

Goal: 6 minutes or more of "deep practice" every day to master a skill!



Bring this sheet, plus a blank one for next week, to your lesson!

DEEP PRACTICE JOURNAL



How to Engage in Deep Practice:

When you make a mistake: **STOP! Don't practice mistakes! Instead:**

1. Break it down.
 2. Slow Down.
 3. Repeat it.
 4. Feel it.
 5. Try the song or scale again.
- (If it's still not working, repeat these steps or ask for help at your next lesson.)



NAME: _____

LESSON HOMEWORK: What is my "Deep Practice" assignment for the week? (Fill out during your lesson).

Dates:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Total Practice Minutes/Hrs:							
Deep Practice Minutes: 6, 15, 30, etc							

1. What positive changes did I notice this week after the "deep practice" sessions?

2. Where did I mess up? How did I correct it?

3. What are my goals for my next lesson? (Where am I still struggling? What new material or skill am I ready to work on?)

4. Songs(s) I am working on: