

Level Up Your Practice Game

#1 Practice Area Makeover

One thing I can do right now to organize my practice space is:

#2 Get Inspired by Listening

List three great artists in the table below. One artist should be someone who plays your instrument and the others can be artists such as singers, composers, ensembles, etc. Listen/watch each performance three times and record your thoughts by answering the questions with 1-2 word ideas:

List three great artists below:	Listen 1 What is the overall feeling or mood of the performance?	Listen 2 What in the performance is creating that feeling or mood?	Listen 3 What is one impressive element of execution in the performance?
1.			
2.			
3.			

#3 Develop a Warm-up that Works

Create three warm-ups below with either a scale or a selected short passage from a piece of music you are working on. Check Page 4 for elements that a good warm-up should incorporate.

Scale OR Piece/measures	What is the purpose? (Hint: Check page 4!)

#4 Practice Mindfully

Mindful Task #1

In the piece _____ from measure ____ to ____ I will improve the _____ by _____.

Mindful Task #2

In the piece _____ from measure ____ to ____ I will improve the _____ by _____.

Mindful Task #3

In the piece _____ from measure ____ to ____ I will improve the _____ by _____.

#5 Make a Game Plan

Take 3-5 minutes to fill out the example practice agenda below. Use your mindful tasks from #4.

Duration	Agenda Item	What?	How?
	Listen:		
	Warm-up:		
	Etude:		
	Piece 1:		
	Piece 2:		
	Piece 3:		

Musical Elements for Practicing

Posture/Form/Breath

Technique

Tone Quality

Rhythm & Pulse

Notes & Intonation

Articulation/Bowing

Expressive Elements