

Repetition is the Secret



Repetition

Doing things over and over.

Pretty much anything worth doing in life takes repetition to learn how to do it well.

And the secret to it all, is one of my favorite sayings...

"Anything worth doing, is worth doing well"

I write daily.

I'm not a great writer, but I've become better over the years.

Repetition and observation are the keys to improvement.

Athletic skills take repetition.

Not just repetition but the right type of repetition.

Artistic skills take repetition.

Not just repetition but the right type of repetition.

Relationship skills take repetition.

Not just repetition but the right type of repetition.

Weight training is repeatedly picking up heavy things, then slowly getting better at picking up heavy things.

There is beauty in mundane consistency.

Do. Observe. Fix. Do again.

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