

Confidence-Building Practice Planner



Let's make your
practice sessions
more efficient and
actually enjoyable

Welcome!



Welcome to this planner designed by a lazy musician to help fellow musicians practice purposefully and achieve their musical goals with minimal boredom.

Maybe you usually find yourself practicing aimlessly, with no real plan or direction... or feel like you're not making progress or don't know what to focus on next... or practicing is so boring that you cannot bring yourself to practice at all. Sound familiar?

I know the feeling.

At one point, my practice sessions looked like aimlessly going through songs, moving on to a new thing as soon as I got something right, wondering why the skills I worked on didn't stick. I felt like I was wasting my time. And to top it all, it was a dreadful experience to go through repetitive exercises with no real reason or tangible benefit.

This is why I designed this planner specifically for you.

So you have a clear idea on how to work on your skills without boring yourself to tears, or worse, avoiding practice rooms until the last minute and then blame yourself for being a lazy procrastinator.



Building a

Confidence-Boosting Practice

Navigating the world of music practice can often be overwhelming for many musicians. The sheer volume of skills to work on, pieces to perfect and techniques to refine can lead to unease. Sadly, this struggle can also take a toll on self-confidence, as it feels impossible to tackle everything, resulting in feeling like you are not good enough.

This planner is a practical tool designed to empower you to regain control over your practice routine and, in turn, your confidence. It allows you to get your goals on paper, break them down into smaller chunks, prioritise effectively, practice purposefully and enjoyably, and then reflect on your progress to optimise the process for the next session.

On the following pages you will find worksheets to reintroduce purpose and enjoyment into your music practice sessions. My recommendation is to work on the monthly goal setting and priority matrix worksheets on the first day of every month, weekly and daily worksheets as necessary, and the reflection worksheet at the end of each week.

Whether you're a beginner or a professional, this workbook is designed to help you practice with purpose and achieve your musical goals.

So, grab your pen, set your goals, and let's get started!



Printable Worksheets

On the following pages, you will find worksheets and planners to print and fill every time you practice.

These are specifically in black & white to save your printer ink.

My Monthly *Musical* Goals Worksheet

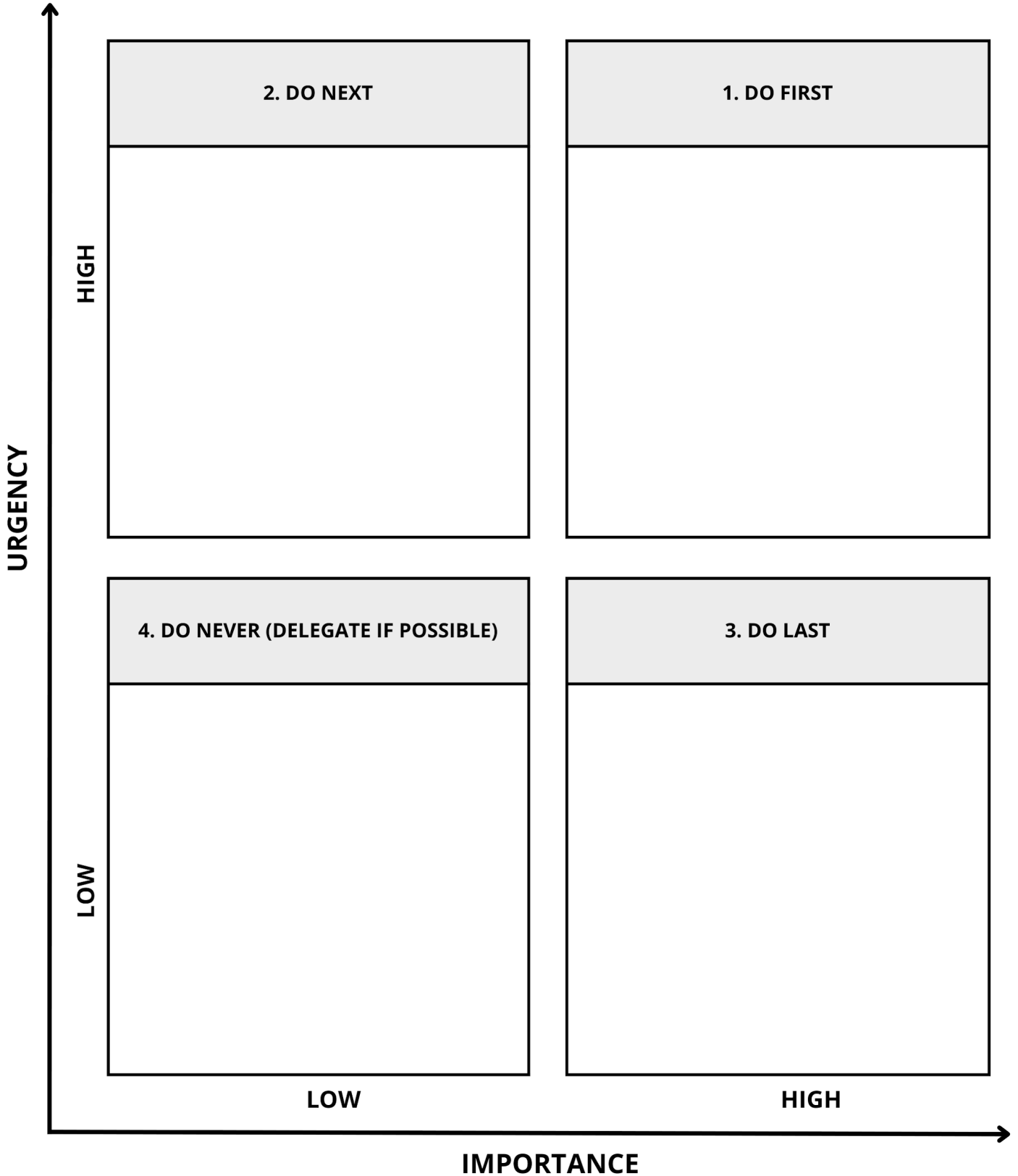
YEAR	
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MONTH	
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1-WEEK GOALS	2-WEEK GOALS
3-WEEK GOALS	4-WEEK GOALS



Monthly Goals *Priority* Matrix



Weekly Purposeful Practice Planner

WEEK NO	
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DATES OF	
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HIGH PRIORITY GOALS

MEDIUM PRIORITY GOALS

LOW PRIORITY GOALS

NOTES

NEEDS WORK

GETTING THERE

GOT THIS



Daily Purposeful Practice Planner

DATE	
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DURATION	
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HIGH PRIORITY	
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MED. PRIORITY	
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LOW PRIORITY	
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TODAY'S REPERTOIRE

AFTER PRACTICE — REVIEW & REFLECT

WARMUP (EXPLORE & IMPROVISE)	
EXERCISE	
PLAY THROUGH	
PRACTICE	
ROUND OFF (PERFORM)	



Practise *Review & Reflection* Worksheet

WHAT HAPPENED?	WHAT DID I THINK / FEEL?	HOW GOOD OR BAD WAS IT?

WHY WAS IT GOOD OR BAD?	WHAT WOULD I DO DIFFERENTLY?	WHAT WILL I DO NEXT?





Thank You!

I sincerely hope you found this Practice Planner helpful and will make good use of the worksheets.

With that said, I am always looking to improve my work. If you have any suggestions for improvement, or if you just loved this planner, please do reach out and let me know. Hearing from you lights up my day!

Sincerely and always wishing you the very best,

Gökçe