



# IMPROVE YOUR PRACTICE ROUTINE

## 1. Find Space + Be Present

- Turn off your phone notifications and put the devices away for some focused playing. Disconnect from the world for a little bit each day, I promise you'll love it. I like finding a bright place where I can gaze out the window and play. It's okay to sneak away!
- Keep your ukulele on a wall hanger or in a stand where you see it everyday. In your sights, in your mind.
- Have your ukulele resources nearby. Tuner, metronome, worksheets, music stand, a coaster for your beverage..

## 2. Set an Intention

- Write down one thing you want to make sure you practice before your focused session. It can be anything, but make sure you're fueling your goals. If you're on a quest to conquer a specific song or technique, be sure you allocate at least 5 minutes of focused practice towards that component in each session until you're feeling more confident.

### **3. Journal Your Journey + Record Yourself**

- Jot down some notes during and after your practice. What components are still challenging you? Barre chords? Fingerpicking? Whatever it is, make sure it's your focal point for future practice sessions. Spending time practicing those uncomfortable aspects of your playing is the only path to making them feel comfortable in the future. Also, take note of the aspects of your playing that are feeling good to you. Did those same things feel good a month ago? You've been making progress, it's nice to reflect on those moments.
- I know I just mentioned turning off the devices, but I'll let the voice recorder slide. Making short audio/video recordings of yourself practicing is an excellent way to self evaluate and improve techniques. It's also a great way to put a little bit of pressure on yourself to execute in the moment. Do you ever freeze up when you're playing for someone else? This is a great way to work on overcoming.