Deliberate Performance Checklist

Deliberate Performance: Effort to increase domain expertise during normal work activity or “in the line of fire”.

Repetition: Repeating common exercises.

Timely Feedback/Mentor: Getting feedback from colleagues. Forming patterns through external feedback..

Task Variety: Counterpoint to repetitions, variety helps you develop more complex knowledge.

Progressive Difficulty: Taking on tougher jobs to build better skills. Often requires adapting new methods that haven’t worked in past.

Estimation Exercises: Estimating how long it will take to do a routine task.

Experimenting: Experimenting the way you do a routine or repetitive task.

Extrapolation: Learning lessons from part experiences. Debriefing past events.