

1. How to discover your life's task;
  1. Primal inclination; what obsessed you as a child?
  2. Explore the general area until you find a perfect niche, free of politics and competition.
  3. Money, fame and recognition are not good reasons to pursue a given career.
  4. Change is inevitable and if you cannot adapt you will be left behind.
  5. If you deviate from your life's task, you must strive to find your way back. You must focus solely on the task itself, not the rewards it will bring.
  6. Reversal; if you are born with deficiencies, focus on the small things you can do.
  7. *The False Self; the accumulated voices of other people, that over time you have convinced yourself is your own opinion. The false self does not value mastery as a goal unto itself, the false self does not believe mastery is possible for you. Do not believe the false self.*
2. Serve an apprenticeship(5-10 years)
  1. There are three phases in an apprenticeship
    1. Passive Mode; observe and absorb.
    2. Practice Mode; your 10,000 hours.
    3. Active Mode; expose your work to criticism.
  2. Keys to apprenticeship phase;
    1. Value Learning over Money
    2. Keep Expanding your Horizons
    3. Revert to a feeling of Inferiority
    4. Trust the Process
    5. Move towards resistance and pain
    6. Apprentice yourself in failure(get used to it)
    7. Combine the 'how' and the 'what'(aim for deep learning)
    8. Advance through trial and error
  3. 'What about Genius?' No such thing, Mozart and Einstein both put in their 10,000hrs.
3. Seek a Mentor
  1. Learning from a good mentor is the most efficient path to mastery.
  2. There will come a time when you have to leave them, be forewarned, it may be painful.
  3. Reversal; in the absence of a flesh and bone mentor you must work harder. Read more than anyone else. Study public figures, second degree mentors, and recreate their voice inside your mind.
4. Social intelligence.
  1. Do not project your needs onto other people. See them as they are, and accept you cannot change them.
  2. Adapt yourself to the social and moral values of the environment you find yourself in.
  3. Speak through your work, skip the politics, instead focus on creating work of unassailable quality.
  4. Know thyself; your strengths, weaknesses and prejudices. Don't be afraid to change.
  5. Reversal; if you don't want to/can't learn social intelligence, focus on working for yourself or with small teams.
5. The creative active phase; where you combine a high level of knowledge with the flexibility to innovate.
  1. The Creative Breakthrough; persevere through your doubts.
  2. Strategies for the Creative active phase
    1. Learn the vocabulary of your art, so that you may express yourself fully.
    2. Start with a broad goal, narrow it down by selecting the path of greatest interest.
    3. Mechanical intelligence; whatever you are building you must test.
    4. Natural powers; you must allow space to wander, to discover your inclinations.
    5. The open field; Look inside yourself, and you'll see something unique.
    6. The high end; remind yourself of the big idea behind your project.
    7. Do not cling to your original idea stubbornly, be open to others. Let it evolve.
    8. Try to see the problem as a whole integrated thing, not a series of parts.
    9. The world is not black and white, explore the shades of grey.
  3. Reversal; discipline, self-control and emotional stability are the three pillars on which great art is built.