

PRACTICE GUIDELINES

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- Set a goal for each practice session (ex. improving technique; analyzing/studying; reading; memorizing; learning part of a piece).
- Separate activities like technique and reading-focus on hands only for technique and only on "connecting the dots" when reading.
- Observe yourself. Avoid judgement and negative thoughts. They just get in the way!
- **Never play faster than you can comfortably without stopping. Use a metronome and let yourself settle back into the tempo.**
- Study your music before you practice it- form, phrasing, repeats, harmonic structure, style, etc.
- Play until you can enjoy the FEELING and the SOUND.
- Be confident you are learning something valuable even if it's not evident yet.
- Practicing well and consistently will bring you joy, confidence, and the ability to express yourself!

MUSIC IS MEDITATION FOR LIFE