

SINGERSAVVYACADEMY.COM

*POWER
PRACTICE
JOURNAL*

31 Days of Mindful Practicing

"YOU PRACTICE AND YOU GET BETTER. IT'S
VERY SIMPLE."

- PHILLIP GLASS

I'm so happy for you!

You have taken that first step to getting your practice game in gear! By dedicating yourself to setting goals for your practice and documenting it, you are certain to reach those goals in no time!

Practicing effectively and efficiently is easy - if you are **CONSISTENT**. Just follow these steps every day:

- Make an appointment in your calendar for when you are going to practice
- Write down your goal for your practice time before you start to practice - be specific
- When you are finished practicing, reflect on what worked and what you need to improve upon
- Rinse and Repeat!

For more tips and tricks, make sure to watch the video that accompanies your journal:

<https://singersavvyacademy.com/practice>

This planner has 31 pages for one full month's of sessions. To use it over and over again, make a copy of it and save it with the name of the month you are going to use it. You can fill it out online or you can print it out and handwrite in it.

Most importantly, have fun!

Regina

Daily Practice Planner

TODAY'S PLAN

DATE: _____

I'm going to practice for _____ minutes.

My goal for today's practice is: *(be specific)*

Technique/Musicianship: Vocalization Language/Lyric Study Memorization Sight Reading

TODAY'S REFLECTION

I actually practiced for _____ minutes.

What I accomplished/improved upon in today's practice was:

Did I achieve my goal(s)? Yes! Not Quite Almost

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Congratulations!

You have practiced consistently for a full month! How does it feel?

Now it's time to beef up some of those musicianship skills. Check out these offerings picked just for you.



What if you could confidently pick up a song you have never seen before and sight sing it perfectly in the first try?

Whether you are a **professional or pre-professional singer** who needs to learn music quickly OR you are a **high school singer** who preparing for auditions OR you are **community or choral singer** who is always working on new music, this comprehensive course is for YOU.

Inside **Sight Singing Made Simple**, you will get everything that you need to finally be able to sight sing effortlessly without fear in practically no time at all.

ENROLL HERE: [SINGERSAVVYACADEMY.COM/SIGHT-SINGING-MADE-SIMPLE](https://singersavvyacademy.com/sight-singing-made-simple)

Do you want to know exactly **what piano skills every singer needs**? Do you want be able to **play piano for yourself or your students** confidently? Do you want to know how to **become a better player in the shortest amount of time**?

Inside this FREE class, I'm sharing...

- The 4-part system I use to play the piano effectively for myself and for my students
- The 4 misconceptions people (and singers specifically) have when thinking about learning to play the piano
- Why you DON'T need a degree in music and years of piano lessons to be able to play the piano for yourself or for others
- How to work with me more closely to achieve more independence and mastery at the piano!



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