

# DEVELOPING MASTERY

## *7 Ways to Become Elite*

*Accelerating Excellence with Del Gilbert*

Podcast Episode #54 - Resource Guide

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*"Find a tiny stream where your strengths can flow  
and carve it into a Mississippi." – Marcus Buckingham*

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### 1. FIND YOUR STRENGTH ZONE

- A strength is the intersection between your natural ability and your passion.
- Building on your strengths gives you a tremendous jump start on the journey toward mastery.
- Even your strengths come to you raw and need to be developed and refined.

### 2. NARROW YOUR FOCUS

- Limit your interests. Be sharp, not well-rounded.
- Practice 'selective ignorance'.
- Company tagline: *We are really good at what we do because we only do what we are really good at.*

### 3. PRACTICE, PRACTICE, PRACTICE

- Fall in love with the process, not the end result.
- Practice, not until you get it right, but until you can't get it wrong.
- Practice builds confidence, confidence leads to better performance.

### 4. LEARN FROM THE MASTERS

- We learn visually.
- Simply observing the best on a regular basis will help you get better.

### 5. PRACTICE POSITIVE VISUALIZATION

- Develop positive rituals before performing.
- Great performers see themselves performing at a high level.
- Golfers imagine hitting a great shot. Speakers imagine commanding the room.

### 6. ACTIVELY SEEK FEEDBACK

- We don't see ourselves as others do. We all have blind spots.
- Coaches can help us farther along.

### 7. IGNORE THE DETRACTORS

- There will be many tempting off-ramps and shortcuts.
- Some people will try to discourage you.
- Be as single-minded as a buzz saw.

*People are known for what they can do,  
not for what they can't do.*