

Practice Goal Sheet

Assigned Material, Exercises, Etude, Piece(s)	Goals (short term-for the day or week)	How far did you get? %	Comments, insights, questions:

Practice Log, How many minutes/hours did you practice? *Mark* Date of last lesson

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Practice Goal Sheet

Date to achieve goal by? _____

GOAL/VISION: What will I gain once I achieved/accomplished/created this goal?:

Secondary Choices/Actions to take to reach goal. What will I commit to do or commit to not doing to achieve my goal? On my worst day, what are my minimums/maximums of what I will do or what I will tolerate (boundaries)?

9		
8		
7		
6		
5		
4		
3		
2		
1		

Where am I right now? What is my current reality?