

How to take part in Ellie's Six Week Practice Challenge



Diary Check

Look ahead in your diary and see if you can fit in a minimum of 40 practice sessions before March 31st.

If you have a school test, family event or are working around other commitments, plan ahead to fit your practice in where it works for you. If you need to skip a day, plan ahead to see where you can make it up.



Goal Setting

Write down your goals before you start the practice challenge and keep them in mind throughout.

Strongly envisage yourself being able to achieve your goals: Imagine yourself giving that performance in front of friends, or putting on headphones to listen to your beautiful recording.



Practice Journal

Use a notebook or practice journal to keep a log of your practice time and what you did. If you are likely to be distracted by a device, consider asking someone to look after it whilst you work.

Before each practice, jot down three mini outcomes such as "Barn Dance - work ♪s up to 96" and note down your personal bests such as "phrase 3 from memory x 4", "Lullaby 8/10" or "super staccatos in See Saw, didn't miss any!"



Complete reviews

After two weeks, complete your first review (sheet provided by Ellie) then another after four weeks and one more at the end.

After two weeks you might be tempted to adjust your goals but I urge you not to. Your careful work will be making big changes on the inside but you won't know if you can smash it until the *second* review.



Tutor Check-in

If you have a tutor, let them know you're doing the practice challenge and check with them to see if your goals are useful, realistic and ask for tips on keeping your practice log.

If you don't have a tutor, have you thought about an accountability buddy? Someone who will encourage you in the process and congratulate you on sticking to your plan.



Role Model

Is there somebody close to you, or in the public eye, who inspires and motivates you? Can you read about them and find out how they achieved their goals? Or ask them, if you can!

For more advanced students, you might incorporate reading a book or research document into your challenge. For young harpists, find someone close to your own age who you can look up to.



Performance

If one of your goals is to perform a piece or a short recital, don't forget to invite people to come and watch! Arrange this fully before the final two weeks.

Having a performance to aim for can help you to push through difficult practice times. Be aware that online concerts can be time consuming to set up with good sound and video, so plan ahead!