# 5 steps to learn anything you want (backed by science)

Josue Valles

In 2012, I learned English without living in a foreign country.

In 2013, I made $200k in 6 months with copywriting.

In 2015, I taught myself to code in 3 months.

I'm not super smart.

I use a trick called "reverse-engineered learning."

Here's how it works:

## 1. Decide your ultimate goal

Don't say:

"I want to learn Chinese."

Say:

"I want to be able to read a newspaper in Chinese by the end of the year."

The key is to be hyper-specific.

This will give you clarity and focus.

## 2. Learn how to learn

Learning is a process of elimination.

You must decide what NOT to learn first.

→ Unnecessary steps
→ Irrelevant information
→ Unproductive methods

Focus on the bare essentials.

## If you want to speak Chinese...

You don't need to learn the entire language — just enough for basic conversations.

You can ditch:

→ Grammar rules and vocab lists
→ Complex written characters
→ Chinese history

And everything that doesn't matter to speaking the language.

## 3. Reverse engineer

Reverse-engineer the learning process of those who have achieved success.

Want to learn how to play the guitar?

Don't look for the music influencer with the most followers.

Look for the person playing the songs you want to learn.

Chinese kids don't learn to speak Chinese by studying grammar and vocab lists.

They learn it by doing two things:

→ Listening
→ Repetition

They listen to their parents and peers and repeat after them.

That's how they learn the language naturally.

## 4. Learn by doing

Learning doesn't happen in theory.

It happens in practice.

The good news?

You don't need to practice for 10,000 hours.

A study by Josh Kaufman shows that 20 hours of deliberate practice is all you need to become proficient enough at something to reach your goal.

It's called the 20-hour rule.

For example:

You can break down your learning process into small chunks.

Practice with focus and intensity for 1 hour a day for 20 days.

Doing so will give you the skill level you need to reach your goal.

From there, you can start to hone the skill further (if you want).

## 5. Dedicate yourself to lifelong learning

Learning doesn't stop after the 20-hour mark.

It's a process — an adventure of self-improvement.

Have fun with it.

Learning will make you wiser.

And happier.

## That's a wrap!

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