

Before you start Ellie's Six Week Practice Challenge



Diary Check

Look ahead in your diary and see if you can fit in a minimum of 40 practice sessions before Christmas.

If you have a school test, family event or are working around other commitments, plan ahead to fit your practice in where it works for you. If you need to skip a day, plan ahead to see where you can make it up.



Goal Setting

Write down your goals before you start the challenge and keep them in mind throughout. Adapting them is okay too! If you've bitten off more than you can chew, you're still learning!

Strongly envisage yourself being able to achieve your goals: Imagine yourself giving that performance in front of friends, or putting on headphones to listen to your beautiful recording.



Practice Journal

Use a notebook or journal to keep a log of your practice time and what you did. If you are likely to be distracted by a device, use Do Not Disturb or give it to someone whilst you work.

Before each practice, jot down three mini outcomes such as "... - work ♪s up to 96" and note down your personal bests such as "phrase 3 from memory x 4", "8/10" or "super staccatos didn't miss any!"



Complete reviews

Every two weeks, you'll have an opportunity to complete a review sheet, provided by Ellie) and you can either send this back to Ellie for an auntie appraisal, keep it private or brag about it to friends!

After two weeks you might be tempted to adjust your goals but I urge you not to. Your careful work will be making big changes on the inside but you won't know if you can smash it until the *second* review.



Tutor Check-in

If you have a tutor, let them know you're doing the practice challenge and check with them to see if your goals are useful, realistic and ask for tips on keeping your practice log.

If you don't have a tutor, have you thought about an accountability buddy? Someone who will encourage you in the process and congratulate you on sticking to your plan.



Role Model

Is there somebody close to you, or in the public eye, who inspires and motivates you? Can you read about them and find out how they achieved their goals? Or ask them, if you can!

For more advanced students, you might incorporate reading a book or research document into your challenge. For young harpists, find someone close to your own age who you can look up to.



Performance

If one of your goals is to perform a piece or a short recital, don't forget to invite people to come and watch! Arrange this fully before the final two weeks.

Having a performance to aim for can help you to push through difficult practice times. Be aware that online concerts can be time consuming to set up with good sound and video, so plan ahead!