



DEVELOPING GOAL ORIENTED PRACTICE

Daniel DeLorenzo

Developing Goal Oriented Practice

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This worksheet will help determine your goals with the guitar and lay out an effective practice to help reach those goals. Once you define the things you should be practicing it becomes much easier to find a teacher, watch a video, or purchase a book to help develop those tools.

Practice approaches to:

- Get out of the rut
- Develop creative output
- Make practice fun again
- Manage practice efficiently
- Grow with the guitar



Developing Goal Oriented Practice

Long term and short term goals

- Defining goals will define your practice
- Long term goals are anything that will take more than 60 days to achieve
- Short term goals can be met in under 60 days
- Defining start times and deadlines will keep you on task
- Small goals help you achieve your large goals
- If you know where you want to go it's much easier to get there
- Without goals "being better at guitar" is too broad to achieve

What tools do I need to achieve my goals?

- Are you being honest with yourself about what you need to practice?
- Are there things you avoid because they are difficult?
- What skillset do you need that you don't have?
- What skills do you already have command over?
- Taking stock of the skills you already have, and the skills you need to obtain will lay the groundwork for practice.

How do I gather the tools needed?

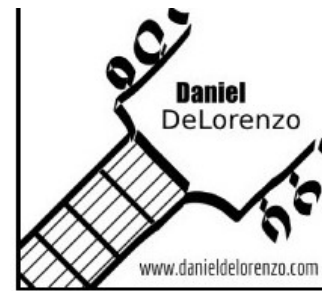
- What do I need to practice? (long and short term)
 - Your practice will be 100% goal dependent. Here are some examples of skills one may need to **perform improvised music regularly** (keep in mind, any one of the subjects below could take a lifetime of study to master)
 - Can I read/write music (standard notation/tab/chord charts)?
 - Can I communicate song structure, melody and rhythms to other musicians effectively?
 - How's my improvisation?
 - Can I "hear" changes and determine what to play over them?
 - Am I familiar with the standard repertoire?
 - Do I understand music theory and structure?
 - How is my time?
 - Are my improv ideas strong?
 - Can I command a "tune"?
 - Am I familiar with the styles and genres that make up the foundation of the music I'm playing?
 - What's the strongest and weakest area of my playing?
 - How is my "feel"?

- Your practice will be 100% goal dependent here are some examples of skills one may need to **compose original music** (any one of the subjects below could take a lifetime of study to master)
 - Can I read/write music (standard notation/tab/chord charts)?
 - Do I understand what I'm playing?
 - Do I know how to alter melody, rhythm, and harmony to create the sounds I want?
 - Can I communicate song structure, melody and rhythms to other musicians effectively?
 - Do I know how to use the DAW/Tape Machine I'm using to store ideas?
 - Are my compositions strong and interesting?
 - Are my limitations helping to define my voice, or am I being constrained by them?
 - Can I compose in all the styles I have interest in?
 - Can I alter and grow arrangements to impart moods?
 - If I need to collaborate, do I have a working knowledge of the instruments I'm writing for?
 - If I'm recording my own music are my engineering skills strong?
- Your practice will be 100% goal dependent here are some examples of skills one may need to **continue learning for fun** (any one of the subjects below could take a lifetime of study to master)
 - Can I read/write music (standard notation/tab/chord charts)?
 - Can I create the sounds that make me excited as a listener?
 - Are there things that I want to know, but feel too intimidated to dive into?
 - What do I want to be good at?
 - What makes practice fun?
 - Do I want to play with others?
 - Do I have any personal goals that are fun but challenging?
 - What does "just for fun" mean to me?
 - How is my time?
 - Do I have command over the chords and melody chops I need to play the genres I'm interested in?
- Anything you may have answered "negatively" to above opens a huge subject of study for practice...

Example: If you don't feel you have strong time, there's a huge amount of practice experience to be gained from using a metronome, playing with musicians that have great time, backing tracks, rhythm exercises, and learning to dictate rhythms....If you have tried these things and aren't getting results you may need some guidance.

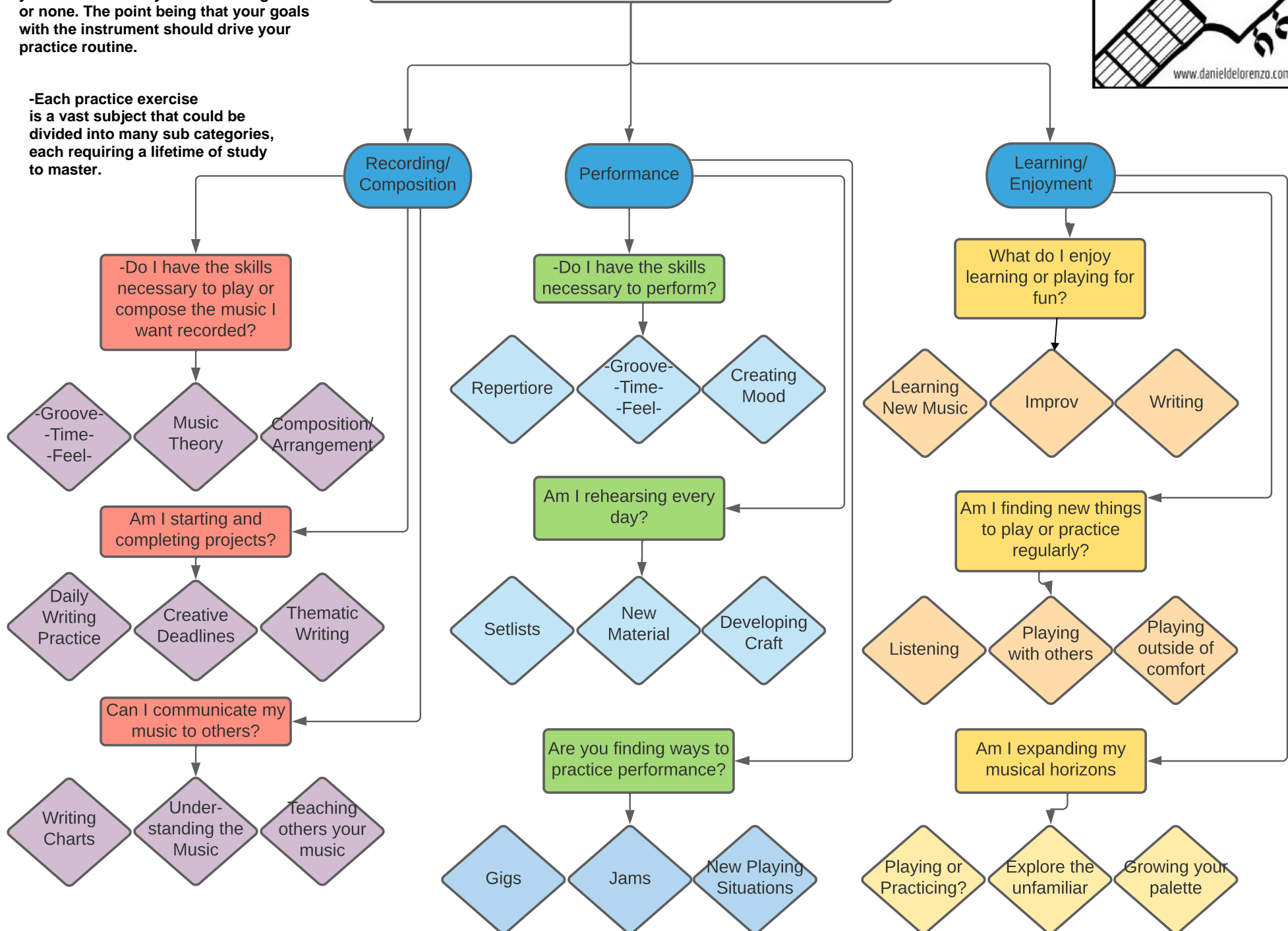
- If you feel you've mastered every area of practice, it's likely you are being dishonest with yourself. If you keep telling yourself "I don't need to learn how to read music" be sure it's for a reason other than it being intimidating. These are the issues that usually create the "plateau" or "rut" that can feel tough to clear. Once you're honest about your current abilities and the goals you want to achieve, it becomes much easier to lay out an effective practice routine. Practice will be much more enjoyable and you'll be moving toward what you really want to get out of the instrument.

Practice Goals



-This flowchart outlines guided practice based on example goals. You may find you fall under many of these categories or none. The point being that your goals with the instrument should drive your practice routine.

-Each practice exercise is a vast subject that could be divided into many sub categories, each requiring a lifetime of study to master.



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If you have additional questions or have interest in pursuing further instruction with Daniel, please reach out for in-person or remote lessons via Zoom/Skype/Google. More information available at www.danieldelorenzo.com

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