



## Week 2 - Commitment Day 2

### 10,000 Hours

From his book, *Uncommon Character*, Douglas Feavel asks what these people had in common before they become rich and famous.

Bill Gates, Andy Grove-computer technology

Tiger Woods, Michael Jordan-sports

Joshua Bell, Itzhak Perlman Vladimir Horowitz-virtuoso instrumentalists

Lennon, McCartney, Beatles-songwriting, rock band

Bobby Fischer-chess grandmaster

Warren Buffet-outstanding investor

The single simple answer is they spent 10,000 hours of practice time to become world class elite performers in their field.

The quote from the book, *Outliers: The Story of Success*, that is the catalyst for the discussion of the rule of 10,000 is as follows:

The emerging picture from such studies (of highly successful people) is that 10,000 hours of practice is required to achieve the level of mastery associated with being a world-class expert-in anything. In study after study of composers, basketball players, fiction writers, ice skaters, concert pianists, chess players, master criminals and what have you, the number comes up again and again. Of course, this doesn't address why some people get more out of their practice sessions than others do. But no one has yet found a case in which true world-class expertise was accomplished in less time. It seems it takes the brain this long to assimilate all that it needs to know to achieve true mastery.

**If becoming elite costs a commitment of 10,000 hours, if you spent 3 hours per day, how long would it take to be elite? 8 hours per day?**

**At your present age, what reason would you have that would prevent you from becoming elite at whatever you chose to do?**

**After a performance by the virtuoso violinist, he was approached by a fan who told him he would do anything to play like that. The violinist replied, "No, you wouldn't." What do you think the violinist was referring to?**

## **Week 2 - Commitment**

### **Day 3**

#### **Burn the Ships**

In 1519, Hernan Cortes landed in Veracruz, Mexico with his men in hopes of exploring a new world. His men were weary and afraid of the unknown territory. To ensure that his men had no other option but to continue, Cortes ordered the ships burned. By doing this, there was no turning back to the Old World. The men had to go forward and accept the many changes and challenges that faced them.

**What do you think was the response of the soldiers to the burning of the ships?**

**We all have to “burn the ships” in growing up. How different is this?**

**Many people struggle with having the willingness to take the risk necessary of success. How does this story demonstrate the willingness to take risks?**

## **Week 2 - Commitment**

### **Day 4**

#### **Widow's Mite**

As Jesus stood in the Temple, he was watching the rich tossing their gifts into the collections box. Then a poor widow came by and dropped in two small copper coins.

"Really," he remarked, "this poor widow has given more than all the rest of them combined. For they have given a little of what they didn't need, but she, poor as she is, has given everything she has."

**Why would you say this widow may have been the first "all in."?**

**How does this story demonstrate commitment rather than compliance?**

**How would you compare the widow to yourself in the talent you have and the amount you use?**

# Week 2 - Commitment

## Day 5

### Evaluate Your Week

We've been focused on "Commitment" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

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If you completed goals, what did you learn?

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Write down in complete sentences, something that you learned about "Commitment" this week.

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Of the three stories, "10,000 Hours", "Burn the Ships", and the "Widow's Mite", which had the most impact on you? Why?

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### Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M\_\_\_\_\_ T\_\_\_\_\_ W\_\_\_\_\_ Th\_\_\_\_\_ F\_\_\_\_\_ Sa\_\_\_\_\_ Su\_\_\_\_\_