

# The Defining Skill

Becoming and excellent teacher to yourself.

## 1. Watch your thinking

Every negative emotion you have comes from a thought. If you think negatively about any aspect of guitar playing often enough, you'll gradually develop a aversion to practicing and playing guitar.

### **You don't get de-motivated, you de-motivate yourself**

Make the thoughts and beliefs that de-motivate you conscious and change them when ever possible. Don't work against them with more negativity, instead choose another way of looking at the situation. Think about what you would say to a good friend who is in your situation and in desperate need of some support.

### **The only company you have when you practice is you, are you any fun being around?**

When you practice you are with yourself all the time. Are you a great friend and teacher to be around? An incompetent teacher creates students that want's to get as far away from books and learning as they can. Great teachers makes it fun, entertaining and pleasurable to learn - Could you become an even better teacher to yourself?

## 2. Don't expect, investigate instead

### **You can't get disappointed if you're not expecting anything**

Disappointment can be a real killer of passion and excitement. Instead of letting an expectation pull you forward, be curious about what results you get. Constantly ask yourself "I wonder what will happen if I..." and then feel like a kid. A kid that doesn't know what he's getting for Christmas, but that knows it must be something great.

### **Become a scientist and a researcher**

The best teachers in the world are constantly exploring new ways of learning. They look for better, faster and easier ways of mastering any field. Are you thinking about what learning approaches work best for you? Are you getting better at teaching yourself all the time? Become an expert on what works for you.

## 3. Be more motivated by what it is than what you can get out of it

We don't know why humans like to perform and listen to music. All we know is that we seem to enjoy it. The love for music, the instrument and the practice is where you will find the most potent source of motivation and passion.

### **It is when we start focusing on what we can get out of playing music that our motivation starts to suffer.**

And if those things become more important than just the music itself, you start to experience frustration, irritation, lack of motivation and you might even find yourself loathing what you once loved.

Music and the instrument itself becomes reduced to a means to an end. A way to get something other than the simple pleasure of playing music.