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THE FOUR STAGES OF MASTERY

by Kalika

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BEFORE YOU BEGIN

This worksheet is for the skill you keep telling yourself you should be better at by now. The one that feels harder than it should. The one you watch other people do with ease.

What if the reason it feels hard isn't because you're behind? What if it's because you're exactly where every successful person has stood at some point?

Take ten quiet minutes with a pen and a cup of tea. Be kind to yourself as you fill this out.

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Part 1: Pick Your Skill

The skill I want to grow is:

Why this skill matters for my business or life:

Part 2: Walk Through All Four Stages

Take a few minutes with each stage. Write what comes up. Be kind and clear with yourself.

STAGE 1: UNCONSCIOUS INCOMPETENCE (IGNORANT)

You don't know what you don't know. The blind spot stage.

- *What skill might you be missing that you haven't even thought about yet?*
- *Who do you watch and wonder, "How do they make that look so easy?"*
- *What part of your business have you been ignoring or assuming will sort itself out?*

STAGE 2: CONSCIOUS INCOMPETENCE (AWARE)

You see the gap between where you are and where you want to be. This is uncomfortable, but it's the doorway in.

- *What skill do you know you need to grow, but it feels overwhelming?*
- *Where in your business or life do you feel exposed or behind?*

- *What have you been avoiding because you don't yet know how to do it well?*

- *How long have you been sitting in this stage? (Sit with this one.)*

STAGE 3: CONSCIOUS COMPETENCE (LEARNING)

You can do it, but it takes effort, focus, and reps. This is the work.

- *What skill are you actively building right now that takes real focus?*

- *What feels clumsy, but is starting to click?*

- *How often are you practicing this skill?*

- *Who or what is helping you get better?*

STAGE 4: UNCONSCIOUS COMPETENCE (MASTERY)

You do it without thinking. It flows. This is your superpower.

- *What skills come easily to you now that once felt hard?*

- *What can you do that someone else might be in awe of?*

- *What is your zone of genius?*

- *Who in stage two could you mentor or teach right now?*

One more reflection. Look back at all four stages. Which stage holds the skill you most want to focus on for the next 30 days? Circle it above. That's the skill you carry into Part 3.

Part 3: Map Your Path Forward

What's one small daily rep I can commit to for the next 30 days?

When will I do it? (time of day, where, how long)

Who can I learn from? Name a mentor, coach, peer, author, or podcast host who's already at stage four.

What will I tell myself when it feels awkward?
(Suggested phrase: Awkward is the doorway to mastery.)

Part 4: Track Your Reps

Pick one of these three ways to track your daily reps. The best tracker is the one you'll actually use.

Option 1: Streaks app (iPhone and Apple Watch, $5.99 one-time). This is the cleanest streak tracker for Apple users. You tap once a day to mark your rep complete, and you watch the chain build. It syncs with Apple Health if your skill involves steps, workouts, or mindfulness minutes, and it lives on your watch face so you can check it without unlocking your phone. One-time fee, no subscription.

Option 2: Apple Reminders (free, already on your phone). If you don't want another app, set a daily recurring reminder titled with your skill.

For example: "Film one YouTube clip" or "Write 200 words." Check it off each day. It even shows up on your Mac, iPad, and Apple Watch automatically.

Option 3: A sticky note on your bathroom mirror. Write your skill at the top of a sticky note. Add a tally mark every morning after you do your rep. Low-tech, high-visibility, and you'll see it twice a day. The analog option works beautifully for people who want fewer screens in their morning routine.

Whatever you pick, commit to it for 30 days. The tracker doesn't matter as much as the daily check-in does.

FINAL THOUGHTS

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