

DEVELOP A NEW SKILL

The act of developing a skill, or practicing, makes you better at practicing.

You can actually practice, practice.

We need practice in every area of our life. The challenge this month is to aim for a new skill to master.

A few options (choose whatever you want, on the list or not):

- Boxing
- BJJ
- Wrestling
- Archery
- Shotgun clay shooting
- Guns – rifles, handguns etc... whatever you want.
- Speed reading
- Cooking
- Cocktail creation (master the old fashioned, the manhattan etc...)
- Developing a pallet for wine

The list could go on forever. The point is to find a skill you've always wanted to master and master it.

It's a hobby, yes, but it's our hobbies that give us the most satisfaction and joy in life. There's nothing better, to me, than travel or shooting my shotgun or my rifle or my bow. I love this stuff. And when I'm doing it nothing else exists, thus the lesson....

Learning a skill forces us to focus only on one thing. Nothing else exists. Pick a skill. Master it.