



# YOUR ULTIMATE **GUITAR** PRACTICE PLAN

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WORKSHEET

## Finding Your Why

What is your single biggest frustration when it comes to your current musical situation?

## Representative Players

Thinking of your previous answer, list the top 3 players that best represent where you want to be on the instrument.

Player 1	
Player 2	
Player 3	

## Players Characteristics

Next to each players you selected, write up to three main themes that characterize those players.

	Theme 1	Theme 2	Theme 3
Player 1			
Player 2			
Player 3			



# Themes of Focus

Let’s now organize the themes from the previous section into the most fitting category.

Theory	Technique	Creativity



## Scheduling the Time

How much uninterrupted time can you allocate to practicing your guitar?

I can dedicate \_\_\_\_\_ minutes to my practice

My best practice time is from \_\_\_\_ to \_\_\_\_

## Scheduling the Days

Decide which days you will dedicate to practicing. Remember that these are the days you will **ACTIVELY** practice guitar. **PASSIVE** practice time is not counted here.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Finding Your Space

My practice space is \_\_\_\_\_

## Gathering the Tools

Here is a list of the must have items you need in addition to your guitar!

- Your practice plan
- Pen
- Timer
- Metronome
- Chart templates
- Tablature templates
- Blank paper for note taking
- Study material (book, computer, tablet...)



## The 3 Pillars of Practice

A well designed practice plan must have the 3 pillars of practice (Theory, Technique and Creativity).

## Selecting Your Practice Plan Type

Use the “Themes of Focus” section (section 1.4) to decide on the practice plan that will best fit your current situation.

### My practice plan type is:

Theory Focused	Technique Focused	Creativity Focused
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Assigning the Tasks

Time to start filling out your first practice plan!

# Practice Plan Template

Date

## Total Practice Time

[illegible]



# Theory Focused Plan

Date

Total Practice Time

Title	Comment	Tempo	Time
Theory 1			
Technique 1			
Theory 2			
Creativity 1			
Theory 3			
Creativity 2			

# Technique Focused Plan

Date

Total Practice Time

Title	Comment	Tempo	Time
Technique 1			
Theory 1			
Technique 2			
Creativity 1			
Technique 3			
Creativity 2			



# Creativity Focused Plan

Date

Total Practice Time

Title	Comment	Tempo	Time
Creativity			
Theory 1			
Creativity			
Technique 2			
Creativity			
Creativity			