

What is the best way to master a skill?

Jerry Seinfeld, the famous comedian, gave a surprisingly effective advice on how to master the skill you're most interested in (in his case, being a better comic).

He said that in order to be a better comic, he had to create better jokes, and in order to create better jokes, he had to write daily.

That's a pretty common advice you'd find anywhere. The thing which stood out was the way he implemented this routine.

He asks people to get a big calendar and a marker. Each day - after you complete your task of writing - simply cross that date on the calendar. After a few days, you'll have a chain for yourself which you'd not want to break. Your only job will be to not break the chain!

Don't break the chain!

Want to learn how to play a guitar?

Just play everyday for 1 hour. It doesn't matter how terrible you are in the beginning. If you practice and improve daily, you will definitely be above average in an year.

Want to learn how to dance?

Karen X. Cheng learned how to dance in one year by practising everyday!

Want to learn website development?

Create a new website every day! Jen Dewalt made 180 Websites in 180 days which helped her learn about web development.

I myself have written code everyday for the past 5 years which helped me become a programmer despite not studying Computer Science in college.

Practice it for 10,000 hours

The key denominator is actually hard work. A lot of it, in fact. About 10,000 hours of it. That's roughly 3 hours every day, for 10 consecutive years, before any one of them began to be defined as the 'expert' in their field.

Consider it as a leveling-up abilities:

at 1 hour, you know some basics

at 10 hours, you have a pretty good grasp of the basics

at 100 hours, you are fairly expert

at 1000 hours, you are an experienced expert

at 10000 hours, you are a master

掌握技能最好的方法是什么？

著名喜剧演员杰瑞·宋飞给出了一个极其有效的方法，教你如何掌握一项你最感兴趣的技能（对他来说就是做一名喜剧演员）。

他说为了成为一名更优秀的喜剧演员，他要创作出更好的笑话，而为了创作出更好的笑话，他每天都要写东西。

这个建议很普通，随处可见，但其特别之处在于他践行的方式。

他让人们准备一个大日历和一个大标识，每天完成写作任务后就把日历上那一天圈上，几天后你就对自己形成了约束，并乐在其中。你唯一需要做的就是不要打破这一束缚！

千万不要打破这一束缚！

想学弹吉他？

那就每天弹一小时，一开始谈得多差都无所谓，只要每天都练每天都有一点进步，那一年以后一定会达到中上水平。

想学跳舞？

Karen X. Cheng 每天练习，一年就学会了跳舞！

想学网页开发？

每天都做一个新网页！**Jen Dewalt** 在 **180** 天内做了 **180** 个网页，学会了网页开发。

过去的 **5** 年里我每天都写代码，虽大学时没学过计算机，但这个习惯帮我成为了一名程序员。

练习 **1** 万小时

关键要素其实是努力付出，真的是需要大量付出，大约需要练习这个技能 **1** 万小时，也就是每天约 **3** 小时，持续 **10** 年，然后你就能在所学领域开始被称为“专家”了。

可以把这个看作是能力升级的过程：

练习 **1** 小时以后，你了解一些基础知识

练习 **10** 小时以后，你熟练掌握了一些基础知识

练习 **100** 小时以后，你很专业了

练习 **1000** 小时以后，你成了有经验的专家

练习 **10000** 小时以后，你就成大师了