

Tips for Successful Practice Sessions:

*Remember that successful “deep” or “deliberate” practice is based on your* ***failures****! Change your mindset and accept the failure as an opportunity to grow smarter! Using these tools will help you practice at a World Class, Genius level. This is how ordinary people practice to become masters in whatever skill they are focused on. The more you “zone in” and completely focus on the skill you are trying to improve, the more muscle memory you build, and you actually become smarter in the process.* **Get rid of all distractions (cell phones, computers, social media, etc.) and totally focus on your skill for at least 6 minutes *every day* to see faster results! Even if you don’t have time for a long practice session, you can find 6 minutes in your day, somewhere!**

**When you make a mistake…**

**STOP!** Don’t keep practicing those mistakes! Stop doing the same thing that’s been causing your problems and change your habit. Here’s how…

**Tip#1**- **BREAK IT DOWN**, isolate the problem area. Even if it’s 2-3 notes, or a phrase, don’t move on until you’ve made the correction towards a more positive direction.

**Tip #2 – SLOW DOWN** and become precise. It’s not about singing at tempo, it’s about singing correctly. Without music, take the phrase and sing it or talk it out slowly, record yourself using possible tools, ask for feedback from your teacher, figure out why you are struggling with it and consider the best tool or option for fixing it.

**Tip #3 – REPEAT IT** – Once you have made the correction, nothing works better than repetition for building muscle memory. Repeat the new skill 5 to 6 times or as long as it takes to incorporate the new habit.

**Tip # 4 – FEEL IT** – If something is wrong, it should bother you! Your desire should be to fix it. Be aware of what “wrong” feel like and go through the steps again until you feel what “right” feels like.

**(These tips are mostly adapted from the book the Talent Code by Daniel Coyle.**

Practice Journal Instructions:

*You should bring your completed journal, plus a blank one, to your lesson each week. You may also choose to bring a notebook and use this journal as a template.*

**QUESTION DIRECTIONS:**

**LESSON HOMEWORK: *To be completed in your lesson.*** It’s your homework assignment. I will tell you what your 6 minutes of deep practice should consist of. Write it down in this spot, listen to your lesson CD, and deep practice it every day for 6 minutes (or more), until I see you again!

**CHART DIRECTIONS:**

Row 1: Log your total regular practice hours on any given day…singing through songs, learning notes, lyrics, etc.

Row 2: Log your “Deep/Deliberate” practice moments, *every day*. Do this anywhere/anytime. It only 6 minutes…anyone can do this, regardless of how busy you are! The goal is to spend more time in this area than the one above!

***Questions 1-4: To be completed during or after you’ve practiced a week, before your next lesson*:**

1. What changes did you experience this week? Did you notice a different sensation, sound or a change in your thought process? Please explain!
2. Did you make any mistakes this week? (I hope so!) If so, what tools do you use to fix them? What tool worked best? Make notes here as you practice throughout the week.
3. Is there anything you couldn’t figure out after you tried? Write it here and we will make this part of our next lesson goal. Make notes here as you practice throughout the week. Also, you may write any new goals that you have in mind in this space.
4. Please list what song(s) you worked on this week, or any songs you would like to start on, so we can easily remember it for our next lesson.

***Food for Thought***

* **One 6-minute deep practice session can be more productive than one month of regular, non-deliberate practice.**
* **6 minutes a day is better than 1 hour practice, once a every week!**
* **It takes 10,000 of dedicated, deliberate practice to become World Class at something!**
* **Most World Class athletes and musicians deep practice about 6 hours a day, with breaks.**
* **For every 50 minutes of practice, you should take a 10 minute break.**
* **Just singing through a song a bunch of times, could instill more bad habits than good, and could take longer in your development.**
* **Start with Small, attainable goals, and work up to larger goals as you are ready.**
* **Look forward to your mistakes, they are your opportunity to grow!**