



Mastery Matters!

Mastery is feeling in control of yourself or your environment. Mastery involves learning a new skill, training a muscle, expanding a brain connection. It is about becoming good at something. Once we master a task, we own it. It belongs to us; we can use it at will.

Mastery gives us a sense of power and confidence. This feeling urges us forward to find something new to learn and to master. We look for the next challenge in order to have that powerful, pride filled feeling again.

Mastery is an inborn motivator. This means that it is like a voice inside our heads that urges us on for a lifetime of learning, of meeting challenges, and feeling pride.

