

My Smart Practice Choices

Name: _____

Dates: _____ to _____

Write down each smart choice you make during each of your practice sessions this week.

- *Did you take a troublesome spot out and work on it with rhythms or make an exercise out of it?*
- *Did you practice your scales creatively using dynamics and rhythms?*
- *Did you stop yourself from just reading through the entire piece and work on small sections with repetitions?*
- *Did you stop and change the way you were working when you were unsuccessful?*
- *Did you take a problem and make an exercise out of it?*
- *Did you record yourself?*
- *Did you stop negative thoughts and instead state what you wanted to do in a positive way?*
- *Did you slow down and play with intent rather than just react and go back?*

The above are just examples. There are lots of other smart choices you can make. You should have a goal of 3-4 smart choices per practice session. Include dates, piece names, measure numbers, and what you did. Be prepared to discuss your choices at your lesson and studio class.

<u>Date</u>	<u>Piece Name</u>	<u>Measure Numbers</u>	<u>What You Did</u>