

Practice **S.M.A.R.T.**

S

Specify

Specify for each exercise:

Why you are working on this,

What you hope to accomplish right now &

Where this can lead next.

How will you apply this musically?

M

Measure

Measure each exercise as many ways as possible; tempo, # of bars or repetitions, seconds/minutes, whatever is appropriate.

Always have a clear finish line in mind, try not to play “until you make a mistake.”

A

Assess

Assess your progress towards your goals as stated in the 1st step & measured in the 2nd. Are you succeeding or not?

R

Re-evaluate

If you are **not meeting your goals**, you may need to **re-evaluate** your approach.

This can mean modifying your original goal or adding new, intermediate goals.

T

Track

Be sure to **keep track** of what goes on in the practice room. Writing down what you have done in the previous steps is a great way to insure you do not repeat mistakes and **continue making progress**.