

SIMPLE SUCCESS

THE ULTIMATE GUIDE TO YOUR SUCCESSFUL PRACTICE ROUTINE



BEFORE YOU START

The first thing you're going to do when you want to create a practice routine that has all of the elements of success, is to list out everything you want to work on. Start small, with no more than 2 or 3 things on the list at the most. These things can be pieces you want to learn, exercises you'd like to practice, or anything else you know you want to spend time on.

After you have your list, you're going to set an amount of time that you can successfully commit to your practice routine 3-7 days a week. This time goal should be VERY SMALL to begin with. Once you have success with this time goal, you can always increase it. However, if you choose a larger time goal, it's likely that you won't reach the goal which will lead to frustration, burnout, and usually ends in abandonment of the routine completely.

Once you have your time goal, break your pieces and/or exercises into specific, smaller tasks (areas of improvement). For example, write in fingering, clap and count rhythm out loud, practice hands alone, put hands together phrase by phrase, add dynamics, etc. If you already have a list of pieces that are mid-progress, you most likely have an idea of what needs to be done. Write it down. This is a great place to experiment with some revolutionary practice methods to help you with your areas of improvement.

Divide the tasks by the amount of time you have, and dive in! Keep in mind, it will take some experimenting to figure out what works and what doesn't. Don't give up!

Finding a routine that works FOR YOU takes some experimenting, and that's a part of the process.

Use the next two pages to map out your practice starting with the music you're working on, the areas of improvement, ideas of practice techniques to implement, and then scheduling out and journaling about your practice!



PRACTICE JOURNAL

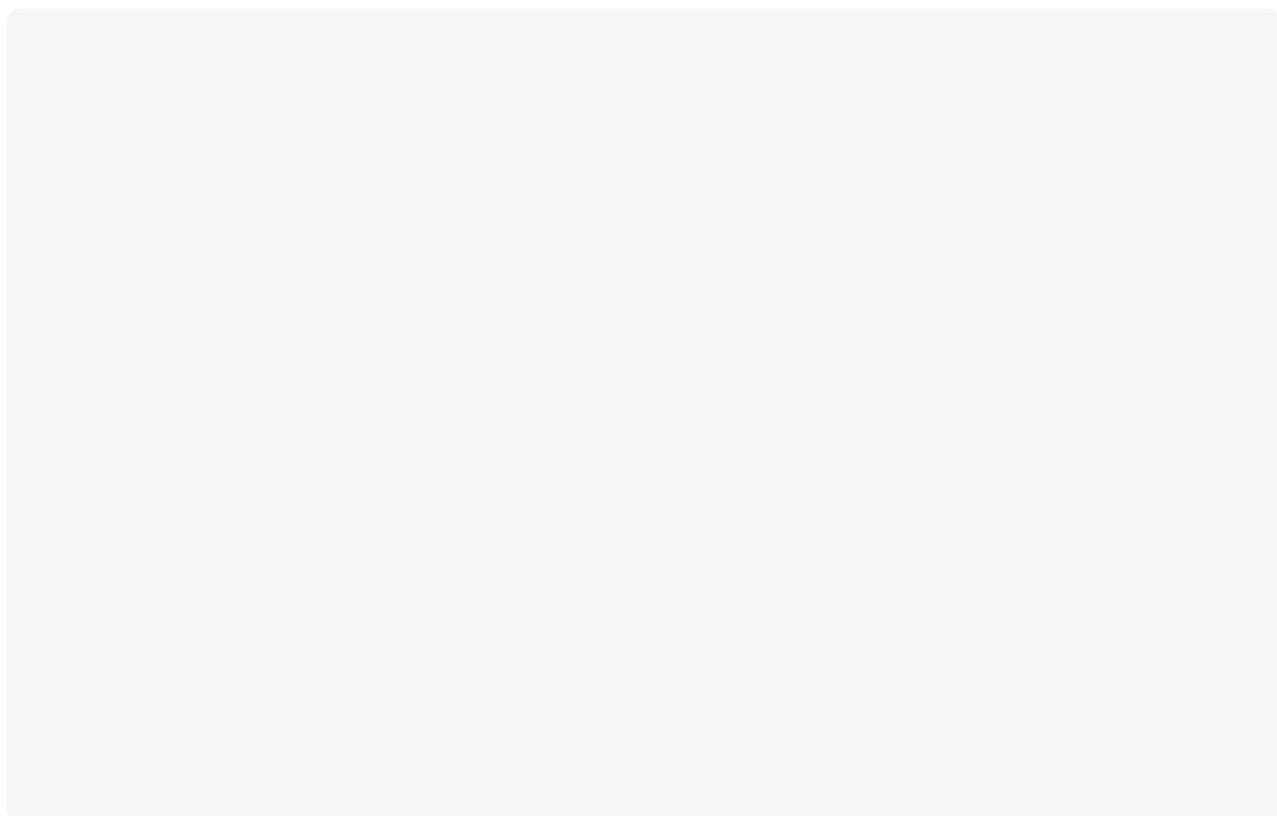
List of Pieces and Exercises

Write everything that you're working on here. If it's more than 4 things, consider pairing down if you don't have more than an hour to practice each day.

Four horizontal rounded rectangular boxes stacked vertically, intended for writing a list of pieces and exercises.

Areas of improvement (specific, smaller tasks)

Write down the things you'd like to accomplish in each thing you're working on.

A large rounded rectangular box intended for writing down specific areas of improvement for each task.

PRACTICE JOURNAL

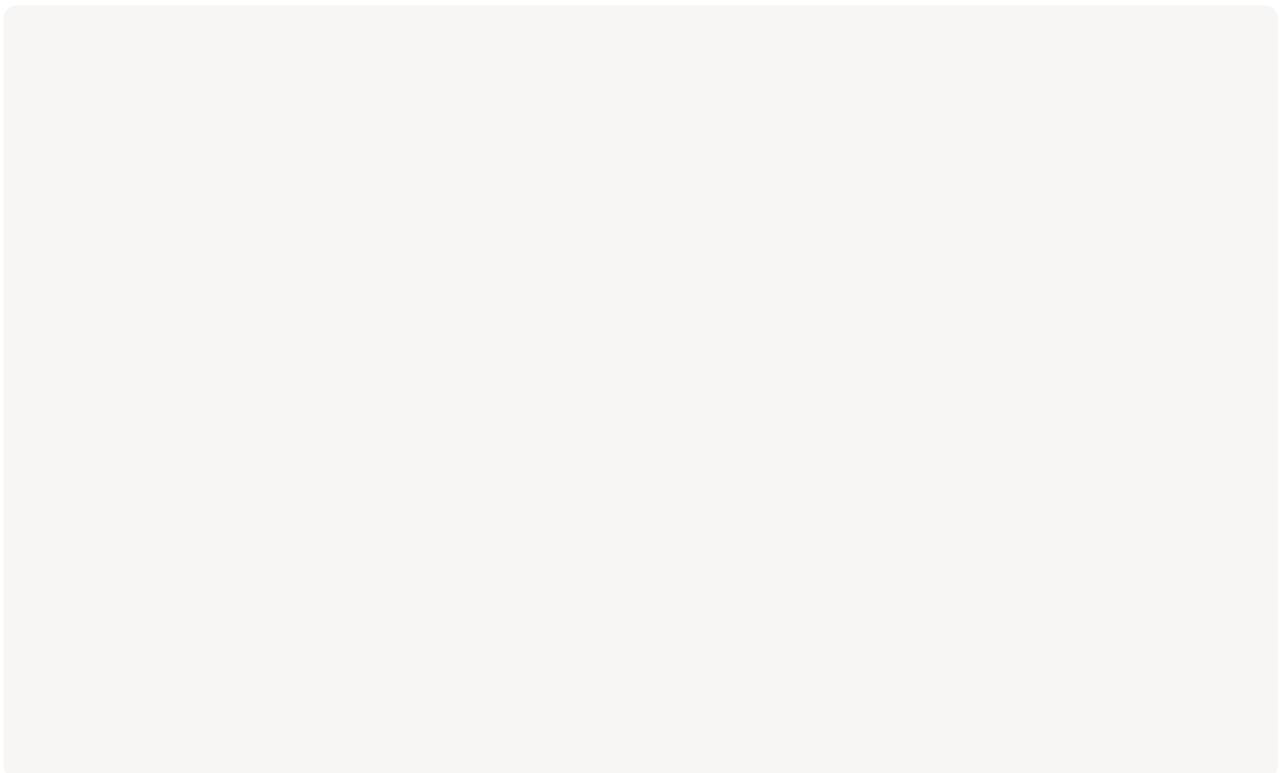
Revolutionary Practice Methods

Using ideas from Ashlee Young Music Studio Youtube Channel, choose some revolutionary practice methods to use (flash practice, rhythms, slow practice, etc) to help you with your areas of improvement.



Make your schedule

Using all of the info from above, make your practice schedule for one week. Be as detailed as possible and leave space for reflecting on how the practice went after the session (space on next page also). Write down what worked and what didn't work. Adjust for the following week and keep at it.



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For ideas on Revolutionary Practice Methods mentioned in this guide, join my FREE community where you can learn to practice smarter (<https://www.facebook.com/groups/casualtoconfidentpianoplayer>)

Also, make sure that you're subscribed to the YouTube channel so that you don't miss out on any of the FREE advice, tips, and tricks! (<youtube.com/ashleeyoungmusicstudio>)