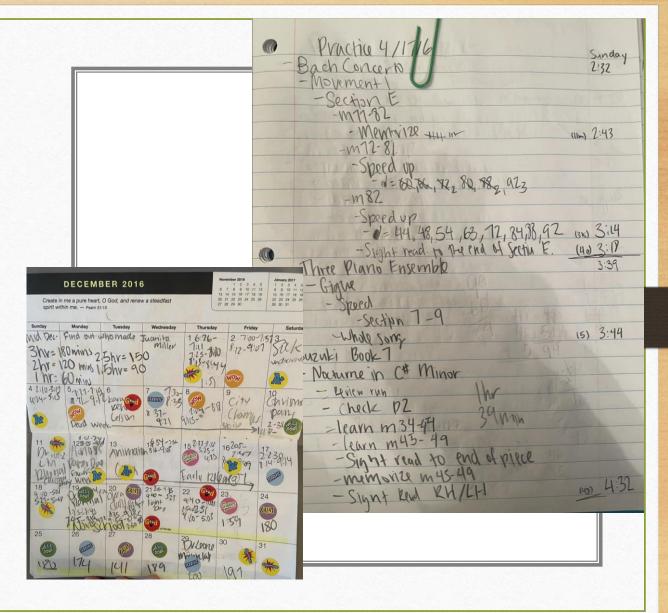




A way to keep track of what you are playing and how it is going, and keeps your practice sessions efficient, healthy, and productive.

How it started...

Time Based rather than Goal Oriented



...How it's going



Semester Summary

Bucket list

Masterclass Notes

Lesson Reflections

Daily Practice Record

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	Summer	
/	Work-for now ~s	iena
\	O. Diano	Harpsichord
_	2 Bain French Suik NOI	Vivaldi (Accomp)
-	2 Balu French Suik NOT	· Mandel Survivos
-	- Allemance, - courting,	in Emanr
-	-surabaide-memellt	o prehode o Alemande
_	- gigue	ocourank o Air
_	3 Scriabin Preludes op 11	Bach flut Smata.
_	104,8,10,14 \$ add #9	(mil miny) in 1-3 =
_	4 Bartok Suite For Plans 10p14	as the second of the selection of the se
-	-allegato, -s cherro	· 100 · 10 10 10 10 10 10 10 10 10 10 10 10 10
	- Allegro Molto	
	- Sosten Uto	
	· Diener to coata for Runo.	A CONTRACTOR OF THE CONTRACTOR
	6 Molart (onarb in D minor.	THE PERSON OF TH

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Paringy remove Smata 8 rach 2 Mozart (ungra 20 (d minor) Lebusy Estampel Chabin Sungta 2 Profesta Imamb PNKULTV Imatus tarillay Black Earth 12/1/12 gaspard la mit Jan Broni Macone Symsas from "Sylle Espansion" Albaniz Une Sonatu No

Bucket list to keep me inspired

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Lesson Notes



DOCUMENT LESSON



TEMPI AND PRACTICE DRILLS



REFLECT IMMEDIATELY AFTER

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Daily Practice Record

Practice	11/5/22			
1. Scales G, D, A	C 120 quads -> add B			
2. Beetnoven Concerno 2				
MV+1 · p 6-8 dynamics · ca derra- start les · r1-2 nemony Mv+2 · Listen	avnirs Continu aden a Signs read			
3. Bain Prelude				
Prelude . Wellowy from	a yesterday still non -> Check we mony			
	Trems Duting to setter			
Today went well. Had some trouble to cusing at first but once I got going I was fine. A little dissapointed in my memory so I worked on the prelude more today. Hopefully it will be fine to more your. I think I am picking up momentum and am				
Napry wim white I am visux now.				

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Journaling as a dialogue

Write how you feel in the moment

Thoughts are not always a distraction

Stop and write or come back later

Reflect

Why practice journal?

Find what works for you!

Let's you focus on the music

Streamlines practice

Shows personal and musical progress over time

Thanks for Listening!