

THE JORDAN HARBINGER SHOW

Worksheet for Deep Dive | Why You Should Be an Amateur (Episode 34)

When we apply ourselves to a pursuit, it stands to reason that we get better at it over time. As dedicated experts, we pull off incredible feats today that stumped us as bumbling amateurs yesterday. The learner becomes the master, and progress marches on, right?

Not quite. As it turns out, there's a lot we can lose as experts if we casually cast aside the advantages we had as amateurs. In [this deep dive with Gabriel Mizrahi](#), we explore what these advantages are, how we can regain them as experts, and what we can do to keep the beginner's mindset alive throughout our lives.

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A Mind Unfettered

In problem solving, we can benefit from a lack of context or learned behavior. As we train those troubleshooting neural pathways, we may find it hard to deviate from them to find our answers.

Jordan gives an example of this in an anecdote where he accidentally recorded noise in addition to the content, and needed to remove the unwanted sound. When he brought the problem to an acoustic engineer with years of schooling and experience, he was unable to solve the problem using standard techniques. Jordan then brought this up with his producer, Jason DeFillippo, who tried a few seemingly random fixes and was able to resolve the noise issue. The acoustic engineer was shocked by the result. When Jason explained the fix, the engineer mentioned that he glossed over the solution, as he felt it would have been ineffectual and therefore a waste of time.

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How often do you find yourself traveling through the maze of life on “autopilot” as it were, using conditioned behavior learned decades ago? Examine some of the problems you are currently facing in your life; financial, romantic, spiritual, or otherwise. Are you currently falling back on unproductive learned patterns to manage these difficulties? List some unorthodox solutions to these problems and test their efficacy.

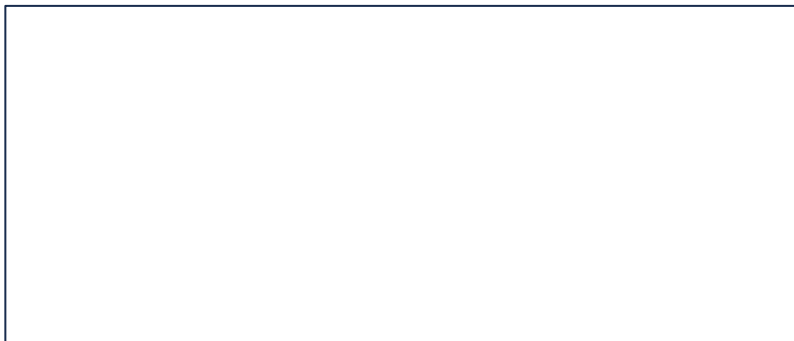
A large, empty rectangular box with a thin black border, intended for the user to write their responses to the prompts above.

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Unconventional Wisdom

To thrive, we often must find a balance between a novice mentality and expert insight, even as we progress from one stage of understanding to the next. In Christian narratives, this is often referred to as “being childlike,” which evokes emotions such as humility, curiosity, and lack of ego when confronting problems or working with others. In Buddhist philosophy, the suggestion often is to find the middle way that exists between.

Consider a topic or skill in which you consider yourself to be well-versed, if not expert. Ask someone to explain it to you as if you were a beginner. Find out what insights they bring to the table.



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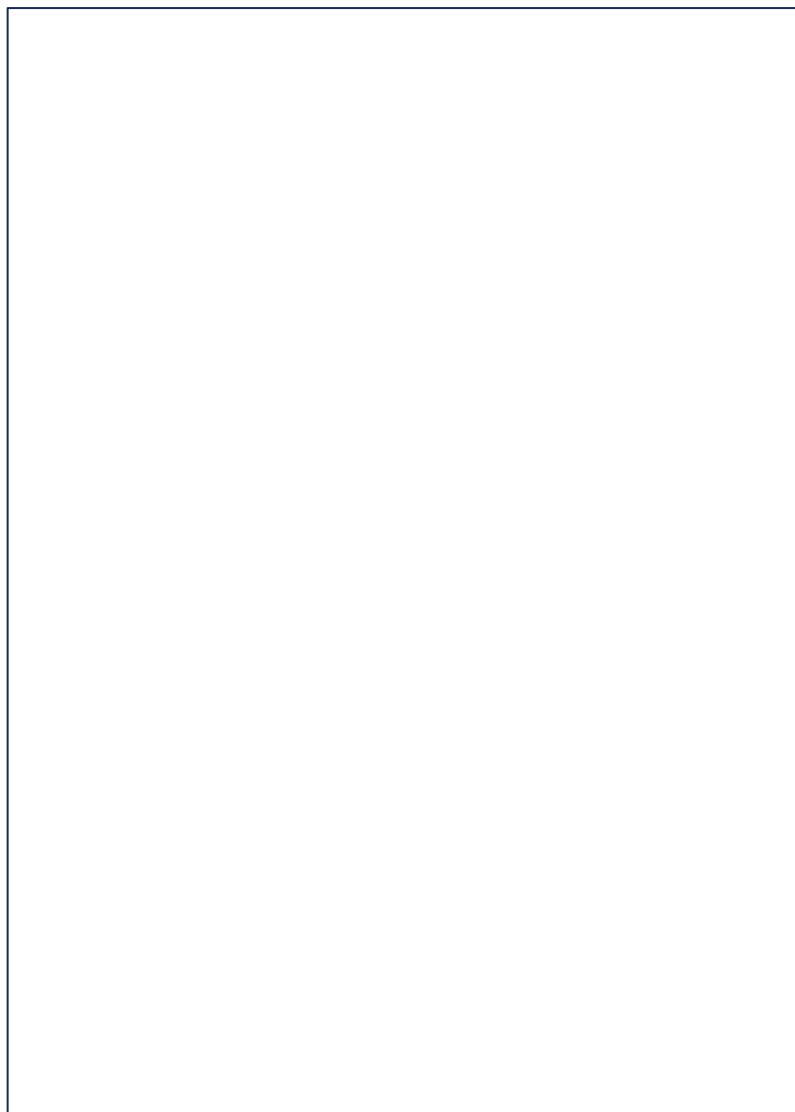
Freelancing

Malcolm Gladwell states in his book [*The Tipping Point*](#) that the length of time it takes to move from novice to master in an area of study is about 10,000 hours. Jordan and Gabriel discussed this concept when examining Andre Agassi's talents in being able to freelance on the tennis court and compared it to having a well-rehearsed presentation, which allows similar latitude to riff on material that may be outside the script.

Based on amount of time devoted to a particular skill or craft, list areas in which you may be approaching a “tipping point.”

Consider which you should push forward on in deliberate practice to move from a state of apprentice to master, and chart out time to devote to it.

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Full show notes and resources for this episode [can be found here](#).

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About



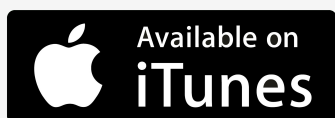
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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