**Long-term Practice Planning and Goal-Setting Strategy**

1. **Goals**

My top 3 musical goals for the next 90 days are:

1. **Rating and Improving upon levels of satisfaction**

My level of satisfaction (scale of 1 to 10) with my current level of motivation/inspiration to practice, study, and learn music is \_\_\_\_\_\_\_\_. Three things I can do to improve this level of satisfaction are:

My level of satisfaction (scale of 1 to 10) with my current amount of dedicated practice time is \_\_\_\_\_\_\_\_. Three things I can do to improve this level of satisfaction are:

My level of satisfaction (scale of 1 to 10) with my current level practice effectiveness is \_\_\_\_\_\_\_\_. Three things I can do to improve this level of satisfaction are:

My level of satisfaction (scale of 1 to 10) with my current level of overall enjoyment of being a musician is \_\_\_\_\_\_\_\_. Three things I can do to improve this level of satisfaction are:

1. **Reasons behind each goal**

My reasons behind my wanting to reach goal #1 from section I above are:

My reasons behind my wanting to reach goal #2 from section I above are:

My reasons behind my wanting to reach goal #3 from section I above are:

1. **Identifying and overcoming obstacles**

The top 5 things that hold me back from reaching these goals are:

The one obstacle listed above that I can begin to improve today is \_\_\_\_\_\_.

The first action I will take to do so is:

1. **Reinforcing Commitment**

5 Reasons that make me feel committed to my musical goals are:

5 Reasons that make me feel uncommitted to my musical goals are:

The things that would have to happen for me to reduce/ eliminate the reasons for lack of commitment are:

The things that would have to happen for me to maximize the reasons behind my commitment in order to feel empowered most of the time are: