Think Fast Talk Smart

Angela Duckworth

Key Takeaways

Practice With Purpose
Deliberate practice means working on a specific weakness with focused feedback and repetition.

Situation Change
When trying harder isn't working, look for ways to change your environment instead.

Ask for Help
Seeking guidance can give you better feedback and support than trying to improve alone.

Activity 1

Target One Skill

Choose one communication skill you want to improve. Practice it for 10 minutes with one specific goal in mind, then get immediate feedback on what worked and what to change. What did you notice when your practice had a specific target?

Activity 2

Change One Variable

Think of something you've been struggling with. Instead of asking, "How can I try harder?" ask, "What could I change about my situation?" Identify one person, environment, resource, or routine that could make success easier. What changed when you changed the situation instead of just increasing your effort?

Activity 3

Ask Someone Who Knows

Think of one skill or challenge where someone else has more experience than you. Ask them for one specific piece of advice or help, rather than trying to figure it out alone. What did you learn that you might not have discovered on your own?

Today's Tip: Say What Worked

Positive feedback isn't just encouragement. Telling someone specifically what was effective helps them understand what to repeat and strengthens their mental model of success. Try starting with: "It was effective when…"