

MAY 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 Utilize the <i>Technique Workout Tracker</i> This Month*	3 Sign up for the <i>Bulletproof Musician's Practice Hacks</i> E-Mails*	4 Utilize the <i>Technique Prompt Sheet</i> *	5 Sign up for the <i>Bulletproof Musician's Pressure Proof Tips</i> *	6 Practice Intention: <i>I will include peripheral vision in my awareness while I play.*</i>
7 Perform on camera and evaluate Your pre-performance habits & thoughts	8	9 Learn about athlete's mental preparation and pre-performance routines and refine your own*	10	11 Perform on camera implementing your pre-performance routine and take notes.	12	13 Create a Playlist of Videos Demonstrating Captivating Stage Presence
14 <i>Halfway Mark!</i> Evaluate whether your actions reflect your goals.	15	16 Identify the 3-5 most difficult fingering exchanges and encourage ease and precision daily	17	18 Practice Intention: <i>I will be aware of my hands, noticing when effort changes (ie. tense when forte)</i>	19	20 Try resting the elbows on a surface while playing, then translate the feeling!
21 Practice Intention: <i>I will notice eye strain and allow my eyes to soft while I play.</i>	22	23 Practice Intention: <i>I will maintain ease and width across the collar bones while I play</i>	24	25 Research teachings on common orchestral excerpts for a new perspective	26	27 Play along with the complete orchestral recordings of your excerpt pieces
28 Practice Intention: <i>I will allow my hands and fingers to be light while I play.</i>	29	30 Create a playlist of sound and technique inspiration	31			



*CORRESPONDING LINKS + IDEAS ONLINE @ JOLENEHARJU.COM/PRACTICEROOMREVELATIONS