

Name _____

Month _____

JUST SHOW UP PRACTICE RECORD



Your Assignment	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

By checking this box, I verify that the above statements are true.

- ✓ Place a **Check** on every day that you **SHOW UP** 🥳 and practice for **2 minutes** or more. **HURRAY** for showing up!
- ✓ ✓ Put in **2 checks** if you practice **15 minutes** or more. 🥳 🥳
- ✓ ✓ ✓ Put in **3 checks** for **30 minutes** or more. 🥳 🥳 🥳
- Attach your practicing to an existing habit. After I _____, I will practice.
- Create a quiet practice area with a music stand or computer/tablet.
- Don't break the streak! Try not to miss two days in a row.
- Break your music into small sections and practice the harder parts first.
- In everything you do, when you practice, you get better.
The more you practice, the better you will be.

Savage Chickens by Doug Savage



For Better or For Worse®

by Lynn Johnston

