

Learning a New Skill Can Be Hard. Here's How to Set Yourself Up for Success

November 17, 2021

This is one of my favorite questions to ask people: What was the last thing you taught yourself how to do?

I (Rommel) like it because the answers are usually less about the actual skill and more about the motivation behind learning it. It's a question I leaned on a lot when I was booking contestants on the NPR game show [Ask Me Another](#).

But I don't really get to ask it anymore. Maybe it's because I'm in my 30s and I'm not meeting as many new people these days. The pandemic might also be a factor. Plus, [Ask Me Another recently ended](#), and it got me thinking about my time on the show and "the question" that so often cracked people open in a really interesting way.

...