

**SIERRA STUDIO PRESENTS:**  
**MY BIG FAT 30-DAY PRACTICE CHALLENGE!**


1. **HONOR SYSTEM:** this means it is up to **YOU** to mark the days you practiced **AT LEAST** the mininum minutes you agreed to. Your minimum daily practice time is: \_\_\_\_\_ min:)

2. **PRACTICE TIPS:**

- a. Wash Hands, Trimmed Nails
- b. Prepare your tools (metronome, tuner)
- c. Follow your lesson notes
- d. Practice slowly to create the tone/sound you LIKE! New pieces should never be practiced at performance speed. You should practice the entire part of the music you are studying at the fastest tempo you can play the most difficult passage.
- e. HALF of your practice time: YouTube research on your particular instrument. Record artist/piece in your journal. When I do this, I am looking for **INSPIRATION**, also to **SEE** how the artist makes their sound. Do I like it? Why? Tell me in your journal. Lastly, I pay close attention to how they are holding their instrument. (No YouTube? I learned much of my sound from cd recordings. Your library has them.)
- f. Calm: Practicing should be done when you are in a calm state. Rushing home from work or school to practice is not the best procedure. If you are exhausted or busy when you begin practicing you will not get the most out of your practice time.

→May you be richly rewarded in skill, inspiration...and a gift card, Kathy

I, \_\_\_\_\_ agree to the 30-Day **BIG FAT Practice Challenge!**

I DID IT!!!! SIGNED,\_\_\_\_\_.