

Talent is Overrated: What Really Separates World-Class Performers from Everybody Else

by Geoff Colvin

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐	01	Pick one sub-skill Choose a narrow skill that currently limits your performance.	MON TUE WED THU FRI SAT SUN ☐☐☐☐☐☐☐
☐	02	Define the standard Write what better looks like before starting the practice block.	MON TUE WED THU FRI SAT SUN ☐☐☐☐☐☐☐
☐	03	Add fast feedback Use a coach, recording, score, checklist, or peer review immediately after the rep.	MON TUE WED THU FRI SAT SUN ☐☐☐☐☐☐☐
☐	04	Practice above comfort Increase one constraint so the task requires full attention.	MON TUE WED THU FRI SAT SUN ☐☐☐☐☐☐☐
☐	05	Repeat the same metric Use the same measure for three sessions so progress becomes visible.	MON TUE WED THU FRI SAT SUN ☐☐☐☐☐☐☐
☐	06	Study expert models Compare your attempt with a strong example and name the gap.	MON TUE WED THU FRI SAT SUN ☐☐☐☐☐☐☐
☐	07	Remove autopilot reps Stop counting hours that do not include a target and correction.	MON TUE WED THU FRI SAT SUN ☐☐☐☐☐☐☐