



**Adrian Joshua**

#### 4. Be realistic

If we have an intimidating part to practise, it is easy to push it to the back of your mind. However, it is much more effective to practise little and often, and slowly chip away at your nemesis day by day. It's about quality, not quantity - if you aim to practise smarter, not longer, you will find yourself with a lot more willpower to draw upon. By setting small and realistic goals, you will find you overcome tricky areas much easier, and you'll be less likely to beat yourself up for not completing absolutely everything you had planned.