

How to Have Great Fun and Practice Highly Efficiently Every Single Time

I. Efficiency

- A. plan by the year
- B. manage by the week
- C. only 3 items at a time
- D. keep a journal
- E. review by the quarter
- F. effortless

II. Fun

- A. balance
 - 1. work & play
 - 2. learning something new & implementing/ integrating
 - 3. physical & mental
 - 4. logical & creative
- B. use a timer & rotate activities
- C. implement
 - 1. looper
 - 2. trio
 - 3. metronome
 - 4. software
- D. integrate
- E. listen to recordings of yourself
- F. collaborate
- G. celebrate the small victories



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a whole new level of play