

# Art Of Learning

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# Intro

- Won his first National Chess Championship at the age of 9
- subject of *Searching for Bobby Fischer* was made into a major motion picture.
- After dominating the scholastic chess world for ten years, Waitzkin Took on the martial art Tai Chi Chuan and ultimately earned the title of World Champion.
- How was he able to reach the pinnacle of two disciplines that on the surface seem so different? "I've come to realize that what I am best at is not Tai Chi, and it is not chess," he says. "What I am best at is the art of learning."

In his riveting new book, *The Art of Learning*, Waitzkin tells his remarkable story of personal achievement and shares the principles of learning and performance that have propelled him to the top -- twice.

# Key Ideas

- Love of Doing/Process
- Challenges/Failures/Risks
- Investment in Loss
- Being Yourself
- Mastering Fundamentals

# Love of Doing/Process

- Why he started to not enjoy chess – Pressure to Win rather than enjoying the process/playing.
- For the love of the learning
  - rather than for the GLORY.
- Embrace an organic, long-term learning process
  - Being Process oriented
  - Pushing the comfort zones
- Look for stronger opponents to spur growth,
  - but it is also important to keep on winning enough to maintain confidence.
- Fixed Mindset vs Growth Mindset

# Challenges/Failures/Risks

- You have to use challenges to your advantage.
  - Obstacle is the way.
  - Always seek out challenges as opposed to avoiding them.
  - Pushing ourselves and finding what really lies at the outer reaches of our abilities.
- Mental resilience - the most critical trait of a world- class performer
  - it should be nurtured continuously.
  - Mental Peace under chaos
  - learn how to sit with Stress, use it, channel it into a heightened state of intensity
  - the ability to be clearheaded, present, cool under fire is much of what separates the best from the mediocre.
- Risks
  - If I want to be the best, I have to take risks others would avoid, always optimizing the learning potential of the moment

# Investment in Loss

- A loss is an investment in your long term success.
- Giving yourself to the learning process.
- In order to grow, he needs to give up his current mind-set.
  - We need to lose to win.
- Great ones are willing to get burned time and again as they sharpen their swords in the fire.
- Michael Jordan – the greatest ever
  - What is not so well known is that Jordan also missed more last- minute shots to lose the game for his team than any other player in the history of the game.
  - What made him the greatest was not perfection, but a willingness to put himself on the line as a way of life.

# Being Yourself

- Biggest Problem – People trying to fit in.
- Highest level of success comes from manifesting your unique ability in your discipline.
  - The great ones are usually expressing themselves most purely through a discipline.
  - They convert their passions into fuel with tremendous consistency.
- Emotional States that trigger our greatest Performances
  - Discover what states work best for you
  - This is truly a personal question.
  - Build condensed triggers so you can pull from your deepest reservoirs of creative inspiration at will.

# Mastering Fundamentals

- Stick to the fundamentals
- Depth beats breadth every day
- It is not mysterious techniques that win – but fundamental skills
- It is not about the quantity of learning – but quality