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According to Anders Eriksson, deliberate practice involves going outside your comfort zone and trying to operate beyond your current abilities. This means that you are destroying the skills that you want to acquire into individual components and developing your skills, so that you will master each individual part of the skills. Deliberate practice does not practice something over and over again, rather than pushing itself for improvement. In this article you will learn how you can do a deliberate practice job in your daily life and achieve your goals faster, even if you lack innate talent. As a deliberate practice works in everyday life imagine that you want to become a better presenter. Deliberate practice requires a presentation to be broken down into different sections. For example, you can break a presentation to the beginning, middle and end. Then, you will only work at the beginning of one day. You would practice tone, pause, and even your movement at the beginning of the presentation. On another day, you can practice the transition from start to middle, etc. The opposite approach is to mindlessly go through the presentation over and over again until you memorize the script. This type of practice can help you remember your script, but you don't necessarily deliver a great presentation. Most likely, it will sound coercive and over-practiced instead of dynamic and natural. As a teenager, I was a beginner middle-distance runner. In the winter months we ran many long distances on the road, as well as in the rugged country. The goal was to develop our common endurance and core strength. As summer approached, we moved to the track and made a lot of 10 X 600 meters with 60 seconds of rest between runs. Here we have been working on our endurance speed, a key factor in performing well at mid-range runs. Six hundred meters was not my racing I ran 800 and 1500 meters, but those 10 x 600-meter workouts were form form deliberate practice to develop the necessary skills to be able to perform at our best in the crucial part of the race-middle. As you use deliberate practice there are specific steps you can take to get good at intentional practice and achieve a high level of performance for a specific purpose. 1. Smash it down No matter the skill you want to acquire, you need to break it down into different pieces. Imagine that you want to become better at writing. You can break down the writing process in creating attractive endeavors, strong middles, and inspiring endings. If you had to work on starting part of the writing process, you could practice different types of introductions. For example, you might want to start with a quote, a detailed description, or a personal story. Everything you want to practice can be broken down into smaller steps. Identify them and put them on the list to make sure you are keeping things right. 2. Create a schedule now that you know the steps, you have to create a schedule to keep yourself motivated. Studies have shown that having a set deadline helps improve motivation by offering feedback on how close or far away you are from the target. For example, if you want to learn how to play guitar, try planning an hour each day to start practicing chords. You can set yourself a deadline to learn your first song in three months. Find what the schedule feels doable with the lifestyle you have. This will help you experience further improvements through targeted practice. 3. Getting CoachOne a key part of deliberate practice is to get feedback from teachers or coaches. In our written example you can ask a friend or person you know who reads a lot and ask them what they think of your beginning. Ask them how you could improve it. With feedback in hand, you can go back and rewrite the introduction to make it even more appealing. If you need to develop your presentation skills, you can practice your opening with a colleague or friend you trust, and ask for their feedback. The key is to listen carefully to the feedback and then go back and fine-tune your practice so you push your skills further. If you don't have access to anyone who can provide you with honest reviews, you can video yourself performing a presentation and making self-criticism. It's hard to look at yourself at first, but once you get over the initial shock, you can look impassively and see how you move, sound, and perform. Do you use your tone and energy to make it interesting? Do you clearly convey your message? Do you use too many words of filler? All these questions will help you your craft and skills. Earlier this year, one of my communications clients asked me to review and coach his top management team at a presentation they were to give to the CEO of a company that was visiting Korea. Once they have gone through I felt with them that there was no passion, no emotion, no pride in what they had achieved in the previous twelve months. Because they rehearsed their presentation alone without coaching or feedback, they focused too much on the script and missed important energy and passion. I advised my clients to look at their scenarios and think about what they were proud of and what they were excited about next year. This is one, small shift in perspective to quickly put energy and passion into your presentations. Getting feedback is an important part of getting the most out of deliberate practice. 4. Use the internet to get anonymous feedback Another way to get feedback is to put your writing skills online in the form of a blog and ask people to give you feedback about your writing style. Or, you can record yourself and upload a video to YouTube. I started a YouTube channel three years ago and this allowed me to improve my presentation skills through self-analysis. I also received a lot of positive and negative reviews, which I reviewed and corrected where I felt the criticism was justified. An example of this was my introduction to my videos. When I first started, my acquaintances were long and rambling. I got a lot of feedback about it and soon I cut them down and learned to get straight to the point. It helped me sharpen my message. Bonus TipThe role of intentional practice is to speed up your learning skills. With language learning, for example, we traditionally bought a textbook and studied grammatical principles and long lists of vocabulary. Once we have learned some basics, we will practice speaking and writing sentences. If you applied deliberate practice to the language learning process, you would find someone who is preferable to a native speaker of your target language and talk to them. They will correct you and advise you where you can improve pronunciation and intonation. Chris Lonsdale spoke about it when he spoke to TEDx Talk about how to learn the language for six months. All the advice he gave in this talk was based on the principles of intentional practice: Final thoughts Whatever you want to learn and improve your skills, when you use the power of intentional practice, you can quickly become better than average and achieve maximum performance. Developing your communication skills can give you huge benefits in the workplace. Learning and learning something new can give you the skills to stay relevant in your industry. As we go through the devastating changes of the fourth industrial revolution, on you to start, and engaging in intentional practice one way you can give an advantage. More to help you find out FasterFeatured photos Elijah M. Henderson unsplash.com while defining the biblical biblical varies from scientist to scientist, usually includes some combination of archaeology and biblical studies. In the journal Biblical Archaeological Review, Biblical Archaeology is defined as an industry of archaeology dealing with the archaeology of biblical lands, which informs our understanding of the Bible and/or the history of biblical events. Other definitions include specific geographic areas that are being studied. For example, Biblical archaeology is a subset of a broader area of Syro-Palestinian archaeology that is being carried out throughout the region covered by modern Israel, Jordan, Lebanon and Syria, wrote Eric Kline, professor of classics, anthropology and history at George Washington University, in his book Biblical Archaeology: A Very Short Introduction (Oxford University Press, 2009). Holy Land: 7 Amazing Archaeological Finds In particular, it is archaeology that sheds light on the history, descriptions and discussions in the Hebrew Bible and in the New Testament since the beginning of the second millennium, B.C., the time of Abraham and the Patriarchs, through the Roman period at the beginning of the first millennium, Kline wrote. Some scholars expand the geographical area covered by biblical archaeology and include Egypt, Mesopotamia and Sudan. Most scholars also note how discipline combines elements of archaeology with biblical studies. This is a fascinating study between two disciplines - archaeology and biblical studies, writes William Dever, emeritus professor of Jewish studies and Middle Eastern studies at the University of Arizona, in the chapter of the book Historical Biblical Archaeology and the Future: New Pragmatism (Routledge, 2010). Some archaeologists prefer not to use the phrase Biblical archaeology for fear that it sounds unscientific. The field of biblical archaeology suffers from poor image - in some quarters - because of the practices of scientists decades ago, writes Aren Meyer, professor of archaeology at Bar-Ilan University in Israel, in the chapter of the book Historical Biblical Archaeology and the Future: New Pragmatism. Mayer explained that scholars in this field have often made preconceived attempts to connect the Bible with their archaeological findings and did not recognize scenarios outside the biblical text. Today, most biblical archaeologists agree that the link between archaeological finds and the Bible should be made carefully, and recognize that the Bible is not entirely historically accurate. The main archaeological sites and finds are many important biblical archaeological sites and artifacts, but some are more well recognized than others. The Dead Sea Scrolls consist of fragments of 900 manuscripts found in 12 caves near the West Bank's Qumran site. They contain some of the earliest known copies of the Hebrew Bible and include calendars, hymns, rules and apocryphal (non-canonical) texts. One of the scrolls, written on copper, has a list of hidden treasures. Another important biblical find is the Mernaeptha stele (inscribed with a stone slab), also called the Israeli stele. Discovered in Luxor, it contains the earliest mention of the name Israel. Engraved around 1207.C AD, it includes a list of places in the eastern Mediterranean that the Egyptian pharaoh Mernepta claims to have conquered. Pharaoh claimed that Israel is laid waste, its seeds are no more. Megiddo was an ancient city in Israel that was occupied for 6,000 years and mentioned many times in the Bible. The Greek name of the city is Armageddon, and according to the Book of Revelation, eventually a great battle will be waged in Megiddo between the forces of good and evil. Another important place is Herodia, a palace built for King Herod (who lived about 74 to 4 BC. C.), the king appointed by Rome to rule Judea. Herod was reviled in the New Testament with stories claiming that he tried to kill baby Jesus. For decades, scholars have been trying to reconcile the biblical story of attempted murder with the knowledge that Herod probably died before Jesus was born. In photos: The controversial Herod's Tomb Another famous place is the Temple Mount (known as Haram al-Sharif in Arabic) in Jerusalem. It is the holiest site in Judaism and the third holiest site in Islam. Its religious significance, along with the ongoing Israeli-Palestinian conflict, means that little archaeological work has been done there. Many mysteries there are many mysteries that biblical archaeologists are still trying to solve. For example, did there really be an exodus of Jews from Egypt, and if so, when? And can the history of the Book of Exodus be connected with the expulsion of the people called Hiccosos from Egypt, which occurred more than 3,500 years ago? Other mysteries include determining whether King David actually existed in the Bible. The 2,800-year-old stele, found in Tel Dan in northern Israel, mentions House of David, suggesting that the biblical ruler may have existed. Another 2,500-year-old inscription called the Mesha stele (named after King Moab, the man who builds it) wrote on it that some scholars believe refers to King David, but it is uncertain. In addition, some scholars, such as Joseph Garfinkel, professor of archaeology at the Hebrew University of Jerusalem, believe that the 3,000-year-old site of Khirbet Seyyaf, southwest of Jerusalem, may have been used by King David, however, it is also uncertain. It is also unclear how powerful Israel was in the early days of its life. The Jewish Bible assumes that Israel controlled a large number of territory with Jerusalem as an important political and spiritual center. 3,200-year-old Merneptah stele mentions the existence of Israel, gives little information on how much how much Israel controlled. The location of a number of biblical sites is also ambiguous. For example, archaeologists do not know where the biblical city of Sodom is located. According to the Hebrew Bible, the city was destroyed by God because it became too sinful. Some archaeologists have speculated that Sodom may have been located at the archaeological site of Tella el Hammam in Jordan, due to the geographical location of the site and archaeological evidence that it was suddenly destroyed. Recent studies indicate that Tel al-Hammam and surrounding areas may have been destroyed by a space explosion that occurred in the region some 3,700 years ago. Biblical archaeologists also face the mystery of the description of what Jesus was actually. The earliest surviving copies of the Gospels - four Books of the Bible describing the life and teachings of Jesus - date back to the second century of our lives, some 100 years after the life of Jesus. This means that it is not known how much of what the gospels say is true and how much is fiction. Recent excavations in Nazareth, the city where Jesus is believed to have lived, show that people in Nazareth have rejected Roman culture. This corresponds to the biblical stories of Nazareth as a community that followed the Jewish religion and customs. Excavations in Nazareth also revealed a house that was revered as the place where Jesus lived, but only centuries after the birth of Jesus. Additional resources: resources:

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