HIDDEN Potential

The Science of Achieving Greater Things

#1 New York Times bestselling author of

GRANT

ADAM



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Having an Experienced Kindergarten Teacher Predicts Higher Adult Income



HOW TO GET BETTER AT SOMETHING









MAKING MORE MISTAKES

THEORY

REALITY







HOW LEARNING ACTUALLY HAPPENS







		FILTERING GOAL	
		Ego	Growth
ABSORBING APPROACH	Reactive	Rubber	Clay
	Proactive	Teflon	Sponge





WHICH SOURCES TO TRUST



Liz Fosslein





PERFECTIONISM













ANY AM I LIKE 1. AN NEVER DO ANYTH. HAT I SET OUT TO DO TH. S THE WORST THING POSSIB. ND IT'S HAPPENED LIKE IT ALWA APPENS WHAT'S GOING TO BECO OF ME AND MY CAREER WILL I EVE DO ANYTHING RIGHT WHERE AM I GOING WHO AM I EVEN AND HAVE ACCOMPLISHED ANYTHING EVEN



* INCLUDES YOURSELF



@RESEARCHDOODLES BY M. SHANDELL



PRACTICE WITHOUT PLAY





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WHEN WE SHOULD TAKE A BREAK



WHEN WE ACTUALLY TAKE A BREAK





LIZ FOSSLIEN



Thicker lines represent more passes



A PERFECT MAP OF THE FUTURE





A GENERAL DIRECTION







Janis Ozolins from OzolinsJanis.com

PROGRESS

HOW WE WANT IT TO FEEL: HOW IT ACTUALLY FEELS: FASTBALL

KNUCKLEBALL

*0 *0 0 70

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WHERE YOU ARE


PERCENTAGE OF YOUR WORST DAYS YOU'VE MADE IT THROUGH



		CREDIBILITY	
		Ignorant	Knowledgeable
EXPECTATIONS	Doubter	Challenged: I will prove them wrong	Threatened: I don't have what it takes
	Believer	Unmoved: They're easily impressed	Empowered: I will prove them right



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Sources: Ripley, *The Smartest Kids in the World*; Hanushek and Woessmann, *The Knowledge Capital of Nations*. For the years before the PISA was introduced, economists created a common metric to compare different tests administered in each country.



CONTRASTING EDUCATION CULTURES

Inspired by Edgar Schein's iceberg model of culture



Finland's proficiency trend across PISA cycles







It's Very Extraverted at the Top

Source: research by Stephan Dilchert and Deniz Ones with over 4,000 U.S. leaders and managers





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I would like to increase my chances during the next selection process by correcting or improving any deficiencies that I may be unaware of but were discovered in my application package. I would therefore deeply appreciate any feedback you can provide regarding the status of my application, the level of consideration it was given and any comments, if possible, made by reviewers concerning my application.

A special thank you for taking time off your schedule to fulfill one of what must be thousands of requests.

National Aeronautics and Space Administration

Lyndon B. Johnson Space Center Houston, Texas 77058

January 26, 1990

NASA

AHX

Mr. Jose M. Hernandez 9619 Apple Blossom Way Stockton, CA 95205

Dear Mr. Hernandez:

This letter is in response to your application for the Astronaut Candidate Program.

I regret to inform you that you were not selected for the Astronaut Candidate Program. The Johnson Space Center received more than 2,400 applications for the 16 mission specialist and 7 pilot positions filled. The large number of well-qualified applicants available made the selection process a difficult one. Regrettably, we were able to select only a small number of those with the potential to make a contribution to this nation's space program.

We intend to select a small number of Astronaut Candidates every 2 years as our needs dictate. We will continue to accept updates and applications for consideration for the next selection process.

We appreciate having had the opportunity to consider you for the Astronaut Candidate Program and wish you success in your future endeavors.

Sincerely,

Duane L. Ross Manager, Astronaut Selection Office

53

April 7, 1992

Dear Mr. Hernandez:

Thank you for applying for the Astronaut Candidate Program.

I regret to inform you that you were not selected for the Astronaut Candidate Program during the recent selection process. The Johnson Space Center received more than 2,200 applications for the 15 mission specialist and 4 pilot positions filled.

December 20, 1994

Dear Mr. Hernandez:

Thank you for applying for the Astronaut Candidate Program.

I regret to inform you that you were not selected for the Astronaut Candidate Program during the recent selection process. The Johnson Space Center received more than 2,900 applications for the 9 mission specialist and 10 pilot positions filled.

AHX

May 9, 1996

Dear Mr. Hernandez:

Thank you for applying for the Astronaut Candidate Program.

I regret to inform you that you were not selected for the Astronaut Candidate Program during the recent selection process. The Johnson Space Center received more than 2,400 applications for the 25 mission specialist and 10 pilot positions filled.

AHX

AHX

EXPERIENCE REQUIRED



What we see		
what we		
don't see	JESIRE PASSION FOCUS TRAINING FAILURE HARP INJURY EAR. WORK BLOOD	Jan Stratter
$\frac{11}{100} \frac{1}{100} 1$	157 EARLY WORK BLOOP, WORNINGS LATE TEARS LISTENING SACRIFICE FEEDBACK LONE	T PATIEN
PILL LOSS SLEEP	MOTIVATION REJECTION	PLA



Москва. Вид на Кремль с Москвы-реки. Moscow. View of the Kremin from the Moscow-River. Moskila: Bick auf dan Kremi uber die Moslowa. Moscou. Le Kremin vue de la Moskova. V Hello Duarre, Just on my way back home from Siberia. Things don't seen from Siberia. Things don't seen as bad here as the press leads as bad here as the press leads us to indicate. Thanks again DUANE Ross NASA - LBJ SPACE CENTER Astronum + Selection Office MAIL CODE ALTX for meeting with me and here to hear from your and here to hear from your and Terren in the Near future! Houston, TX 71098 22058 U.S.A) Prented in Russia by pols tar. MR63

National Aeronautics and Space Administration Lyndon B. Johnson Space Center 2101 NASA Parkway Houston, Texas 77058-3696

April 20, 2004

AHX

Mr. Jose M. Hernandez

Dear Jose:

Congratulations, and welcome to our team! Get ready to begin one of the most exciting periods of your life. The Astronaut Candidate Training Program is designed to prepare you for missionspecific training. You will be actively challenged during this program, and you will be expected to demonstrate an acceptable level of performance in order to be considered for conversion to astronaut status.







ACTIONS FOR IMPACT

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The learning process isn't finished when we acquire knowledge. It's complete when we consistently apply that knowledge. Here are my top forty practical takeaways for unlocking hidden potential and achieving greater things.

I. BUILD CHARACTER SKILLS

 Unleash hidden potential through character skills. The people who grow the most aren't the smartest people in the room. They're the ones who strive to make themselves and others smarter. When opportunity doesn't knock, look for ways to build a door—or climb through a window.

A. Become a creature of discomfort

 Don't be afraid to try a new style. Instead of focusing on the way you like to learn, embrace the discomfort of matching the method to the task. Reading and writing are usually best for critical thinking. Listening is ideal for understanding emotions, and doing is better for remembering information.

- 3. Use it or never gain it at all. Put yourself in the ring before you feel ready. You don't need to get comfortable before you can practice your skills your comfort grows *as* you practice your skills. As polyglots show us, even experts have to start from day one.
- 4. *Seek discomfort*. Instead of just striving to learn, aim to feel uncomfortable. Pursuing discomfort sets you on a faster path to growth. If you want to get it right, it has to first feel wrong.
- 5. Set a mistake budget. To encourage trial and error, set a goal for the minimum number of mistakes you want to make per day or per week. When you expect to stumble, you ruminate about it less—and improve more.

B. Become a sponge

- 6. *Increase your absorptive capacity.* Seek out new knowledge, skills, and perspectives to fuel your growth—not feed your ego. Progress hinges on the quality of the information you take in, not on the quantity of information you seek out.
- 7. Ask for advice, not feedback. Feedback is backward-looking—it leads people to criticize you or cheer for you. Advice is forward-looking—it leads people to coach you. You can get your critics and cheerleaders to act more like coaches by asking a simple question: "What's one thing I can do better next time?"
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it is to hear a hard truth from someone who believes in their potential and cares about their success.

C. Become an imperfectionist

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- **12**. *Be your own last judge*. It's better to disappoint others than to disappoint yourself. Before you release something into the world, assess whether it represents you well. If this was the only work people saw of yours, would you be proud of it?
- **13**. *Engage in mental time travel*. When you're struggling to appreciate your progress, consider how your past self would view your current achievements. If you knew five years ago what you'd accomplish now, how proud would you have been?

II. SET UP SCAFFOLDING TO OVERCOME OBSTACLES

14. *Look outward for the right support at the right time*. Every challenge requires its own support. The support you need isn't permanent—it's

a temporary structure that gives you a foothold or a lift so you can keep climbing on your own.

A. Turn practice into play

- **15**. *Turn the daily grind into a source of daily joy.* To maintain harmonious passion, design practice around deliberate play. Set up fun skill-building challenges—like Evelyn Glennie learning to play a Bach piece on a snare drum, Steph Curry trying to score twenty-one points in a minute, or medical residents honing their nonverbal communication skills by using nonsense words in improv comedy games.
- 16. Compete against yourself. Measure your progress over time, not against an opponent. The risk of competing against others is that you can win without getting better. When you compete against yourself, the only way to win is to grow.
- **17**. *Don't hold yourself hostage to a fixed routine*. It's possible to avoid burnout and boreout by introducing novelty and variety into your practice. You can alternate between different skills you're practicing or switch up the tools and methods you use to learn those skills. Even small tweaks can make a big difference.
- 18. Be proactive about rest and recovery. Don't wait until you're burned out or bored out to take breaks—build them into your schedule. Taking time off helps to sustain harmonious passion, unlock fresh ideas, and deepen learning. Relaxing is not a waste of time; it's an investment in well-being.

B. Take the roundabout path to progress

19. When you're stuck, back up to move forward. When you hit a dead end, it might be time to turn around and find a new path. It feels like regressing, but it's often the only way to find a route to progress.

- 20. Find a compass. You don't need a map to start on a new route—you just need a compass to gauge whether you're heading in the right direction. A good compass is a credible source that signals when you're going off course.
- . *Seek multiple guides.* Instead of relying on a single expert or mentor, remember that the best directions come from multiple guides. Ask them about the landmarks and turning points from their own journeys— and tell them about the roads you've taken so far. As they drop pins, you can piece them together into a route that works for you.
- . *Find a side gig.* When you find yourself languishing, you can build momentum by taking a detour to a new destination. When you make progress in a side project or hobby, you rack up small wins, which remind you that forward movement is possible.

C. Fly by your own bootstraps

- . *Teach what you want to learn*. The best way to learn something is to teach it. You understand it better after you explain it—and you remember it better after you take the time to recall it. Like the Golden Thirteen, you can do this in groups, with each member teaching a distinct skill or slice of information.
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- . *Harness both high and low expectations as motivation*. If ignorant naysayers doubt you, take it as a challenge. Instead of letting them crush your confidence, recognize it as an opportunity to prove them wrong. And when credible believers are behind you, rise to the occasion and prove them right.

26. *Be a good ancestor*. When your faith falters, recall who you're fighting for. Our deepest reserves of resilience come from knowing that other people are counting on us.

III. BUILD SYSTEMS OF OPPORTUNITY

27. Open doors for people who are underrated and overlooked. Create systems that invest in and create opportunities for all—not just gifted students and high-potential employees. A good system gives underdogs and late bloomers the chance to show how far they've come.

A. Design schools to bring out the best in all students

- 28. Don't waste a brain. Recognize that intelligence comes in many forms, and every child has the potential to excel. Cultivate a growth mindset in teachers, not only in students. Gauge success by the progress of every student, not just those at the top.
- **29**. *Professionalize education*. Following Finland's example, train and treat teachers as trusted professionals. When teachers are equipped and encouraged to stay up-to-date on the latest evidence, coach one another, and shape the curriculum, the next generation can achieve greater things.
- **30**. *Keep students with the same teachers for multiple years*. Looping allows teachers to specialize in their students, not just their subjects. With more time to get to know each student personally, teachers can become coaches and mentors, tailoring their instructional and emotional support to help all students reach their potential.
- **31**. *Give students the freedom to explore and share their individual interests.* The most important lesson to teach students is that learning is fun. When students get to select the activity stations, books, and projects that interest them, they're more likely to develop intrinsic motivation. When

they present on the topics they love, it reinforces their enthusiasm and gives their classmates the chance to catch it.

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- **33**. *Choose leaders based on prosocial skills.* Instead of promoting babblers and ball hogs, elevate people who put the mission above their ego— and prioritize team cohesion over personal glory. When teams are eager to contribute, the most effective leader is not the loudest talker, but the best listener.
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