



# PLAY UKULELE EVERY DAY

## *Get Started!*

### **GOALS + INTENTIONS + PRACTICE ROUTINE**

1. Write down *two words or phrases* that you'd like to use as your practice mantras this year. Keep them someplace where you'll see them everyday.

*Gratitude & Consistency* are mine, what are yours?

A. \_\_\_\_\_

B. \_\_\_\_\_

2. Think about your day...when do you typically have 5 minutes to spare? I love to start my day with a short practice session while I drink my coffee. A little strumming puts my mind in the right place! Write down your two time slots and adjust as needed. Pro tip: Set a reminder for yourself with your phone :)

A. \_\_\_\_\_

B. \_\_\_\_\_

3. Think about your playing...what are some elements that you struggle with? What are some elements that you feel comfortable with?

**Struggles**

A. \_\_\_\_\_

B. \_\_\_\_\_

**Comfort Zone**

A. \_\_\_\_\_

B. \_\_\_\_\_

4. Keep your ukulele in your sights. Do you own a ukulele stand or wall hanger? If you saw you ukulele more often, I promise you'd play more frequently :)
5. Enjoy the process of learning and playing, show up every day, and you will absolutely improve! What are you waiting for? Go pick up your ukulele :)