

Your Competence

Knowing Where You Are With Your Competence

Words to mix and match...

to understand where you are with your competence...

Conscious	Competence
Unconscious	Incompetence

Your Competence

UNconscious INcompetence

You have zero competence with it... and you don't even know it.

But once you ARE introduced to it, it will go from being an UNconscious INcompetence to a...

Conscious INcompetence

Conscious INcompetence

You still don't know how to do it, but you're aware of it - you're conscious of it. As you learn more about it and gain more familiarity with it, it will transform into a...

Conscious Competence

Conscious Competence

You now know how to do it and are able to do it (competence)... *when you think to do it and you remind yourself how it's done* (consciously).

Feels good! But what feels even better is...

UNconscious Competence

UNconscious Competence

You are able to do it, as needed, without even thinking about how it's done.

Examples: being able to drive a car... ride a bike... use your computer... recite the alphabet... brush your teeth...

Your unconscious mind is VERY in charge of the doing of it.

This is the goal with *Choose Your Life* skills.

→ *By the end of this course you will have a lot of **Unconscious Competence** with skills, understandings, and tools that make living the life **you choose** feel like "of course."*

In closing, the PROCESS of learning or skill building in a diagram.

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