

## Assessing Your Practice Habits

by Gerald Klickstein

1. My practice is deeply meaningful to me; I seldom feel bored.	T or F
2. I keep to a regular practice schedule.	T or F
3. My practice space is fully equipped with the things I need.	T or F
4. I set detailed goals before beginning to practice.	T or F
5. I typically feel a sense of accomplishment after practicing.	T or F
6. I'm able to maintain mental focus as I practice.	T or F
7. I commonly record portions of my practice, and then I appraise my recordings.	T or F
8. I assess my practice objectively and rarely become upset by difficulties.	T or F
9. I use a metronome in practice.	T or F
10. I consistently warm up before practicing.	T or F
11. I intersperse practice sessions with regular breaks.	T or F
12. I can learn accessible music securely and efficiently.	T or F
13. I have plenty of accessible pieces in my repertoire.	T or F
14. At the outset of learning a piece, I develop a basic interpretation before making technical decisions.	T or F
15. I'm able to shape dramatic musical interpretations that move listeners.	T or F
16. When learning a new piece, I expressively vocalize rhythm.	T or F
17. I use specific strategies to solve musical and technical problems.	T or F
18. I manage repetition so that I neither repeat errors nor drill passages to the point of fatigue.	T or F
19. I use mental imaging to aid my learning and memorizing of music.	T or F
20. I consciously image ahead as I play or sing.	T or F
21. I'm satisfied with the tactics that I use to increase the tempos of pieces.	T or F
22. I'm confident of my ability to memorize music and to perform from memory.	T or F
23. I have a broad-based plan to polish my technique, and I practice technique daily.	T or F
24. I routinely practice sight-reading.	T or F
25. I can improvise melodies over straightforward chord progressions.	T or F
26. I review my favorite pieces in detail so that the expressive and technical components stay vibrant.	T or F
27. I listen to a range of recorded music, and I regularly attend live music performances.	T or F
28. I'm advancing my knowledge of music theory, ear training, and other general music topics.	T or F
29. I take deliberate steps to fuel my motivation to practice and to counter procrastination.	T or F
30. When I make errors in practice, I view them as instructive and not as indicative of failure.	T or F
31. I understand how to practice such that I can perform confidently and artistically.	T or F
32. As I practice, I embody <i>habits of excellence</i> : ease, expressiveness, accuracy, rhythmic vitality, beautiful tone, focused attention, and positive attitude.	T or F