

# 30 / 10,000 hours

**Objective:** If you could invest 30 hours of your life into something you KNEW would turn out awesome and be well-received when it was completed, what would you spend that time on? Why?

Likewise, you may have heard that investing 10,000 hours of deliberate practice in something will yield world-class results. Maybe you've invested 10,000 hours in something that you've gotten very good at and it doesn't light you up. Just because you're good at it doesn't mean it's your Dharma. If you could choose (oh, by the way, you can ALWAYS choose!), where would you invest that 10,000 hours? Why?