

**Growth: Success-based practicing**

**Perform something 10 times. For each performance, constructively assess each as either a success or lesson, record why, and write a plan for your next performance.**

**Name:** \_\_\_\_\_ **Passage Description:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Performance	Success	Lesson	Why?	Plan for next performance
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

*"Talent is developed in stillness. Character, in the current of every day life." - Wolfgang van Goethe (1749 - 1832)*

***"A pessimist sees the difficulty in every opportunity;  
an optimist sees the opportunity in every difficulty."***

- Winston Churchill (1874 - 1965)

## Self-Teaching Table

This table exists for you to experience practicing with your mind focused ONLY on deciding that what you just performed was either a Success or a Lesson.

***"There are no failures in life, only success or lessons."***

- Denis Waitley (1933 - )

***"A man of genius makes no mistakes.  
His errors are volitional and are the portals of discovery."***

- James Joyce - (1882 - 1941) Ulysses, Episode 9

Play an excerpt, a passage, or even just a note 10 times. For each performance, put a check-mark in either the "Success" or "Lesson" column. Yes, there are a TON of variables at play here, so you have to decide between only those two options of assessment. Your goal is: Out of all the variables at "play" here, can you find SOMETHING that gets you to have your performance be a success? :) If not, then it was a lesson! Yay for that too, eh?!

Through the process of playing something ten times while looking for only either a Success or Lesson as the overall critique of your performance, you will get better at finding some Success element to your performance. There are NO small Successes. If it was 0.0001% better, that is a Success! Over time, you collect successes. You will also find that you can learn to live with less assessment choices involving failure as an option. (see cool quotes above!)

After you note whether the performance was a Success or a Lesson, then you write why you chose that assessment. You can guess at why it was a bit better or you can write specific details you're sure of....or write anything in between. To learn, you must be an expert variable finder, watcher, and controller. If your assessment was that you crapped all over it that time, then that performance is a Lesson. How did you get in your way, and what did you maybe learn that you could do less or more of the next time? Ask yourself what might have been better, and what might have been the reason. Let go of control, and dive into the messy mysterious discovery of learning, and keep moving forward.

After writing "Why" it was a Success or Lesson, write a quick/short plan for your next performance. What variable are you going to either keep (and refine/study/habit) or change (and experiment with)? Keep going until you've done it 10 times. If you do this daily, you will get better at being solution based in your critique of your performances, build trust in your abilities, and raise your odds of performing your best version of something in your first performance.