

Practice Guide & Focus Sheet

Name : _____

HAVE MINDFUL PRACTICE.

Your goals are FOR WHOM? & WHY?

The purpose of your practice is to
MAINTAIN, GROW, EXPLORE and ENJOY!

ACCEPT your process of learning, don't fight it.

Don't bring emotion into practicing.
DO BRING EMOTION INTO THE MUSIC,
and especially DON'T PANIC.

You can't escape the agony of working through
the hard times.

FORGIVE BUT DON'T AVOID THEM
EITHER.

Be Creative in your Practice. Play with it!

Find New ways of doing the same things.

Practice the things you can't do well.

Believe in yourself, know yourself & the music!

Keep Motivated & Inspired.

Have a plan and use it. Change it and use it...

Use all your tools & breathing toys.

Make good choices.

Use your 7 levels of Practice,
Creative Practice Recipes,
and keep your Focus Sheet near you.

Practice

Do 40-50 minutes and take a 10 minute break to
avoid fatigue and injury.

You can fill four hours easily with these 5-6
steps.

20 min - Tone

30 min - Technique

10 min - Break

30 min - Etude

20 min - Piece #1

10 min - Break

30 min - Piece #1

20 min - Piece #2 or Excerpts

10 min - break

30 min - Piece #2 or Excerpts

20 min - Troubleshooting hard spots, study,
listening, inspiration.

Rest!

Avoid mindless repetition.

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Personal, Musical and Artistic Goals

List your **most needed improvement issues** within each area.

Be as specific as possible.

Then address these issues within your practice session.

Keep it **nearby** while you practice to remind yourself of what it is you are working on. Be sure to **cross off** the goal when you reach it. And then a better yet harder goal can **take its place!**

-tone:

- 1.
- 2.
- 3.

Technique:

- 1.
- 2.
- 3.

Vibrato:

- 1.
- 2.
- 3.

Articulation:

- 1.
- 2.
- 3.

Phrasing:

- 1.
- 2.
- 3.

Breathing Freedom & Control:

- 1.
- 2.
- 3.

Intonation:

- 1.
- 2.
- 3.

Body:

- 1.
- 2.
- 3.

Practicing:

- 1.
- 2.
- 3.

Performing/Auditioning Goals:

- 1.
- 2.
- 3.

Listening - 4 Ears:

- 1.
- 2.
- 3.

Ensemble Playing Goals:

- 1.
- 2.
- 3.

Musical Inspirations:

- 1.
- 2.
- 3.

Creativity & Playfulness:

- 1.
- 2.
- 3.

Knowledge of Your Music/Study

- 1.
- 2.
- 3.