

Using the Practice Session Targets Planner

This sheet is a simple way of keeping your practice focused during the week. Using this means you know clearly what needs to be done during each practice session and more importantly, when it is achieved.

Your first practice session should take place when you arrive home from your lesson. Review everything covered during your lesson and go through the lesson notes from your teacher. Decide which sections need most practice and which sections you can more-or-less play already. This review and target planning is some of the most important and effective practice you will do all week.

Write your targets to be achieved during the coming week in the **Targets for the week** section. Once you have these, split them up into smaller targets over the next six days, ensuring all work is covered and reviewed.

Fit targets to the expected time you will have available each day, although practice time needs to have some flexibility of course. Add the days of the week in the spaces on the right of each box and fit targets to the expected time you will have available each day, although practice time needs to have some flexibility of course. After the first day there is a countdown of days until your lesson. This should stop that *'OMG it's my lesson tomorrow and I haven't done half the things I should have'* scenario! For more information on planning your practice sessions **click here** to go to www.essential-music-practice.com/planning-practice.html

Tick boxes when all targets for a session are achieved and STOP PRACTICING. If you don't manage to reach a target in a particular session you may need to replan the rest of the week to accommodate this. This is on paper - not set in stone forever! Be flexible when you need to be... but not too often. Get used to hitting targets. Make it a habit.

At the end of your final practice session for the week evaluate how near you are to achieving your **Targets for the week**. Use the circled numbers in the top box to keep a record of your evaluation, ① being nowhere near and ⑤ meaning you have achieved all targets.

During your lesson make sure you are clear about what your teacher requires of you for the next lesson. If you are learning alone and do not have a teacher this sheet is even more important. Choose a specific day to complete it each week.

Remember: Plan your practice, practice your plan.

For more tips on how to make your practice more effective and efficient visit www.essential-music-practice.com