

CREATING HABITS

You really want to learn to play the piano but is finding the time to play it a challenge?

All of us who play the piano well, have made playing piano a habit. How? Watch the Habits video for tips on creating your WHY.

The first step doesn't involve your piano at all. It's you and a piece of paper creating your WHY.

1. Why I want to learn to play the piano _____

2. What does *playing the piano* mean to me
 - a. Playing anything that resembles a song
 - b. Playing for friends, family and at local open mic's
 - c. Playing in a band
 - d. Performing with a band
 - c. Performing on a tour and making \$\$
3. How long does it take the average person to achieve the goals I have created? _____

Now you have an idea of why, let's break it down into how...

1. Put your piano in a warm inviting place. Ideal places are next to the kitchen, beside the TV or your favorite chair (usually one in the same).
2. Touch it everyday. Just say HI or dust it or play a glissando as you walk by.
3. Link piano practice to something you do everyday. Making tea or coffee in the morning (play while you wait for it to brew), emptying the dishwasher (it can be a reward after unloading), brushing your teeth (put your toothbrush on the piano). You get the idea.
4. Put PLAY PIANO into reminders on your smart phone. One of my current fitness goals is to strengthen my arms. Everyday at noon my phone dings and it says *Push Ups*. If I'm busy I take a washroom break and do a few wall pushups or I hit the floor and push away.
5. Find or make a beautiful musical calendar, hang it in your kitchen and put a tick on it everyday you play the piano (for 1 min or 1 hour). It's a little cheering section whenever you go to the kitchen. If you see a few weeks go by with no ticks, go back to the top of this page and start again. It usually takes a few tries. NJA (no judgement allowed).
6. Record yourself now and in 6 months. Seeing progress is a great motivator. Be brave... post a short recording on the [PPCT closed Facebook group](#) to show other like-minded adults your progress. :-)

