

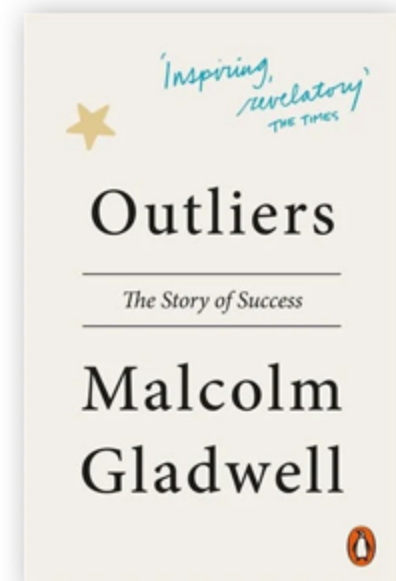
# How to Learn **Anything** in 20 Hours



Screw the 10,000-Hour Rule.

Sorry Mr. Gladwell.

But really.



I remember reading Malcolm Gladwell's book "Outliers" a few years after it came out, and having two thoughts upon completing it:

1. Wow, that was a great book.
2. I'M DOOMED.

In the book.

Gladwell highlights a concept from researcher Anders Ericsson called the **10,000-Hour Rule**:

*"The key to achieving true expertise in any skill is simply a matter of practicing, albeit in the correct way, for at least 10,000 hours."*

*Anders Ericsson*



I felt terrible after reading this.

Like I was already so far behind.

Thankfully.

Not too long after my Outliers-induced crisis, I stumbled upon **this TED Talk:**



Josh explains how the **10,000-Hour Rule** has been misinterpreted over the years.

**What people think it means:**

You must practice for 10,000 hours to get good at a skill.

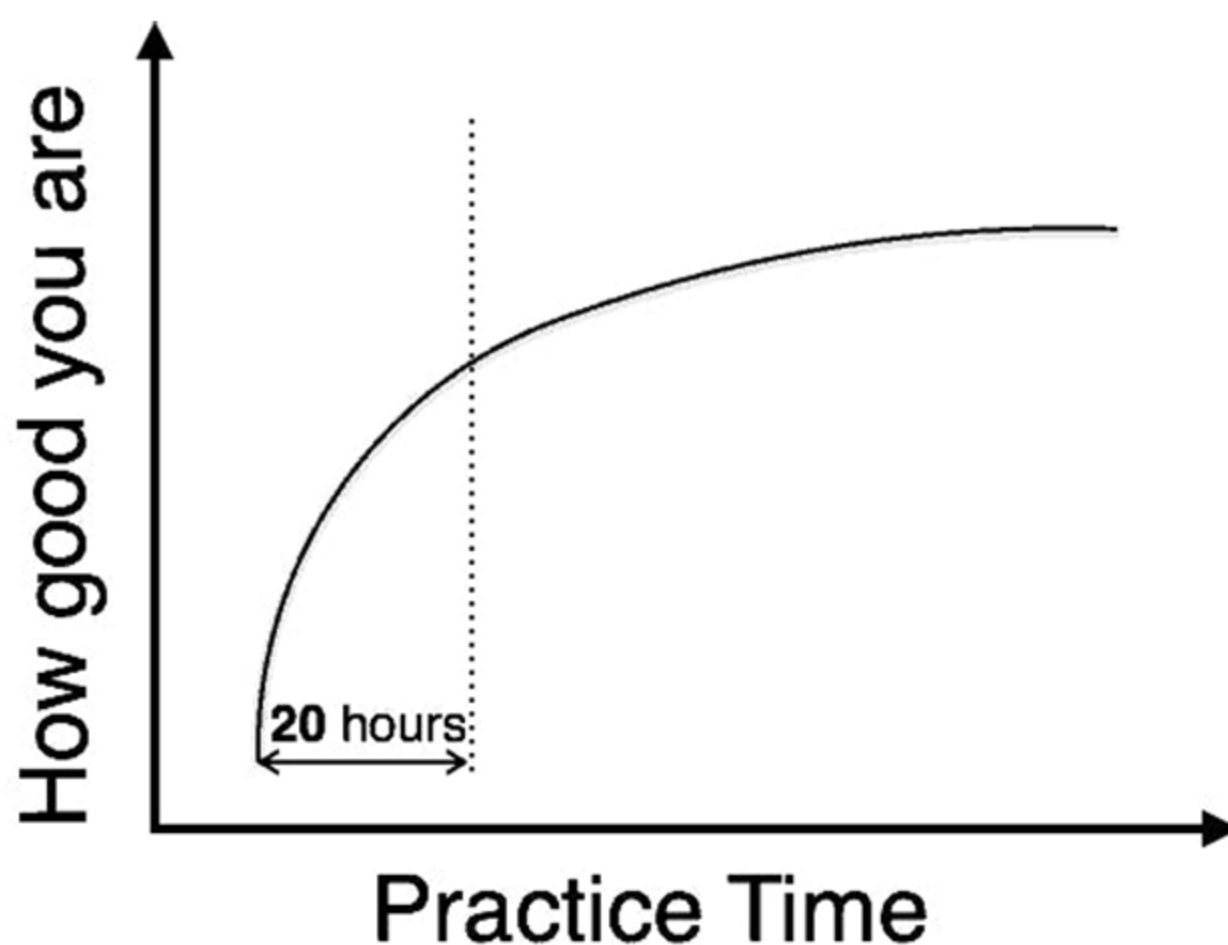
**What it actually means:**

It takes 10,000 hours of practice to get to the top 1% in a field.



Josh found that in reality, it only takes about **20 hours** to get reasonably good at a new skill.

And if you spend those 20 hours right—the speed of learning can be remarkable.



He breaks it down into 4 steps:



# 1. Deconstruct the skill

Break down the skill to understand the underlying principles, concepts, and how they fit together.

This will give you a clear roadmap for what you need to learn and how to approach it.

Try this:

The 80/20 Rule (Pareto principle)

## Examples of the Pareto Principle at work:

- 20% of your clients are responsible for 80% of your business
- The top 20% of investors own 80% of your company's assets
- The most focused 20% of your effort goes toward 80% of your work



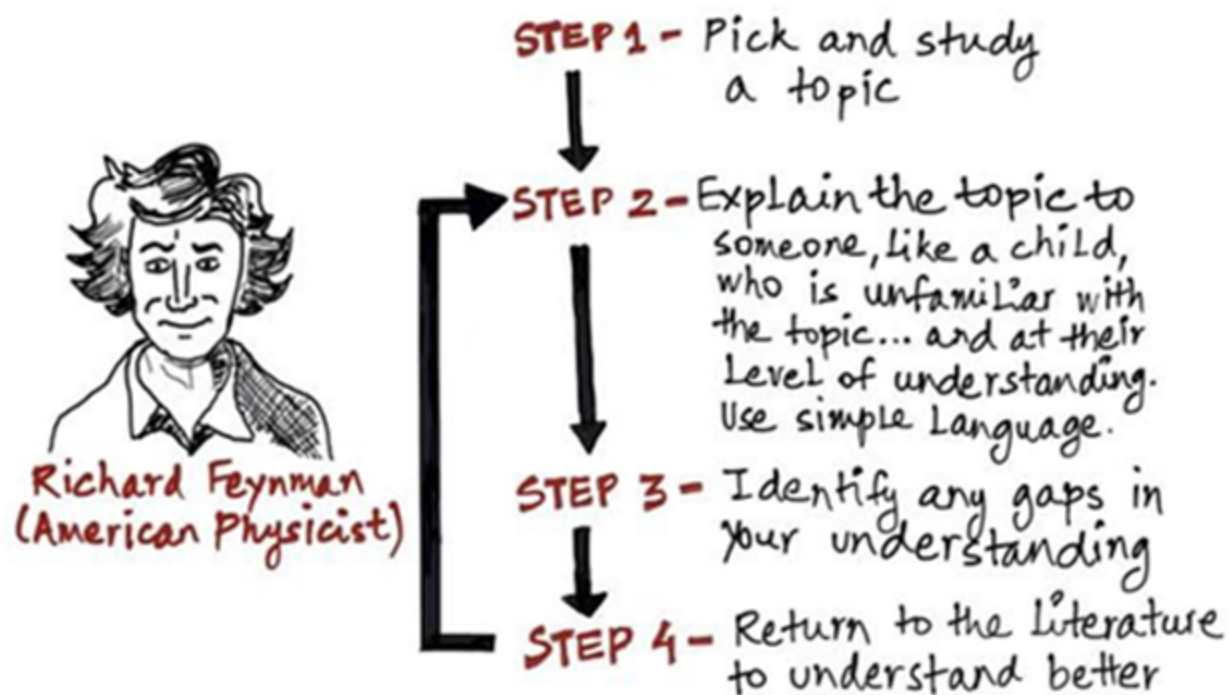
## 2. Learn enough to self-correct

Once you have a basic understanding of the subject, start practicing.

As you practice, pay attention to your areas of weakness, where you make mistakes, and what you need to work on.

Try this:

### THE FEYNMAN TECHNIQUE





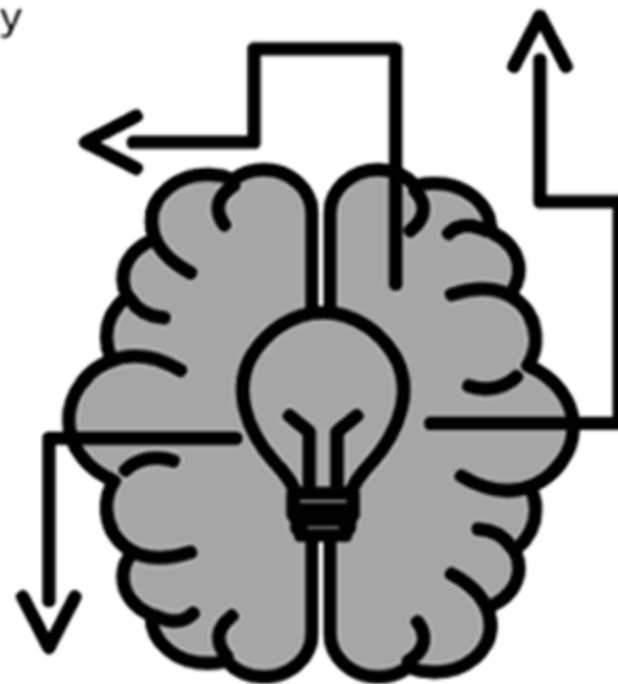
### 3. Remove practice barriers

Create an environment that sets you up for success.

By removing barriers, you'll be able to focus on the task at hand and make the most of your practice time.

#### Try this:

- Value quality over recency
- Use the Forest app
- Track your productivity
- Set boundaries
- Use OneTab
- Meditate
- Use voice commands
- Turn off notifications
- Know thyself
- Choose the medium
- Use one screen
- Use background noise



## 4. Put in the time (effectively)

Not all practice is created equal.

Deliberate practice is key. This means setting specific goals, getting immediate feedback, and pushing yourself to improve.

Try this:

- Set a timer
- Use spaced repetition
- Get feedback
- Reward yourself

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