

Ellie's Practice Challenge

To gain confidence and restore faith in regular practice sessions

Welcome to Ellie's Practice Challenge, a free-to-enter six week challenge that finishes on the 31st March. Why? Because that is the birth date of western history's most important musician, J.S. Bach.

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

(More about these when we are into the challenge!)

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

Start by: 17th February

Finish by: 31st March

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: Frequent practice suggestions from Ellie, delivered by email.

Incredible results in your music making and musical energy.

Prizes: £20 The Harp Studio voucher prize for a promising student, donated by The Harp Studio.

3 x £10 vouchers, awarded for commitment and/or creativity.

Choose three goals from the list below. Working towards these, your challenge is to 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 (highly recommended)
- A new piece that scares you just to look at it (this doesn't have to be completed within six weeks)
- A piece that you may already know or are working on, with the intention to 'perfect' it
- A piece by J.S. Bach
- 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!

To be in the running for a prize, you will need to share *some* of your process with Ellie. You will receive a form that you can fill in, or you can share screenshots from an app, photos of your practice journal, voice memos, or your tutor or 'accountability buddy' can nominate you.