

# Practice Checklist

Read each of the categories of practice habits and then give a detailed explanation of your planning and goals section.

**1. Proper Environment** \_\_\_\_\_

**2. Regular Practice** \_\_\_\_\_

**3. Planning: have goals!** \_\_\_\_\_

- a) What warm-up exercises are you beginning with?
- b) What specific skills are you trying to develop through these warm-ups?
- c) What specific assignment are you practicing today?
- d) Why are you practicing this assignment? Are you working on technique, tone, intonation, phrasing, speed, endurance, memory, performance, sight-reading, etc.?
- e) What techniques are you using to achieve your goal?
- f) What is your long term goal?

**4. Disciplined and intelligent practice** \_\_\_\_\_

Are you strict with yourself in your practicing? Make sure you are practicing all the details of the music correctly from the first run through. Do not allow yourself to skip over the articulations, dynamics, and other musical expressions.

**5. Be analytical** \_\_\_\_\_

Are you analyzing the technical difficulties in a passage and breaking them down into bite-sized chunks that you are able to solve? Are you questioning your own solutions to the problems – your fingerings, phrasings, intonation, etc.? Are you thinking, or just playing?

**6. Relaxed Practice** \_\_\_\_\_

Are you in a constant rush while practicing? Are you patient in your practicing? Are you aware of reducing tension in your playing?

**7. Be your own teacher** \_\_\_\_\_

Are you constructively self-critical about your practicing? Do you try to improve your practice techniques? Do you use a tape-recorder regularly in your practicing in order to get an “objective” view of your playing?