

Summer Practice Plan

Practicing during summer break can be a struggle. BUT, it can also be a time for YOU to call the shots and work on the things YOU want (and need) need to do to get better at your instrument. Fill in the five sections below to make it happen!

Two CLEAR GOALS (one you SHOULD do and one you WANT to do)

An ACTION PLAN (with SPECIFIC steps to get where you're going)

A practice HABIT TRIGGER (tied to something you do every day)

A PROGRESS TRACKER (like a calendar or checklist)

An ACCOUNTABILITY PARTNER (to help support you)

1. Write down one SHOULD goal and one WANT goal. The should is a weak area of your playing, maybe scales or sightreading. The want is something you want to be able to do like play your favorite video game theme.

2. Write down the 3-5 ACTION STEPS you need to take (play scales, record yourself, play a concert for your dog, etc.) to get you where you want to go. BE SPECIFIC!

3. Tie your practice session to something you do EVERY DAY (like teeth brushing, working out or flossing your cat). It reminds you that when you're done with the task, it's time to go practice! Write down your habit trigger.

4. You'll need a place to keep track of your progress. It can be on a calendar, an app or simply a series of X's on a piece of paper. Write down what you will use as your PROGRESS TRACKER.

5. Having someone to cheer you on when you need it and celebrate when you achieve your goals is very important. It could be a family member or maybe a classmate so the two of you can support each other! Write down your ACCOUNTABILITY PARTNER!

A final thought. You'll make MUCH more progress if you play 5-10 minutes per day than by cramming your practice into the final days of break. Do a little each day. If you miss a couple of days, just pick up where you left off! You'll start the next school year as a BETTER musician! Have a great (musical) summer!