



**BUILDING CONFIDENCE, IDENTIFYING AREAS WHERE IMPROVEMENT IS NEEDED, AND MASTERING COMPLEX CONCEPTS, WE CAN ACHIEVE OUR GOALS AND REACH OUR FULL POTENTIAL.**

**-LOU SANTIAGO JR.**

### **THE IMPORTANCE OF PRACTICE AND IT'S BENEFITS**

Practice is a crucial fundamental unit in the ability to achieve success in any field, whether in music, sports, self-behavior, business, or the marketplace in general. Practice is the key to developing the muscle memory, knowledge, and experiences needed in order to perform at a high level consistently. Here are 3 benefits of practice:

**#1 Practice helps build confidence.** When we practice, we're becoming more familiar with the task at hand, and as a result we feel more at ease when called upon to perform that task. This then allows for the production of a newly instilled confidence that makes the difference between success or failure, in any of situations.

**#2 Practice helps us identify areas where we need to improve.** By practicing consistently, we can evaluate our performance and identify where we are excelling and where we need to focus our efforts. This self-evaluation allows us to make adjustments and improve our skills accordingly.

**Helpful Hint: Record yourself always!**



**#3 Practice develops the necessary elements to master complex concepts and techniques.** How so? With repetition and refinement (proper practice), we develop a deep understanding of a particular skill and/or subject matter. This then sets us apart from others, opening up new opportunities in our personal and professional lives.

**The importance of practice cannot be overstated.** Whether in music, sports, self-behavior, business, or the market-place in general, practice is essential in achieving success to goals that have been set. Remember, in building confidence, identifying areas where improvement is needed, and mastering complex concepts, we can achieve our goals and reach our full potential. **Helpful Hint: It's new, not hard!**