

Practice Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Time							
Week Commencing							

Scale / Arpeggio

1. _____
2. _____
3. _____
4. _____
5. _____

Chord

1. _____
2. _____
3. _____
4. _____
5. _____

Technique / Music & Instrument Knowledge

1. _____
2. _____
3. _____
4. _____
5. _____

Song / Piece

1. _____
2. _____
3. _____
4. _____
5. _____

Practice Log

Practice Notes:

1. Determine days when it will most suit you to practice and stick to these slots. Make it a habit
2. Practice on at least 4 days each week, i.e. don't miss two days in a row
3. Set short and medium term goals and maintain a vision of where you'd like to be in a year
4. Don't try to progress too quickly – allow yourself time to develop
5. Try and finish each session with a win
6. Begin each new practice item very slowly – only speeding up when you are playing it well
7. Don't get frustrated with yourself – continually remind yourself of practice note 6!
8. Several short sessions in a week are much better than one mega-session
9. Make sure you can focus on your practice. e.g. don't try to learn while watching television
10. If you are struggling with an exercise or uninspired by it then talk with Paul about it
11. Don't feel you have to have something absolutely perfect before moving on
12. Don't press your fretting fingers harder than you need to
13. Don't forget to breathe!
14. Remind yourself of practice note 6
15. Reflect on what you have already learnt. Especially things you found difficult initially. This can help remind you of how you have already succeeded.
16. As you progress, gradually extend the time spent practicing each week
17. Don't take Bryan Adams advice and 'play 'til your fingers bleed' – if something hurts then stop!
18. To begin with break exercises down into sections of just three or four notes or strums
19. Keep it slow! Practice note number 6. You know it's the best advice here
20. Slow. Slow. Slow. Always learn something new by playing slowly at first then gradually picking up speed.