



Cheat Sheet

Workshop Theme:

Working smarter, not harder.

Getting Maximum Results
from Minimum Effort

Goals

- Define your "Big Picture Vision" i.e. what "Musical Success" means to you:

Imagine yourself 5 years from now if everything has gone perfectly with your musical training.

What does your musical life look like? What things are you doing then that you aren't able to do now? What skills do you have, what activities do you do, what have you achieved in your musical life?

Write it all down in as much detail as you can - a paragraph or two, not just a few words or a sentence.

- Set a **MAGIC** goal:
 - ✓ **M**usical
 - ✓ **A**ttainable
 - ✓ **G**rowth-Oriented
 - ✓ **I**nteresting
 - ✓ **C**lear

Planning

- Making a plan:
 - **5 steps**, leading gradually towards your goal.
 - **6-8 weeks**.
 - **Include instrument, music theory, musical ears.**
 - **Daily, 15+ minutes** per day.
 - **Fixed schedule**, be consistent.
 - **Don't overdo it!**
 - **Get help.**
- How do you know what to put in your plan?
 - **Option 1:** Make it up.
 - **Option 2:** Buy a pre-made course.
 - **Option 3:** A personalised and proven plan

Time

- **Finding more time for practicing music:**
 - **Quick Mini-Sessions**
 - **Including Music Theory and Ear Training** (training "on the go")
 - **Using Visualisation, Audiation and Mental Play**
- **Maximising the impact of your practice time:**
 - **Deliberate Practice**
 - **Intentional.** Think "practice time, not playtime".
 - **Improving and appropriate.** Practice sessions have specific, challenging, appropriate goals.
 - **Responsive.** You get immediate feedback on every practice task.
 - **Repetitive.** Provides the opportunity to master each practice goal.
 - **Sleep:** Aim for 7.5 hours/night, every night.

Progress Tracking

- **Use one or more of these techniques:**
 - **Practice log** (writing down how you used each practice session).
 - **Streaks** (ticking off each day you practice).
 - **Record yourself** (and listen back).
 - **Make a commitment** (e.g. 3 months)
 - **Keep a Progress Journal** (keeping your eye on the big picture).

Support

- **Team-mates:**
 - Help you keep music a **priority**.
 - Provide **encouragement**.
 - Provide **accountability**.
- **A Coach:**
 - **Identifies your strengths and weaknesses.**
 - Helps you **set goals**.
 - Provides **honest feedback**.
 - Helps you to **keep going** when you feel like giving up.
- **Where can you find a community of team-mates or a coach?**
 - **Option 1:** You have them already.
 - **Option 2:** Find them in real life.
 - **Option 3:** Find them online.



If you have enjoyed the workshop material and would like more support and guidance to set goals, create plans, and follow through successfully on your musical training, we would love to help you inside [Musical U!](https://www.musical-u.com/)