different techniques or learning methods

Increase difficulty

Add constraints or practice in harder conditions

Seek expert guidance

Fresh eyes can spot issues you've become blind to



Transform Your Practice Today

1

Identify your weakest 20%

What specific skills hold back your overall performance?

2

Create feedback systems

Set up mirrors, recordings, or find a practice partner

3

Schedule focused sessions

30 minutes of deliberate practice beats 3 hours of mindless repetition

Stop Practising More. Start Practising Smarter.

Quality beats quantity every single time. Your breakthrough is one focused session away.

Share this post with someone who needs to transform their practice routine!

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