

WEEK 31 PROFICIENCY

“You must unlearn what you have learned.” - Yoda

Epictetus said, “It is impossible for a man to learn what he thinks he already knows.” Most people confuse ability with proficiency. People will overestimate their level of skill and knowledge. They may have reached a level of competency, but have they reached proficiency? Proficiency is a point on the journey where use of a skill is attained short of mastery. The proficient is the unconscious competent.

The Jedi understood and applied the levels of competency. The order was a meritocracy where outcomes of effort were recognized over the individual. Anakin never became a Jedi Master because while he may have been powerful with the Force and advanced in his skills with a Lightsaber and a Starfighter he failed to demonstrate full proficiency as a Jedi. The Jedi Council considered Anakin to be an asset and a liability at the same time and not ready to be a Jedi Master. Anakin lacked the attributes needed to be a Jedi such as patience, calm and objectivity. Ignoring the Jedi, Palpatine sought to have an ally in the council and had Anakin appointed to it despite protests from the Jedi.

Politics and proficiency often contradict each other. We see it all the time in the real world and ask, “how can this person be in a position of authority”? How can someone be proficient unless they had done the “hard yards”? People cannot instantly be considered proficient at something they have barely committed time and effort in to. We are skeptical of so called “experts”.

Rey had a degree of wisdom and survival instinct born from being a scavenger in the wilderness of Jakku. This served her well in subsequent adventures against the “New Order”. What Rey lacked was a mentor and training which are hard gained on the “Hero’s Journey”. Luke also struggled until he had

completed his training and achieved proficiency as a Jedi by undertaking the trials and overcoming his own weaknesses over many years. By doing so he also redeemed his father Anakin by freeing him from slavery as Darth Vader, saving the Galaxy.

Proficiency is a journey that you should share on the path you walk. You learn to crawl before you can walk, you learn to walk before you can run. Unless you are truly proficient in what you claim to be, you still have a lot to learn before you can claim true mastery. Never claim for a moment that you achieved the rank of a Master. This is the first sign that you are far from it. There are five levels of development to proficiency on your journey. Where are you? Where do you need to work?

1. The unconscious incompetent: this is the Novice who is an expert after five minutes. The person simply does not know what he does not know. Under some circumstances the person can be a hazard and a liability especially when their actions impact on the safety and security of he and others.
2. The conscious incompetent: The Novice has begun to realize the gaps in his knowledge and experience and is aware of the long journey ahead.
3. The conscious competent: The Novice has transitioned to a level of competency where training has been assimilated and is accumulating experience to integrate that training. Training and development are still far from over.
4. The unconscious competent: A high level of competency has been achieved. The person is now considered proficient. Skills, experience, and knowledge are assimilated to such a degree that they are second nature. This level is ready to teach and mentor the novice.
5. The Master: A peak level of proficiency has been achieved to a level where now the master must seek the rare person who can continue his training to a higher level. The Master can mentor and teach others who are also proficient. The role of the Master is to instruct and pass the torch on by passing on his knowledge to others.

DAY 211

“Anakin Skywalker, we have approved your appointment to the council as the Chancellor's personal representative.” – Mace Windu

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 212

“Allow this appointment lightly, the council does not. Disturbing is this move by Chancellor Palpatine.” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 213

“You are on the council, but we do not grant you the rank of master.” – Mace Windu

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 214

“What? How can you do this? This is outrageous, it's unfair. I'm more powerful than any of you. How can you be on the council and not be a master?” – Anakin Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 215

“Take your seat, young Skywalker.” – Mace Windu
“Forgive me Master” – Anakin Skywalker

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 216

“I've been waiting for you, Obi-Wan. We meet again, at last. The circle is now complete. When I met you I was but the learner. Now, I am the master.” – Darth Vader

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 217

“Strong is Vader. Mind what you have learned. Save you it can...” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
