THE 20 HOUR TEST

Learn a new skill in 20 hours

It was Malcolm Gladwell, the popular writer on modern psychology, who popularized the idea that it takes 10,000 hours of practice to really master a new skill, such as playing the piano. But in this non-stop world, who has that kind of time? In his book *The First 20 Hours*, Josh Kaufman tells you how to learn any new skill really quickly. By completing just 20 hours of focused practice, you'll be able to go from knowing absolutely nothing to performing well. But is it really possible? Matt Rudd, a *Sunday Times* journalist, decided to give it a try.

Listen and order the words to complete the sentences

1 hour

He feels _____ (mitsioptic)

2 hours

He feels _____ (ypahunp) with his progress

5 hours

He _____ (besileev) he's actually _____ (mvnioprgi) now, but he thinks his online teacher is _____ (gnyninao)

9 hours

He's _____ (rrsftudeta) by how little he can play.

14 hours

He's _____ (pdersesed) and is contemplating giving up.

15 hours

He's terribly _____ (tsdnoipapde) at the thought of having to start from scratch.

17 hours

He feels he's gained _____ (eouraemngctn) again.

20 hours

He trusts he'll continue _____ (rmpiiovgn).

LIVEWORKSHEETS