

The #1 reason for failure

Motivation to practice comes from two main things:

1. The amount of desire we have about what we want and
2. the degree to which we believe that we can achieve it

*I we don't really believe we can achieve it (2) the amount of desire we have towards what we want suffers (1) This makes our level of belief that we can do it **the most important thing to work on.***

So the most important thing to focus on when you embark on any new endeavour is to become 1000% certain that you can get what you want - and get it within a reasonable time frame. If you're not certain these are the ways in which you can tell:

1. You always seem to stop practicing the new thing before you master it

Because your brain will not allow you to spend tons of energy on something that you don't really believe that you can get, it blocks your passion and energy at a certain point. This is the point where you go from "knowing it" to "mastering it" And the mastering-it part takes a lot of repetitions.

2. You believe some people have special gifts

The belief that other people have special talents which enables them to get there much faster than you, is the most common obstacle to getting what you want. And it's a convenient belief that let's you off the hook:

If you don't really have a chance because you lack that special quality or talent, then why bother? The truth is you have all the talent you need. Musical ability might require some amount of talent, building incredible skills does not. Anyone can do it.

3. You don't feel passionate about practicing

When you don't believe 1000% in your own ability to achieve the skill level you want, your passion suffers. When you think you "might" get there if everything comes together in the right way you won't feel very motivated to practice. But when all of you is convinced that you will reach your goal and soon - you'll have lots of passion to practice.

The solution

Master one corner of the whole and prove to yourself that you can do it. You can learn to master anything relatively fast if you limit yourself to one part of the whole. Mastery is the key word here. Get yourself out of the "intermediate" category of guitar players and step into the "expert" category by mastering just one thing.

Focus the power of your mind and body towards one single point and disintegrate the challenge. Own it completely. Destroy it. No more fooling around with it, no more trying stuff out. Choose a focal point, a lick, a sequence or the first chunk out of 20! and decide to practice it to the point where it becomes as easy as breathing in and breathing out - no matter what it takes.

Skill level growth

If it took you one year of practicing one hour a day to get to where you are now - then if you're at one tenth of the skills level you want - it must take you ten years to get there right?

VERY WRONG!

As with so many other things your mind plays a trick on you. It naturally assumes that your development follows a straight line and so your expectations of how far there is to go, are probably completely and totally wrong.

In the beginning of your development (And "the beginning" is half the journey as you can see on the graph) you struggle with every detail of playing guitar. But as you grow better more and more things comes natural to you, leaving more room and more resources to becoming even better faster.

This natural and very common growth curve is the explanation why great guitar players seem to be so much better than the rest of us. Someone who seem to be twice as skilled as you, might just be a couple of inches ahead of you.

Reaching the point of growth explosion is the real test of your commitment. And it is simultaneously the real reason why so many people give up before they ever get what they want.

