



Masterclass Workbook

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PRACTICE WARRIORS

Workbook

UNIT 1: THE JOURNEY AHEAD – PROLOGUE

How To Succeed As A Practice Warrior

Welcome to the Practice Warriors Masterclass. You have already succeeded in taking a huge step towards your musical goals...you have started this class! If you follow the guidance in these units, complete all the assignments and implement this system, you will greatly improve your musical skills in a relatively short amount of time. If you don't, you won't. It's really that simple. Let's get started!!

Top 5 Myths of Learning Music

Write in "True", "False", or "True, BUT..." on the line next to each myth. Take any notes you wish from the video to clarify your answer.

I DON'T HAVE TIME TO PRACTICE: _____

Notes: _____

YOU MUST PRACTICE FOR HOURS AT A TIME: _____

Notes: _____

YOU MUST PRACTICE EVERY DAY: _____

Notes: _____

PRACTICING IS HARD: _____

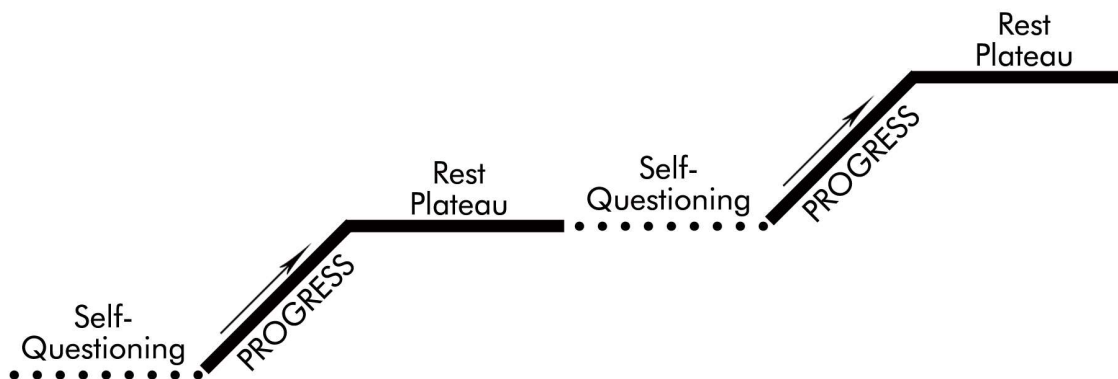
Notes: _____

YOU MUST HAVE TALENT: _____

Notes: _____

The Growth Process

Thanks to legendary guitarist and music educator Howard Roberts for this amazing contribution to music education and the psychology of practicing music.



Self Questioning: Where you begin to become aware of your weaknesses and deficiencies. This period lasts until you select the specific area(s) to start working on.

Progress: This is the period of time where you feel like you aren't making progress and that you are going nowhere with your improvement. However, this period of time is actually when you are making the MOST progress in your playing.

Rest/Plateau: During this period, you will feel more confident in your abilities and feel that you are making progress in your playing. Actually, the reverse is true. The progress is always made during the uphill climb ("Progress"), not during the rest period.

Nothing Is Easy, Nothing Is Hard

The best way you can change your mindset about ANTHING in your life is to:

Replace the word **EASY** with the word _____

Replace the word **HARD** with the word _____

Nothing is easy and nothing is hard. It is either _____ or _____

Unit 1 Assignment:

Write down three reasons why you feel music is important to you. To the world. How does it improve your life? Why does it make you happy? What is it about music that you love?

1. _____

2. _____

3. _____

Write down three reasons why you are taking this class.

1. _____

2. _____

3. _____

Write down three reasons why you will ABSOLUTELY follow ALL instructions and complete this course.

1. _____

2. _____

3. _____

UNIT 2: FACING YOUR FEARS

Gaining Clarity

In order to commit yourself to becoming a Practice Warrior, you have to understand all the forces, conscious and unconscious, that have kept you from consistently practicing in the past. Only by knowing and controlling these forces will you be able to permanently change your attitudes and behaviors about practicing. This is the **FIRST** thing that needs to change!

Desire vs. Drive

Everyone wants to succeed. Everyone wants to be great at something. The *want* that these folks feel is simply *desire*. What you have to do is to turn your desire into **DRIVE**. You have to be *driven* to take the daily steps, day after day, in order to achieve your goals.

Pleasure-Pain Principle

Sigmund Freud developed the concept of the “Pleasure-Pain Principle”, which is the inherent seeking of pleasure and the avoiding of pain to satisfy our biological and emotional needs.

Examples Of Connecting 'Pleasure' With NOT Practicing

“If you don't practice, you'll have the pleasure of...”

- Having more time available for other things, like watching TV or hanging with friends.
- Not having to fail at something (since you never engaged in the first place).
- Thinking that you're good enough and you don't need to practice.
- Not having to put in so much effort on something.
- Not having yet another task to deal with in your busy schedule.
- Not having to feel bad about where your skills currently are.

Examples Of Connecting 'Pain' With Practicing:

“If you practice, you'll have the pain of...”

- Not sounding good initially. This might make you feel bad about yourself.
- Potentially giving up something more 'fun' to do in order to practice.
- Being tired and worn out from all the mental focus you'll do while practicing.
- Doubt...that maybe this practicing stuff doesn't work and you'll never get better.
- Being responsible to stick to your schedule and not make excuses.
- Feeling bad and upset with yourself when you don't practice.

Unit 2 Assignment:

List up to 5 reasons why you think you have failed to practice consistently in the past.

1. _____
2. _____
3. _____
4. _____
5. _____

List up to 5 ways you've connected "Pleasure" with NOT practicing

1. _____
2. _____
3. _____
4. _____
5. _____

List up to 5 ways you've connected "Pain" with practicing

1. _____
2. _____
3. _____
4. _____
5. _____

List up to 5 negative thoughts you have about practicing (Negative Associations).

1. _____
2. _____
3. _____
4. _____
5. _____

List up to 5 reasons why you THINK you can't be a great musician (Limiting Beliefs).

1. _____
2. _____
3. _____
4. _____
5. _____

UNIT 3: CHANGING YOUR MIND

Your NEW Self!

You've learned how your "old self" wasn't able to practice in a deliberate, consistent way due to the forces of 'avoiding pain' and/or 'gaining pleasure'. Now you need to use BOTH of these forces again. However this time you'll use them in a way that you control, not where they control you! You must turn your *desire* into being a great musician into *drive*!

Examples of Connecting 'Pleasure' With Practicing

"If you practice, you'll have the pleasure of...."

- Improving your playing, sounding better and achieving your musical goals.
- Feeling a deep sense of accomplishment by sticking with your practicing.
- Performing in front of your friends and family.
- Playing the music you love at a level you can be proud of.
- Having people compliment and applaud you.
- Meeting and working with other highly-skilled musicians.
- Knowing you can apply this concept to anything else in your life.

Examples of Connecting 'Pain' With NOT Practicing

"If you don't practice, you'll have the pain of...."

- Not living up to your full potential as a musician.
- Not being able to perform for an audience.
- Being embarrassed or ashamed of your abilities.
- Failure knowing that you wanted to accomplish something and failed to act.
- Spending money on your instrument but not enjoying it to its fullest potential.
- Knowing your other musical friends will be improving while you'll be stagnating.

Examples of Positive Associations With Practicing

I'm excited to start sounding good.

My friends will be impressed with my playing.

Practicing can actually be fun.

I'm looking forward to getting my skills together.

Practicing relaxes me.

I'm making time for myself.

I'm psyched to learn this new song.

I'm proud of myself for practicing.

Create A Mission Statement

You need to create a compelling reason about why you will ABSOLUTELY follow through with the Practice Warrior method.

Sample Mission Statements

I WILL practice my instrument every single day.

I am committed to reaching my full potential on my instrument.

I'm tired of not being able to play what I want.

I will act NOW to become a better player.

I'll show THEM that I can succeed.

Enough is enough. I'm going to improve NOW!

I can't wait to see what I can become.

I will NOT fail at this.

The Practice Warriors' Manifesto!

We have created a Practice Warriors' Manifesto to inspire our members and to remind you how amazing you are for taking this journey! Seeing this Manifesto every single day will remind you of your great potential and inspire you to be consistent with your actions. You'll find it on the next page in this Workbook. Make a copy of it and put it on your wall. Grab the JPEG from our website and save it to your desktop or mobile phone, so everyday you will know that you are a true Practice Warrior! This is a fun way to keep you inspired and to remind you that you are part of a team!

Unit 3 Assignment:

List up to 5 ways you can connect “Pleasure” with practicing

1. _____
2. _____
3. _____
4. _____
5. _____

List up to 5 ways you can connect “Pain” with NOT practicing

1. _____
2. _____
3. _____
4. _____
5. _____

List up to 5 positive thoughts you have about practicing (Positive Associations).

1. _____
2. _____
3. _____
4. _____
5. _____

List up to 5 reasons why you **WANT** to become a better musician. Make these reasons compelling!

1. _____
2. _____
3. _____
4. _____
5. _____

List up to 5 reasons why you **KNOW** you can be a great musician.

1. _____
2. _____
3. _____
4. _____
5. _____

Write down up to 5 reasons why you will **ABSOLUTELY** stick to your practicing, follow all instructions for this course, and become a true **PRACTICE WARRIOR!** (You listed three reasons in Unit 1. Maybe your reasons have changed. Maybe you have more reasons now. Write down your motivations **NOW** to inspire your current **AND** future self (you might refer to these reasons if you start to lose motivation later).

1. _____
2. _____
3. _____
4. _____
5. _____

Create a 'Mission Statement'. This will be a single phrase (or two) that will get your pumped up and motivated to be consistent with your practice ritual.

Make a copy of the Practice Warriors Manifesto on the following page and place it in somewhere you'll see it every day. You may want to put it up in your Practice Space (see next unit).

PRACTICE WARRIORS:

**KICK BUTT
PLAY BETTER
TAKE ACTION
BUILD CONFIDENCE
ACHIEVE THEIR GOALS
IMPRESS THEIR FRIENDS
MAKE NO EXCUSES
PUSH FORWARD
STAY FOCUSED
NEVER QUIT**

WE ARE  **PRACTICE
WARRIORS**

UNIT 4: PREPPING YOUR SPACE

Your Fortress Of Solitude.

You need your own, sacred space to focus on practicing. It can be a huge room in your house or a tiny little corner of a closet next to your dirty clothes hamper. Just make sure you have SOME space that is totally dedicated to practicing.

Top 10 Things That Should Be In Your Practice Space

1. Your Instrument
2. Instrument Stand
3. Comfortable Chair
4. Music Stand
5. Practice Warriors Practice Log
6. Computer/Smart Phone/Tablet
7. Audio Speakers/Headphones
8. Instrument Bits and Essentials
9. Small Table
10. Happiness. Any little thing that inspires you.

Practice Warriors Essentials Checklist

Many of these “Essentials” are available as free apps on your devices. HOWEVER, you may want to buy these as individual stand-alone items, as you might not be able to run multiple apps on your device at the same time.

Always have these tools at the ready in your practice space.

1. Electronic Tuner
2. Electronic Metronome
3. Recording Device
4. Electronic Timer
5. Instrument Parts

4 Things That Should ABSOLUTELY NOT Be In Your Practice Space

1. Other Humans
2. Phone/Texting
3. Social Media/Email Alerts
4. Intoxicants

Practicing On The Go!

If you'll have a practice space that is outside of your home, you'll want to have everything you need in a way that's easy to transport. The true Practice Warrior must always be prepared! Here are some essentials you'll want to have handy for the Practicing On The Go.

1. A soft, shoulder bag for your instrument
2. A small backpack or bag to carry your practice materials
3. Practice Materials
 - a. Your Practice Warriors Practice Log
 - b. Pencil (to write in your Log)
 - c. Sheet music or other notes
 - d. Your Practice Warriors Essentials

Talk To Your Team

Talk to the people in your living space and get them on board with your practice ritual.

Unit 4 Assignment:

List 3 potential places in your home where you can practice privately.

1. _____
2. _____
3. _____

Examples: The corner of my bedroom, the closet in the office, the garage, the space in the living room, a section of the spare room, my desk area, my office at work, etc.

Of the above places, choose the best, quietest and most remote spot you can find...write it down. Claim your spot to everyone in the house.

I will now claim _____ as my specific, designated place to focus on my music, work towards my goals, and become a Practice Warrior!

Now, commit to acquiring the following items and put them into your practice space. Get what you can from what you already own. You can order the other things you need online or make an afternoon shopping trip. Regardless, you MUST commit to setting up your practice space. If you don't, you will...not...practice!!

I have obtained the following items from my Practice Warrior Checklist and have placed them in my practice space (write a check off each item you've acquired):

Instrument Stand
Comfortable Chair
Music Stand
Audio Speakers/Headphones
Small Table
Electronic Tuner

Electronic Metronome
Recording Device
Electronic Timer
Internet Device
Practice Warrior Manifesto Poster
Inspiring Picture/Fun Item

UNIT 5: CHOOSING YOUR TEACHER

Pros and Cons Of Private Lessons:

Pros

One-On-One Attention
Work On Your Specific Needs
Help You To Play w/Correct Technique
Avoid Bad Habits
Learn Things Much More Quickly
Motivation For You To Practice
Greater Accountability For Practicing
Give You Instant Constructive Feedback
Give You Personalized Lesson Plans
Help You With Your Practice Schedule
Inspire You To Play Better
Give You Support And Encouragement
Potentially Minimize Your Frustrations
Help You With Goal Setting

Cons

Costs Money
Might Get A Mean/Unmotivating Instructor
You Might Be Taught Bad Habits

Do You Need A Teacher? (Spoiler Alert..YES!)

Why might you be hesitant to get private lessons even if you know they're incredibly beneficial?

You have a resistance to ask for help
You think you know all you need to know already
You think you're not good enough to take lessons
You don't know how/where to find an instructor
You don't want to look foolish
You think music lessons are only for children
You think you can't afford music lessons

Who Is The 'Ideal' Teacher?

Ideal Teacher

Strong and Broad Foundational Knowledge
Clear Communication Skills
Understands Your Goals
Inspires You To Get Better
Supportive, Kind and Positive Demeanor
Spotting and Solving Problems
Make Lessons Fun
Make Easy To Complete Assignments
Incorporates Music The Student Likes
Holds You Accountable
Has Studied Formally
Someone You Feel Comfortable With

Not So Much

Only Knows a Few Skills
Bad At Explaining Things
Pushes Their Own Agenda
Makes You Feel Bad For Your Mistakes
Overly Critical or Dismissive Attitude
Can't Help You With Your Challenges
Gives You A Negative Attitude About Music
Doesn't Give Clear Directions For Improvement
Only Assigns Music They Want You To Play
Too Lackadaisical With Your Assignments
Has Never Studied Privately Or In School
Someone You Don't Enjoy Being Around

Finding Your Teacher:

Personal Recommendation
Local Musicians

Google Search
Local High Schools/Colleges

Local Music Store

Reasons To Find Another Teacher:

You are not making the progress you believe you should be making
They are not listening to your feedback about the lessons
They seem disinterested in your progress
They are too strict and demeaning
They are too lenient
They are making you ONLY play music you don't like
You want to play a new instrument or style they aren't proficient at

In The Flesh? The pros and cons of distant learning and Skype lessons

Pros

Not Limited To Local Teachers
Might Be Easier To Schedule
Take Lessons At Your Home
Can Usually Record Lessons
Can Send You Files/Links/Music To Work On
Teacher Can Send You Personalized Videos
Can Practice RIGHT After Lesson
Can Still Do Lessons When Your Ill

Cons

Miss The Actual Human Interaction
Can't Play With Instructor In 'Real Time'
Possible Poor Quality Of Internet Connection
Tough To See Exact Fingerings/Technique
Must Have Own Printer For Paper Copies Of Music
Distractions At Home (unless you follow Unit Four)
Less Than Ideal Audio Quality
Not Physically Able To Work With Hands
Can't Point To Or Write On Sheet Music

Alternatives To Private Lessons

Online Course/Membership Groups

Music Books

YouTube Videos

Using Practice Warriors Method With Your Teacher

The best of BOTH worlds is having a great private teacher who can help you with your Practice Warrior methods. Your instructor can help, motivate and hold you accountable with:

Obtaining all your items on your Practice Warriors Checklist for your practice space
Help you choose your practice times for each day
Help you choose your Four Topics
Help you set your goals
Incorporate your practice ritual into your private lesson plan
Make sure you're keeping up with your Practice Log
Help keep you motivated if you start losing inspiration
Share his/her practicing/learning experiences with you
Give guidance in how to progress through your topics
Help choose books and references to help you in the learning process

Unit 5 Assignment

Write down the attributes that would make up *YOUR* perfect teacher.

Write down the attributes of the *WORST* kind of teacher or a teacher you'd want to avoid.

Write down up to 5 people you can talk to TODAY to help you find a private teacher.

1.

2.

3.

4.

5.

List some alternatives to private lessons (method books, online teachers, instrument sites, etc.)

UNIT 6: SETTING YOUR GOALS

What's Your Dream?

When you close your eyes and picture yourself as your fully-formed musical self, what do you picture? What are you doing? Who's with you? How do you sound? What kind of music are you playing? What skills are you demonstrating? Visualization can be VERY useful to help you figure out the ultimate goals for your playing.

That's Nice, But...

Yes, you can see the “new you”. You can see the mountain top. However, it's all about the SMALL steps you take that gets you to where you want to go. Major goals and accomplishments are always achieved by small tasks. Climbing a mountain begins with the first steps. You want weekly goals that are more simple, more realistic, more achievable and, therefore, more useful in the long run.

Setting Specific Goals

Want to be a great soloist? It starts with learning your scales, arpeggios or rudiments. Want to play fast? It starts with playing correctly at a slow speed. You want to work backwards from your Big Goals and set very simple and specific goals to get you moving in the right direction.

Unit 6 Assignment

Assignment 1

Doing the visualization exercise, write down the answers to the 'What's Your Dream' segment. When you close your eyes and picture your fully-formed musical self, what do you see? What are you doing? Who's with you? How do you sound? What kind of music are you playing? What skills are you demonstrating? How do you feel?

Here's a sample answer:

“I see myself onstage during the weekly open jam sessions playing with the house band. A bunch of my friends are there to cheer me on. I'm feeling confident and prepared, and I'm actually relaxed and having a blast. My timing is really strong and I'm playing at the perfect volume with the rest of the players. We are totally rocking this amazing funk groove, and I can see myself taking a solo. I'm playing it with complete authority and everything I'm playing sounds and feels great. I'm totally in the zone.”

(You will, of course, add more specific skills that you see yourself doing as it pertains to your specific instrument)

Write **YOUR** answer below.

Assignment 2

Write down the things YOU think you should practice to bring you to those goals. What specific steps, skills and exercises do you think you will need to accomplish these goals?

Here's a sample answer for most instruments:

"In order to be able to play well 'in time', I'll need to work on practicing with a metronome or a drum app. I'll need to really pay attention to the tempo and make sure I'm not playing too fast or slow. I'll need to work on my scales, so that I will be confident and comfortable using those notes in a solo. I'll need to get used to improvising, so I'll have to set aside time to play my scales not just up and down but by mixing up the notes and rhythms to create melodies. I'll also need to work on blending my volume with other instruments, so I may have to work on being comfortable playing at both loud and quiet volumes. I'll also need to get familiar with different kinds of funk grooves, so I'm able to play that style convincingly."

(Again, this is VERY general. You would be more specific on certain things depending on your specific instrument)

Here's a sample answer for drummers:

"I will need to work on my timing, so that I can keep a steady tempo for the rest of the musicians. I will set my metronome to different speeds, so I can be confident at different tempos. I will REALLY focus on locking in with the click. I'll also focus on mixing my sound, so that I'm in control of how loud the snare is compared to the bass drum. I'll take my rudiment exercises and move them around the toms for soloing ideas. I'll play along with some great funk recordings to really get the nuances of the style. I'll work up some cool fills to play between the sections."

Write **YOUR** answer below.

UNIT 7: DECIDING YOUR TOPICS

Only 4 Topics?

You also might not have a lot of time to practice each day, so keeping the list short allows a decent minimum amount of time to evenly distribute to up to four topics.

Sample List Of Topics For Instruments:

Not sure what your Big Topics would be? Here are some choices to help your thought process. Some of these concepts can actually be mixed into one Topic.

Guitar/Bass/Piano

Scales
Chords/Arpeggios
Reading
Fingering Techniques
Learning Songs/Etudes/etc.
Improvisation
Advanced Techniques

Brass/Woodwinds

Reading
Scales
Arpeggios
Long Tones
Intonation
Endurance
Improvisation

Drums

Rudiments
Timing
Grooves/Styles
Mixing
Independence
Reading
Technique

Vocals

Warm Ups
Vocal Technique
Songs/Repertoire
Intonation/Pitch
Melodic Phrasing
Styles
Sight Singing

Save Room For Dessert (Your 4th Big Topic):

Your 4th and final topic should be something FUN! By keeping your Fun Topic for the end, you get the challenging items out of the way first, and get rewarded with finally getting to work on your 'fun' thing at the end of your Ritual.

Sample List of FUN Topics For Instruments:

Improvisation/soloing
Songwriting
Dynamics/Articulations

Fun Techniques
Favorites Styles
Learning Favorite Songs

Learning Melodies
Learn By Ear/Transcribing

Only Have ONE Topic?

If you only have one thing you are able to focus on, how can you have four separate topics? Here are a couple of examples where this may occur.

Example One: Only know a couple of chords?

Topic One: "Review Chords"

Topic Two: "New Chords"

Topic Three: "Chord Progressions"

Topic Four (FUN): "Playing Songs"

Example Two: Only have time to work on one specific piece?

Topic One: "Tricky Bits"

Topic Two: "Run Through"

Topic Three: "Fixing Up"

Topic Four (FUN): Play the song in a 'fun' way or try a new song (to clear your head)

Getting Help

Private instructor
Local band director or teacher
Practice Warriors Assemble forum
Practice Warriors Rockstar Q&A interviews

Music school
Great player in town
Practice Warriors Live sessions

Unit 7 Assignment

Determine what your first THREE topics will be and write them down. Don't forget that these very well may be changed over time. Put them in order of what you perceive to be LEAST enjoyable (1st is *least* enjoyable...3rd is *most* enjoyable).

1. _____
2. _____
3. _____

List 3 to 5 FUN topics that you'd like to work on.

1. _____
2. _____
3. _____
4. _____
5. _____

Write down one simple goal you would like to accomplish for each of your Four Topics in your first week of practicing.

Here are some sample answers for most instruments:

1. READING: Work on Page 45 in Funk Rhythms Book. Play each example slowly
2. SCALES: Learn and play E and F Blues Scales at a steady tempo
3. ARPEGGIOS: Play E and F Major and Minor chords/arpeggios
4. FUN: (I choose...STYLES!) Start learning "I Feel Good" from James Brown.

Here are some sample answers for drummers:

1. RUDIMENTS: After rudiment warm-ups, take one rudiment and move it around the drum set at different tempos
2. TIMING: Play "I Feel Good" at three different tempos with metronome. Record and listen back for inaccuracies.
3. TECHNIQUE: Ghost Notes. Try adding simple ghost notes to "Good" groove
4. FUN: (I choose... STYLES!) Learn two more James Brown funk songs. Play with recording.

For some people, they may just be starting out on an instrument and have very limited skills. Let's say you only know how to play one scale.

Here's how you can take one skill and turn it into four topics (ex. If you know only one scale):

1. SCALE: Play my scale ascending and descending. Focus on technique, so that the sound of each note is clear and consistent.
2. TIMING/ARTICULATIONS: Continue playing scale ascending/descending. Now, add a metronome at 60bpm and play the scale either as quarter notes (1 note per beat) or eighth notes (2 notes per beat). Focus on staying in time and playing evenly. Try playing everything as quietly as possible. Then as loud as possible. Try accenting different beats, etc.
3. IMPROVISATION: Find a Backing Track on YouTube for my scale. Simply listen to the groove and chord progression, and spontaneously create melodies using my scale.
4. FUN: (I choose...SONGS!) Learn a melody or two from a song I like that uses my scale. This may incorporate some reading or ear training as well.

Here are some sample answers for vocalists:

1. WARM UPS: Focus on vowel sound 'OO' in low range.
2. VOCAL TECHNIQUE: Work on breath support for "Can't Stop The Feeling".
3. SIGHT SINGING: Page 137 in Sight Singing book. First two lines only.
4. FUN: (I choose... MELODIC PHRASING!) Work on developing melody for original song.

Maybe you only know a few chords on the guitar or piano. No problem!!

1. FAMILIAR CHORDS: Continue working on the chords I know and are somewhat familiar with. Make sure each note can be heard clearly. Pick two chords and see if I can switch to each chord without stopping.
2. NEW CHORDS: Focus on the chord shapes I'm not familiar with. Play the chord once, lift my hand off the instrument, then see if I can play it again without looking at a diagram. Try this over and over until I have memorized the shape and can create the shape of the chord more easily.
3. CHORD PROGRESSION: Play through chord progressions with a mix of "Familiar" and "New" chord shapes. See if I can play them without stopping. See if I can add more interesting rhythms.
4. FUN (I choose...SONGS!) Learn the chord progression to a song that I really like.

Write **YOUR** answer to this part of the assignment. In case you forgot, write down **one simple goal** you would like to accomplish for each of your Four Topics in your first week of practicing.

1. _____
2. _____
3. _____
4. _____

Write down some items from our Resource Page that might help you with your topics.

UNIT 8: SCHEDULING YOUR TIME

Get Your Life Organized:

Figure out your usual, normal weekly schedule day by day. Figure out the immovables - work, school, kids, etc. Find the movables - when to wake up, going to bed, eating dinner, etc. Find the wasteables - TV watching, social media-ing, etc. You'll eventually be able to schedule it all in your Practice Log Weekly Schedule pages.

Find The 25th Hour Of Your Day:

Within the 'movables' and the 'wasteables', try to find a 20, 40 or 60 minute time slot (or more!) for each day of the week.

Remember: **The Amount Of Time You Practice Can Be Different For Each Day.**

Remember: **You Can Practice More Than Once Each Day.**

Remember: **The Time Of Day You Practice Can Also Be Different From Day To Day.**

Remember: **Each Week Can Have A Different Practice Schedule.**

Anchor to An Existing Daily Ritual:

One of the best ways to be consistent with scheduling your practice time is by anchoring it to an already existing activity you do every day.

Remember: **If You Don't Schedule It, You Won't Do It!!** When practice time is flexible, it gets blown off.

Remember: **A Little Time, Over Time, Equals Big Improvement!** Compounded learning is where big progress can be gained by putting in a small amount of time every...single...day.

Unit 8 Assignment

List The Immovables In Your Daily Life:

1. _____
2. _____
3. _____
4. _____
5. _____

List The Moveables In Your Daily Life:

1. _____
2. _____
3. _____
4. _____
5. _____

List The Wasteables In Your Daily Life:

1. _____
2. _____
3. _____
4. _____
5. _____

Next to each Wasteable, write down a “Y” if that distraction is more important to you than getting better on your instrument. Write down a “N” if you think playing music is more beneficial to you than that distraction.

Find your potential “25th Hour”. Write down up to 5 specific time frames you think you might be able to put aside for practicing, even if it's just for 20 minutes. Try tying your times to things you do everyday. (For example: after work, before dinner, instead of TV in the weekday evenings, before bed, after school, weekend mornings, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

Using the Sample Weekly Schedule on the next two pages (as you'll find in the Practice Warriors Practice Log), write in specific times you could potentially practice each day. This will be the schedule for your first week of becoming a PRACTICE WARRIOR! We give you a “Sample” Schedule first, followed by one for you to fill in.

Indicate when you will practice this week.

PRACTICE WARRIORS

Weekly Schedule

Week of 10 / 4 / 2024

SAMPLE PAGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM		Work Out		Work Out	7:40-8		
8:00AM	Work						Work Out
9:00AM						9-10 before breakfast	
10:00AM							Church
11:00AM							
NOON							
1:00PM	Work						F O O T B A L L
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM		Get kids from b-ball		Get kids from b-ball			
7:00PM	7-7:20		Book Club	7-7:20		7-8 after dinner	
8:00PM			8-9				8-10
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

Practice times are highlighted.
Notice you may practice more than once per day.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
NOON							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM							
7:00PM							
8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

UNIT 9: DOCUMENTING YOUR JOURNEY

The Practice Log!

We Are Musical Athletes!

How do you know if you are getting better at something? How do you know if you are making progress? Athletes chart progress by evaluating what they've been able to do in the past, what they can currently do and set goals for what is possible in the future. How can musicians use this same concept to set goals, chart their progress and make steady, but HUGE improvements in their playing? They can do this by keeping a Practice Log!!

The Big Time Saver:

The Practice Warriors Practice Log allows you to IMMEDIATELY start working on what you need to do to improve, because it's all written down!

What's Worth Logging?

The following are some of the important information you should write down in your Practice Warriors Practice Log:

- Specific Tempos
- Specific Scales/Arpeggios/Rudiments You Are Working On
- Specific Pages and Examples From Books
- Specific Measures in Sheet Music
- Specific Sections of Songs You Need Work On
- Specific Goals for The Next Practice Session
- Specific Techniques

Sample Log:

Look at the Sample Log entries in the last pages of this Unit. This will give you some ideas as to what to write in your own Practice Log.

Unit 9 Assignment

Write down and **CONFIRM TO YOURSELF 3 to 5 reasons why you MUST keep an up-to-date Practice Log.**

1. _____
2. _____
3. _____
4. _____
5. _____

Also, browse through your Practice Warriors Practice Log. Just become familiar with how it's laid out, where you will write your information, and how this will be an indispensable tool for you.

PRACTICE WARRIORS

Practice Log

DATE:

Sample for Guitar/ Piano

	Topics	Notes	Next Goals
1	Reading	- Pg. 24 in Reading Book – 1st two lines, M.M. = 76 - Continued w/melody of “All of Me”	- Get next 2 lines - Finish “All of Me”
2	Scales	- Play G major Scale in 3rd - M.M. = 80 – Played 8th notes - Jammed w/ backing track	Continue w/ G Major
3	Chords	- Worked on inversions of G, C + D chords - Arpeggios	Be able to play arpeggios more smoothly
4	Fun!! Songs	“Yesterday” – Beatles - Got through 1st section	Review 1st section + try 2nd section

DATE:

Sample for Drummers

	Topics	Notes	Next Goals
1	Rudiments	- Played singles/doubles 3 minutes each - Applied paradiddles around kit	Same. Got paradiddles more in time.
2	Styles	- Latin stuff! - Started Bossa groove	- Continue w/ Bossa - Try at a steady tempo
3	Timing	- Focus on really slow temps - M.M. = 50	M.M. = 40!
4	Fun!! Fills	“Fill” Book pg. 13 - Ex. 1-5	- Review 1-5 - Do at various tempos

PRACTICE WARRIORS

Practice Log

DATE:

Sample for Horns/ Winds

	Topics	Notes	Next Goals
1	Long Tones	Focused on consistent tone + intonation in lower range	Use tuner to check lower notes
2	Scales	- Scale Book pg. 34 - F Blues scale	- Review pg. 34 - F Blues improv
3	Reading	- Worked on etudes #1 + 2 - Trouble w/ dynamics	- Focus on dynamics - Try Etude #3
4	Jazz Fun!! Articulations	Play F Blues scale in 8th notes accenting the "Ands" M.M. = 72	Increase tempo

DATE:

Sample for Strings

	Topics	Notes	Next Goals
1	Scales	Eb Major scale. Ascend/Descend at 72bpm (playing 8ths).	Stay with Eb. Start working on playing it in thirds.
2	Intonation	Interval exercises in Eb Major in 8th notes	Same. Focus on jumping from 1 to 6 and 1 to 7 over two and three strings.
3	Reading/ Repetiore	Etudes 3 and 4 on page 45 #3 at 96bpm, #4 at 72bpm.	Work on adding dynamics. Try to increase tempo with Etude 4
4	Improv/ Jazz	Contuned with melody for "Stella By Starlight". Focus on B section.	Play the "A" melody no stopping. Play "B" at slower tempo. Find best tempo w/metronome.

PRACTICE WARRIORS

Practice Log

DATE:

Sample for Vocals

	Topics	Notes	Next Goals
1	Warm Ups	Still trouble with keeping support above C with EE vowel	Try all warm ups with EE vowels to focus on trouble spots.
2	Sight Singing	- Page 113 in Mike Campbell Sight Singing book. - Minor melodies 1 and 2	Start melodic minor melodies (3 and 4).
3	Styles	- Worked on Blues Scale - Sang with C blues backing track and improvised.	Cont. with C blues scale improvising. Record on phone.
4	Fun!! Songs	"Born Under A Bad Sign" - Trouble memorizing lyrics. - Pitch sounding better!!	Sing 1st two verses from memory. Try adding improvised ideas

UNIT 10: FREEING YOUR MIND

Let That **** Go!

It is imperative to make sure you have a clear mind before you begin your practice ritual. If your mind is on other tasks, old arguments, or just worn out from a day of thinking and working, your improvement will suffer.

Breathe!

Spend just one minute sitting with your back straight, feet flat on the floor, and hands gently resting on your knees. Let your eyes fall gently but do not close them. Inhale deeply but softly (through your nose, if comfortable) for 4 SLOW counts, then exhale completely for another slow 4 counts. You will do this for a few repetitions. In order to truly free your mind, simply focus on your inhalation and exhalation. We are merely trying to prepare our mind and body for the fun ahead of us. Slowing things down like this will tell your conscious and unconscious mind that it's time to jam.

Your Mantra

A mantra can be considered a word or sound repeated to aid concentration. It has been used for centuries by people who want to obtain a meditative or highly-focused state. It will help condition you to be prepared to work on your music.

You can say and repeat your mantra during your breathing time. You'll want to choose a short and simple phrase that will get your mentally ready (excited, motivated, relaxed, focused, etc.) to rock your ritual. These phrases could have a rhythmic element that can work with your breathing.

"Time to prac-tice"

"Make it hap-pen"

"I'm gonna rock it"

"I'm get-ting bet-ter"

"Practice makes per-fect"

(inhale)"I'm all-ready, (exhale) to play mu-sic"

"I'm already awe-some"

"I can do anything"

Get Up And Move!

Here are some simple, yet important stretching exercises you can do to prepare and protect your body. Do each stretch 3 times for maximum benefit. (NOTE: You can do your breathing, mantra and stretches all at the SAME TIME to save time).

Stretch For The Wall

Reach For The Sky

Prayer Hands

Open The Hands (simply opening the hands and stretching the fingers)

Warming Up

For EVERYONE: Play everything slowly and gently at first. As your body 'warms up', you can increase intensity, speed and range. You can use your work in your first Four Topics to help you warm up if you haven't created a specific separate warm-up routine.

For Guitars and Piano: Slow, gentle scale work or chord movement

For Drummers: Slow and gentle rudiments

For Winds/Horns: Slow and gentle long tones

For Vocals: Slow and gentle scale warm up

For Strings: Slow and gentle scale work and bowing

Unit 10 Assignment

Write down up to 5 reasons why you WILL start your Practice Ritual with some kind of breathing, stretching and warming up routine. Why is it important to do this?

1. _____
2. _____
3. _____
4. _____
5. _____

Write down a few possible mantras for your Practice Ritual

1. _____
2. _____
3. _____
4. _____
5. _____

Take 5 - 10 minutes NOW (Check with your doctor first – see Disclaimer below) to try out some breathing exercise and stretching warm ups (no instrument needed). Sit on your chair in your Practice Space and go through the breathing concepts, including possibly using your new mantra. Then try out some of the simple stretches. See how your body responds and find out what stretches seems challenging and which seems more natural. It's good to get a feel for this before you incorporate it into your Practice Ritual.

***** DISCLAIMER *****

Always consult your physician before beginning any exercise program, including the simple stretching exercised described in this unit. This general information is not intended to diagnose any medical condition or to replace your healthcare professional.

UNIT 11: PUTTING IT TOGETHER

Are You Ready?

Let's check off all the things you've done to get to this point and start to become a PRACTICE WARRIOR!!

1. Practice Space chosen and completely set up.
2. All Essential Purchased and Acquired
3. Your Four Topics decided
4. Practice Log ready to go
5. Your Weekly Schedule completed for this week.
6. Review Your Motivations

Set Your First Weekly Goal

Unless you've done this kind of process before, it'll be very difficult to figure out what your weekly goals are BEFORE you have your first honest practice ritual. Once you finish your first session, you'll see what's most likely attainable for the coming week.

As You Begin

Free Your Mind – Do a few of the breathing and stretching exercises in Unit 10. Repeat your Mantra a few times and ready your mind and body for the focused effort you are about to engage in. Warm up by playing long, slow notes on your instrument for a few minutes or during your first Big Topic.

Ready, Set, GO! - Make sure you have your timer set to the specific time interval for each of your Topics. Do NOT extend your time. When your Topic time is up, move on!

Practicing for 20 minutes total: 5 minutes per Topic

Practicing for 40 minutes total: 10 minutes per Topic

Practicing for 60 minutes total: 15 minutes per Topic

Document EVERYTHING In Your Practice Log

Write down EXACTLY what you worked on in your Practice Log, so you will know exactly what to work on tomorrow.

Sample Reading Subtopics

If you are just starting with understanding notation, use a beginners book on reading that is specific to your instrument. Don't forget that 'reading music' not only involves reading music notation (notes, rests, rhythms, etc.), but also chord charts, which many guitar, bass, drum and keyboard players use extensively. Google search "chord charts for _____ song" or get a chord book of your favorite band/artist.

Sample Scale Subtopics

Start with a simple scale; for many it'll be concert C Major Scale. Play as many notes as you can ascending and descending as slow and steady as you can. Do this 4 times, then go to YouTube and type in "C Major Backing Track" and choose a video to play along with. Start randomly playing the notes in the scale along with the recording (improvising). Your biggest goals are to play good sounding notes, play the correct notes and to stay in time with the track.

Sample Chord/Arpeggio Subtopics

You can practice your arpeggios in the same way you used improvising with your scales. YouTube search “C Major CHORD Backing Track” (for example). If you are focusing on playing full chords (guitar and piano), you can work on changing chords in an increasingly steady tempo or working on learning more challenging chords and applying them in the same way.

Sample Drumming Subtopics

For Rudiments, you can go through the 7 essential drum rudiments and see how comfortable you are with them. For Timing, you can set your metronome to 60, 80, 100, 120, and 140 and play a simple groove over each tempo. For Reading, work through a reading book recommended by your instructor, a local musician or our Practice Resource section (at the end of the Practice Warriors Workbook).

Unit 11 Assignment

Begin your very first Practice Warrior session. Look through some of the samples and suggestions provided to get you started. Make sure you document everything you did in your Practice Log. Double check your Weekly Schedule to know exactly what time you'll be practicing tomorrow and if there needs to be any last minute adjustments.

Write down any observations about your first Practice Ritual. Did you stick to your practice time? Did you practice the whole time, or did you let your mind wander? Is your practice space conducive for proper focusing? Do you need more or less time in your ritual? Jot down any thoughts, feelings, comments, criticisms and notes that can help you fine tune your process.

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UNIT 12: LOVING YOUR METRONOME

Used correctly, the metronome is the SINGLE BEST device to make you a better player in the shortest amount of time. You just have to know how and when to use it!

What Is Time?

Time, or tempo, is the speed at which music is played. Tempos of songs are notated in Beats Per Minute (bpm). 60 bpm is literally one beat per second. Using a metronome, especially with a “tap” feature, is the best way to determine what tempo a song is at (and how to work up to that tempo!).

Tempos Of Famous Pop Songs:

Freebird (Lynyrd Skynyrd): 60	Rolling In The Deep (Adele): 105
Someone Like You (Adele): 68	Black Hole Sun (Soundgarden): 105
Let It Be (The Beatles): 73	Smells Like Teen Spirit (Nirvana): 116
Hotel California (Eagles): 74	Uptown Funk (Bruno Mars): 116
Lean On Me (Bill Withers): 74	Poker Face (Lady Gaga): 120
Kashmir (Led Zeppelin): 80	Start Me Up (The Rolling Stones): 122
Come Together (The Beatles): 84	Seven Nation Army (The White Stripes): 123
Roar (Katy Perry): 90	Since U Been Gone (Kelly Clarkson): 131
I Love Rock And Roll (Joan Jett): 95	Beat It (Michael Jackson): 140
Shallow (A Star Is Born): 98	Dancing In The Dark (Bruce Springsteen): 148
What's Going On (Marvin Gaye): 100	Hey Ya! (OutKast): 159
Superstition (Stevie Wonder): 100	Happy (Pharrell Williams): 160
Crazy In Love (Beyonce): 100	Wake Me Up Before You Go-Go (Wham!): 165
My Heart Will Go On (Celine Dion): 100	Take On Me (a-ha): 170
Stayin' Alive (The Bee Gees): 103	Livin' La Vida Loca (Ricky Martin): 180
My Girl (The Temptations): 104	

Tempos In Classical/Orchestra Music:

Classical music thinks of tempos more in general ranges of speed.

Largo (40–60 bpm)	Allegro (120–156 bpm)
Larghetto (60–66 bpm)	Vivace (156–176 bpm)
Adagio (66–76 bpm)	Presto (168–200 bpm)
Andante (76–108 bpm)	Prestissimo (200 bpm and over)
Moderato (98–112 bpm)	

How It Works

The metronome provides a clicking noise with a selectable bpm. The range of the bpm on most metronomes is between 40 and 208 bpm. Most metronomic devices have a “Tap” feature. This allows you to listen to the song and 'tap' along with the beat. The metronome will analyze your speed and display the number of beats per minute of the song. Some metronomes also have a subdivision feature, that allows you to hear different sounding clicks for the subdivisions of the beat (8th note, triplets, 16th notes, etc).

Why It Rocks

1. Keeping time is THE most important musical skill. The metronome helps you develop good time.
2. You don't know if you're keeping time unless you have a 'constant' beat to play along with.
3. You can take it anywhere with you to practice.
4. You have a truly 'quantifiable' means to monitor your progress.
5. You'll be able to follow a “Click Track” during recordings much easier.
6. It makes you listen more closely than playing with drums, loops, etc.
7. Use can use it to know what your target tempo is and to slowly build up the speed to reach it.

Time Builder

You should always be playing along with something else that keeps a steady beat. Playing scales with the metronome ensures you are playing evenly. Using the metronome while playing chords helps you to change chords without stopping. Using it with reading helps you play the entire piece in time. Once you can physically play something, you should bring in the metronome and get that thing at a steady tempo.

Speed Builder

How can you learn something that is too fast for you to play? EASY! This process works...EVERYTIME!!

1. Find your "Target Tempo".
2. Find your "Current Tempo"
3. Play the piece at your current tempo and get through it with no mistakes at least 4 times.
4. Increase the metronome by 4 bpm ONLY!
5. Play piece at the increased tempo until you can play it with no mistakes at least 4 times.
6. Increase the metronome by 4 bpm...and so on. Make sure you write your final tempo of the day in your Practice Log.
7. Continue the process until you are able to get to your target tempo.

Pros of Loops/Drum Apps

Simulate real-life situations

Learn different "feels" and grooves

Generally more fun to play along

Can be used to help increase your tempo

Pros of Metronome (simple quarter note click)

Playing to a more simple beat can sometimes make things more challenging...in a good way

Good if you want to play something with changing subdivisions (8ths into 8th note triplets, etc.)

Prepares you to play along with a "click track"

More simple to use

Unit 12 Assignment

Do a Google search on the best reviewed "Metronome" and "Drum Beats" apps and write down your top three choices below.

(Note: Although we all love free apps, the small amount of money you may pay for a high-quality app will be a massive investment in your musical development.)

Write down the top 3 choices for a Metronome (best reviewed, best features, etc.)

1. _____
2. _____
3. _____

Write down the top 3 choices for a Drum Beats App (best reviewed, best features, etc.)

1. _____

2. _____

3. _____

Purchase/Download both the Metronome App and a Drum Beats App of your choice to your mobile device. Open the apps and start learning how they work. Do a YouTube search for a tutorial on whatever app you bought and start working through the features. We'll be putting your tools to work in the next unit, as well as other areas of the Practice Warriors Membership.

UNIT 13: CONTINUING YOUR PROGRESS

Now that you're up and running with your Practice Ritual, we have to see when any changes should be made to your methods.

Slow And Good Equals GOOD. Fast And Sloppy Equals SLOPPY!

Nine out of ten times, when someone has a problem playing something, it can be remedied by SLOWING DOWN! Create the beneficial discipline of playing everything slowly and as perfectly as you can. Speed will come naturally...later! First, get it good. Then, you can get it fast.

Altering The Plan

If you feel you are getting bored, restless, uninspired, or frustrated with practicing, feel free to change ANYTHING with your ritual. Change the order of the topics (try to keep the Fun Topic always last, though!), or change the topics themselves. The LAST thing you want to do is to stop practicing altogether because you don't like what you are working on. Remember, you've always got support from your fellow Practice Warriors and the Practice Warriors team!

Practicing "On The Road"

The biggest danger for the Practice Warrior is getting out of the habit of playing/practicing regularly. Even a quick three-day business or family trip could be enough to knock you off your routine permanently. For those of you Practice Warriors who have to travel, you should make every effort to bring your instrument on the road with you. Of course, it may be totally impractical to practice YOUR instrument on the road. If that's the case, there are some cool things you can do to maintain the consistency of your daily Practice Ritual.

- 1. Set aside "Practice Time" to just listen to music in a focused way.** Engage in Active Listening. Listening to music while distracted by other things (working, cleaning, etc.) doesn't really count. Remember, at this point, we are more trying to reinforce the Practice Ritual (the specific time you spend learning music) than actually learning (though you can do a lot of learning this way).
- 2. Schedule some time each day to go through your Practice Warriors material.** This could be watching some of the Practice Warriors course videos, going through threads on the Practice Warriors Forum, reading through this Practice Warriors Workbook, reviewing old Q&A videos, going over old practice notes from your Practice Log. Do all this in your scheduled practice time, because it's important for you to MAINTAIN your daily schedule of improving your musical knowledge.
- 3. Visualization.** We're not talking about air guitar here. Mentally putting yourself in your practice environment and physically engaging in motor exercises is all part of the visualization process.
- 4. Books!** Time to go old school. You can bring your music reading materials with you and look them over, sing the melodies, tap out the rhythms...anything to keep your learning process going. You can bring a book on Music Theory, Songwriting/Composition, Diagrams of fingerings, scales or chords.
- 5. Ear Training!** One of the most challenging but rewarding skills is to develop your ears to identify different chords, arpeggios, rhythm patterns, melodies, scales and chord progressions. There are great online resources and apps that can quiz you on different elements of ear training.
- 6. Bring A Tiny Instrument.** No, really! Drummers can bring their sticks. Pianists can bring a small keyboard controller to plug into a laptop. There are a slew of 'backpacker-sized' guitars. And for the folks playing flute, oboe, clarinet and other tiny instruments, bringing an 'axe' on the road is a snap.
- 7. Learn A Tiny Instrument!** If you use a substitute instrument as a stand-in for your actual instrument to keep up the regularity of practicing, you can keep from getting off your practice routine and almost guarantee that you will jump right back into your Practice Ritual when you return home.

Recording Your Practicing

Almost universally, educators agree that recording yourself while playing reaps amazing benefits towards your musical improvement. So, what should you record? It's best to record yourself when you feel you have accomplished a certain goal and want to step back and observe your performance of that goal. For example:

1. You've spent sometime learning a scale and using it to improvise.
2. You've spent sometime with a drum rudiment slowly speeding it up and slowing it down.
3. You've just finished being able to play a piece of music all the way through.

Listening back to yourself helps make you your own teacher. Speaking of which, you can also play these recordings to your instructor to get excellent feedback.

NOTES

UNIT 14: THE PATH FORWARD

The Fun That Awaits

CONGRATULATIONS!!! By finishing this entire program, you have:

1. Put yourself on a direct path towards vast improvement in your musical skills and enjoyment.
2. Learned strategies that will help you improve faster than most people who study music.
3. Accomplished a very challenging goal you made for yourself.
4. Proved to yourself that you can stick to something through to its completion.
5. Given yourself specific knowledge to become self-motivated and practice consistently and effectively.
6. Joined a community of like-minded people who are working towards self-improvement.
7. Received access to many more resources for continued development on the Practice Warriors site.

You've Got A Friend

Remember that this is only the end of the Practice Warriors Masterclass. Your true journey as a Practice Warrior now begins. You will continue to have unlimited access to the following Practice Warriors resources:

- 1. Musicianship Videos:** Once you have used the Practice Warriors Masterclass to set yourself up with a great Practice Ritual, you can check out these videos to get insight into how to work through your topics and to generally better play your instrument. New videos will be added regularly.
- 2. Practice Warriors LIVE!** As part of your Practice Warriors Membership, you will have access to bi-monthly Q&A sessions with me and other members of the Practice Warriors team. You can ask questions live or submit them in advance, and you'll have access to these videos for as long as you're a Practice Warriors member.
- 3. Practice Warriors Assemble!** Another membership perk is that you have total access to the Practice Warriors Assemble! forum, where you get to chat with other Practice Warriors and members of our team to help you along your journey.
- 4. Rockstar Q&A:** Insightful interviews with today's top session and touring musicians about their experiences with practicing. You'll be inspired by their stories! Just like with the ongoing Musicianship classes, new videos will be added regularly.
- 5. Practice Warriors Practice Log:** Remember, this is your number one tool for making massive progress in your playing.
- 6. Practice Warriors Workbook:** This book acts as a handy quick reference to your experience in the Practice Warriors Masterclass. There'll be a lot of times you'll want to refresh some ideas from the Practice Warriors Masterclass.
- 7. The Practice Warriors Masterclass:** You can always come back and check out these videos as a nice refresher, get some motivation to help continue your drive, maybe find out some concepts you missed out on the first time.

As exciting as the road ahead seems, it is fraught with many dangers that might take you off your path. If you know these dangers are coming, you will be prepared for them when they come at you:

Getting Off Your Ritual: In other words, you stop practicing everyday. If you feel that you've gotten off your schedule for a while, then it would be a great idea to go back into this Workbook or rewatch some of the Masterclass videos. This will help you reestablish some leverage as well as some compelling reasons to get back to your Practice Ritual.

The 30-Day Challenge

It's A Marathon, Not A Sprint

Remember, **change takes time**. Try not to be concerned with *results*. Be concerned with *progress*. If you are making progress, even if it's slow, then you will get results. Enjoy the process. Remember, it's a marathon, not a sprint!

[illegible]