



## COMPETENCE: SKILL STACKING

Most people acquire most of their knowledge, skill and experience by accident. They wander from interest to interest and develop a mixed bag of skillsets. This is not a bad thing, especially when we are young. But to attain our highest levels of excellence and contribution, we must begin to choose what to focus on and develop in life, and what to avoid. We must become more diligent about our learning journey – to acquire skill more purposefully. With this in mind, use the framework below to prioritize the top-level goals and the subsequent skills you must develop in order to attain those goals. In other words, write down your top goals, then figure out a new skill that you could start learning each month for the next five months to attain it faster. This is called "skill stacking." Obviously, you'll never achieve any given skill completely, and focusing on them for 30 days is just a start. Still, this activity helps you become more strategic about your learning journey and by "stacking" new skills each month for several months you'll experience massive momentum.

### *Top Level Goals*

Think of all the major goals you have in your life. Now narrow them down to your 3 top goals – the most important things you want to focus on or achieve at this time in your life. Write those 3 goals in the boxes below. Also, write a few phrases about WHY you want these goals.

Now for each of these goals, write down what you will do to advance your competence each month for the next 12 months in order to more quickly attain that goal. In other words, in each of the 12 boxes below—where each box represents one month—write down what you will do, read, research, try, or get coaching on so that you can become smarter and more skilled.

*The skill I want to learn this month:*

*How I'll learn it:*

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