

Pre-Practice Preparation

- Setup Your Practice Space how to decide when to move on how to decide when to move on
 - Choose a space that you can expect a minimum of interruptions.
 - Have all your tools ready for practice including guitar picks, guitar tuner, your guitar on a stand, a comfortable chair, and a notebook.
- Schedule practice sessions for the week
 - Shoot for a minimum of 10 minutes every day, but only schedule what you're reasonably confident you can do. don't set yourself up for feeling like you failed.
- Show Up Ready and Willing
 - Give yourself the gift of these few minutes each day to do something for your own personal improvement without responding to interruptions, checking emails, etc.

Practice Session Outline

- Tune up your guitar
- Review your notes and/or lesson on the computer
 - Choose Focus Topic(s)
- Start with a warm up (3-5 minutes)
- Focus Topic #1
 - Play through it
 - Listen with ear of a coach
 - Identify trouble spot
 - Take a few minutes to investigate
 - Narrow it down to small segment. Makeup your own exercise
 - Integrate into larger exercise/song
 - If you have time start another Focus Topic
- End with something fun and easy
- Check your calendar to confirm your next practice session

At the end of each week take a few minutes to schedule your practice sessions for the week coming up.