Assessing Your Practice Habits

by Gerald Klickstein

If any statement isn't true for you, see Part I of <u>The Musician's Way</u> for guidelines to build up your practice & creative skills.

1. My practice is deeply meaningful to me; I seldom feel bored. 2. I keep to a regular practice schedule. 3. My practice space is fully equipped with the things I need. 4. I set detailed goals before beginning to practice. 5. I typically feel a sense of accomplishment after practicing. 6. I'm able to maintain mental focus as I practice. 7. I commonly record portions of my practice, and then I appraise my recordings. 8. I assess my practice objectively and rarely become upset by difficulties. 9. I use a metronome in practice. 10. I consistently warm up before practicing. 11. I intersperse practice essisions with regular breaks. 12. I can learn accessible music securely and efficiently. 13. I have plenty of accessible pieces in my repertoire. 14. At the outset of learning a piece, I develop a basic interpretation before making technical decisions. 15. I'm able to shape dramatic musical interpretations that move listeners. 16. When learning a new piece, I expressively vocalize rhythm. 17. I use specific strategies to solve musical and technical problems. 17. or F 19. I use mental imaging to aid my learning and memorizing of music. 19. I use mental imaging to aid my learning and memorizing of music. 10. I consciously image ahead as I play or sing. 21. I'm satisfied with the tactics that I use to increase the tempos of pieces. 22. I'm confident of my ability to memorize music and to perform from memory. 23. I have a broad-based plan to polish my technique, and I practice technique daily. 24. I routinely practice sight-reading. 25. I can improvise melodies over straightforward chord progressions. 7 or F 26. I review my favorite pieces in detail so that the expressive and technical components stay vibrant. 7 or F 27. I listen to a range of recorded music, and I regularly attend live music performances. 7 or F 28. I'm advancing my knowledge of music theory, ear training, and other general music topics. 7 or F 29. I take deliberate steps to fuel my motivation to practice and to counter p		
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24. I routinely practice sight-reading. Tor F 25. I can improvise melodies over straightforward chord progressions. Tor F 26. I review my favorite pieces in detail so that the expressive and technical components stay vibrant. Tor F 27. I listen to a range of recorded music, and I regularly attend live music performances. Tor F 28. I'm advancing my knowledge of music theory, ear training, and other general music topics. Tor F 29. I take deliberate steps to fuel my motivation to practice and to counter procrastination. Tor F 30. When I make errors in practice, I view them as instructive and not as indicative of failure. Tor F 31. I understand how to practice such that I can perform confidently and artistically. Tor F	22. I'm confident of my ability to memorize music and to perform from memory.	T or F
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32. As I practice, I embody <i>habits of excellence:</i> ease, expressiveness, accuracy, rhythmic vitality, beautiful	30. When I make errors in practice, I view them as instructive and not as indicative of failure.	T or F
l l or L	31. I understand how to practice such that I can perform confidently and artistically.	T or F
		T or F