

## 7 Practice Grooves

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Once we get into the groove, we're kind of like long-distance runners -  
that adrenalin kicks in for me and I just keep running - and I don't stop! - Keith Urban

*Get into the Habit of being in these 7 Grooves as you Practice!*

*Keep checking in with yourself are you in the Groove?*

1. Ease & Comfort

2. Expression & Artistry

3. Precision and Accuracy

4. Inner Heartbeat & Rhythmic Vitality

5. Beautiful & Colorful Tones

6. Clarity & Focus

7. Positive Spirit

**More Ideas:** Based on the idea of 7 practice habits from the wonderful book, The Musician Way, by Gerald Klickstein.  
[www.themusiciansway.com](http://www.themusiciansway.com) Find your own groove too!

## 7 Essentials of Artistic Interpretation

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Art is life's dream interpretation. - Otto Rank

How are you doing with each of these 7 Essentials of Artistic Interpretation?

1. Capture the Mood, Style and Tempo

2. *Shape the Dynamics*

3. Color the Tone

4. Mold the Articulation

5. Contour the Meter

6. Drive the Rhythm

7. Express the Form

**More Ideas:** 7 Essentials of Artistic Interpretation from the wonderful book, The Musician Way, by Gerald Klickstein.  
[www.themusiciansway.com](http://www.themusiciansway.com) Enjoy!

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