

“The Three Rules of Repetition”

The first challenge you will always face when you have a goal or a dream you want to accomplish is the new skill or new behavior you will have to learn to be successful. To gain something you don't already have will require you to change in certain areas and learn something new. In other words, to achieve whatever it is you desire, you will have to master learning and changing.

There is a good reason why repetition is called the mother of learning. There is no better way to learn than through repetition. If you want to get good at something, you must do it over and over again until you master it. It is said that Michael Jordan practiced by throwing 1000 free throws every single day. He obviously understood the principle of repetition. A skill that is practiced and rehearsed over time will become easier to do.

Repetition then, is the key to learning and mastering whatever you need to do so that you can accomplish whatever you want. The key to success is to get good at repetition. To do this, there are three rules you will need to follow.

“The Three Rules of Repetition”

Rule #1 – Practice perfectly –

Repetition alone won't make you a master. You must do it the right way every single time. Of course you will make mistakes, but your goal is perfection. Otherwise, bad habits will creep in. Imagine the pitcher of a baseball team. They must work at throwing the ball in certain areas of the home plate every

time. They often miss, but the goal is to do it perfectly. Keep practicing perfectly to master a new mindset or skill.

Rule #2 – Do it often –

It is frequent repetition that produces the best results. The more often you practice and rehearse the same skill over and over, the easier it will become. Remember that Michael Jordan practiced his 1000 free throws every single day. He didn't miss a day. It can be boring to do the same thing repeatedly and it takes discipline, but there is no easy way to become an expert at something. You must keep doing it and do it often.

Rule #3 – Keep going until it's second nature –

Don't stop until you can do it without even thinking about it. As it becomes easier, you won't have to consciously think about how or what to do anymore. You will know it like the back of your hand and be able to do it with your eyes closed. You must keep going until you reach that level of understanding. Additionally, if you don't use the skill often, even once you've mastered it, you will get rusty.

Through following these rules of repetition when it comes to a skill set or new mindset you want to master, you will achieve success. It is important to note that the old saying, "if you don't use it, you will lose it", is true. Once you master something, you must continue to hone and practice on a regular basis to stay sharp. Otherwise, you will get rusty. Remember, learning is life-long, and repetition is the law of learning.

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