

# FEBRUARY 2017

## INSPIRATION CALENDAR

GOALS:

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 Reflect on the previous month and set new, specific goals for the month ahead.	2	3 Download <i>The Art of Freedom "Foolproof Guide to Consistent Technique"</i> *	4
5 Follow along with one of the Guided Constructive Rest recordings linked*	6	7 Practice Intention: <i>I will enjoy breathing as a whole-body activity while I play.</i>	8	9 Utilize the <i>Musicians' Way Practice Assessment Sheet: Assessing Your Practice Habits</i> *	10	11 Discover a new favorite artist on an instrument other than your own.
12	13 Practice Intention: <i>I will celebrate mistakes as an opportunity to investigate*</i>	14	15 <i>Halfway Mark!</i> Evaluate whether your actions reflect your goals.	16	17 Play along with a recording of your favorite work.	18
19 Browse YouTube for Master Class Videos featuring teachers that inspire you and take notes.	20	21 Practice Intention: <i>I will bring awareness to my back and the space around me while I play.</i>	22	23 Recall the best moment you've ever had while playing in specific detail.	24	25 Add inspiring books to your reading list.
26	27 Find old practice journals or lesson notes and re-learn something you've forgotten.	28				



\*CORRESPONDING LINKS ONLINE @ [JOLENEHARJU.COM/PRACTICEROOMREVELATIONS](http://JOLENEHARJU.COM/PRACTICEROOMREVELATIONS)