

Ellie's Practice Challenge

To gain confidence and restore faith in regular practice sessions

Welcome to Ellie's Practice Challenge, a six week challenge.

The task is to establish and maintain a routine for practising, in order to accomplish specific goals and conquer fears.

To take part, you need to be able to set aside time for a daily* practice.

*You can factor in periods when you cannot practice (in advance) and remain flexible to real life's challenges 😊

Start

Finish.....

Time required: 40 sessions or more of between 5 mins and 1 hour

Practice time can include listening to relevant music, making notes/journaling, thinking and stretching.

Incentives: Practice suggestions from Ellie, delivered by email.

Incredible results in your music making and musical energy.

Choose three goals from the list below.

Working towards these, regularly include practice techniques such as setting 'mini outcomes', striving for 'personal bests', memorising passages of music and making your own decisions.

Suggested goals (choose 3).

- A study or a set of exercises
- A new piece
(Poss one that scares you a bit! You don't have to 'finish' learning it in just six weeks!)
- A piece you are working on already, with the intention to 'perfect' it
- A piece by J.S. Bach
- Listening to a good quality recording every day - just listen!
- Prepare a 10-20 minute concert for friends (in person or online)

Set further goals too, if you want to and have enough time. E.g. record a piece; create a harp accompaniment to a poem; play your harp for an elderly relative. Commitment (new or renewed!) and a positive outlook are the only essentials!

You are invited to share *some* of your process with Ellie. You will receive a form that you can fill in after 2, 4 and 6 weeks. On this, you can share screenshots from an app, photos of your practice journal or annotated music, voice memos etc.