



MVS: Go Deeper, Not Wider

Title

Go Deeper, Not Wider

Description

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times" - Bruce Lee.

We are living in the age of abundance. Subtly **trained to become dumb consumers**, we are constantly bombarded with brief stimuli that generate dopamine spikes. The external environment relentlessly offers us **injections of newness**: new apps, new clothes, new songs, new series, new movies, new books, new sports, new cars, new foods, new courses and so on. We are victims of a **relentless chase for newness**. The real issue is that we are so overwhelmed (or lazy) that we fail to see we are trapped in this paradigm. As a result, we don't resist it.

We have **lost the ability to focus on a single element for an extended period of time**. At the same time, we have **lost the ability to focus inward**. If we find ourselves alone without looking at our smartphone, **we feel lost and empty**.

How many times have you come across posts from people boasting about reading a book a week or aiming to read 100 books as quickly as possible? That's dumb.

Understanding, absorbing, and integrating the content of even a single *quality* book **takes time**. Furthermore, since books are increasingly becoming shallow, with meaningful content drowned out by trivial, often automatically generated material, developing the ability to **carefully choose sources and vet authors** is an essential new skill to master.

Reading a book once, only to move on to the next *without* questioning what you've read, reflecting on the lessons learned, or considering how to integrate the book's ideas into your daily life, **ultimately adds little value**. This represents the superficiality of today's life.

This concept also applies to other areas of human life previously mentioned: how many times have you started a sport or a hobby, **only to abandon it or practice it infrequently and then having regrets**? Remember, **competence translates into self-confidence**. Dabbling in skills and knowledge sporadically and superficially **leads nowhere**.

In sports periodization, there are training blocks dedicated to **consolidating** technique, tactic and physical abilities. An athlete must **solidify** and **refine** their skills to **perform well under all conditions**. You need to apply a similar concept to your life. Dedicate a period during which you **won't add anything new** to what you already **have** or **do**. Invest your time in **deepening your existing assets (knowledge, skills, resources, relationships)**.

Go back and finish reading that book you left halfway through. Reread that essay over and over and critically analyze its content. Resume the sport you had set aside. Use and optimize what you already possess. Take time to think about how to improve everything and make the best use of the resources at your disposal. **Increase the depth of your knowledge and your abilities**.

Focusing on what you already know builds self-efficacy. Deep work strengthens neural pathways, allowing you to **transition from a**

surface-level understanding to mastery.

The advertising-driven culture we live in **thrives on making you feel insufficient**. Ads tell you that you're just one course, one gadget, or one new habit away from success. These external stimuli can lead to a vicious cycle where you **perpetually chase new trends without ever mastering or enjoying what you already have**. This scattershot approach **dilutes your energy** and **fosters a sense of incompetence**.

Bear in mind that this is not in contrast with previous lesson "Learn or Perish". **You can be capable in more than one field** (never limit yourself) but you need to **consolidate constantly and periodically your abilities and knowledge**.

Again, **be a lifelong learner**.

Tasks

1. Plan Consolidation Periods

Plan your first consolidation period: reserve on your calendar 1 day (to begin), 1 weekend, 1 week, 1 month, etc. Start as soon as possible, regain your ability to focus and aim to mastery.

2. Prioritize What's Worth Mastering

Write down the elements you will focus on. Few examples:

- **skills**: gymnastics, gardening
- **knowledge**: terminate the course "*how to do not become Mr./Mrs. Couch Potato*" and study the notes. Re-read and critically analyze book X.

3. Limits Inputs

Stop injections of newness. This is easy, you don't have to do anything at all, in fact, **you should do less**. Do not buy new books, subscriptions, shoes, jackets, bikes etc. Do not buy bullshits. Do not allow distractions. Do not join new courses, groups, social apps, etc.

4. Go Through The Sufferance of Regaining Your Focus

We have such a low level of attention that you will struggle to maintain focus for an extended period of time. Just don't give up.

Duration

Start planning 1d/w, build up to 1wk, 1month , few months, 1 year.

Expected Results

- You'll gain clarity about what truly matters to you and **free up mental space** for more intentional focus.
- You'll deepen your understanding, **gain confidence** in your abilities, and **reinforce** the habit of mastery over novelty.
- By reducing the noise, you'll feel more in **control of your mental bandwidth** and find it easier to focus on what you've already prioritized.

For any feedback, criticism, suggestions, chat:

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