

WEEKLY GOAL SETTING

DATE: September 16th, 2024

1) Vision & Goals → 2) Practice Priorities → 3) Action Items → 4) Schedule

Step 1: Review your musical "Vision & Goals"

- What are you working towards? Why is it worth committing to practice this week?

Exam-ready for Level 1

To achieve a level of Honours with Distinction - set a steady rhythmic pulse, display an artful use of dynamics while quality of tone and intonation are demonstrated. Maintain a good posture and playing position (relaxed, superhero, calm breath).

Step 2: Decide on "Practice Priorities" (1-3) for the week

- What can I do this week to move closer towards accomplishing my goals?

Practice scales, etudes and repertoire with drone to improve intonation

Practice flexibility exercises to improve targeting intervals (with drone)

Practice range building to get A above the staff more solid.

Step 3: Assign "Action Items" to each priority

- What do I need to do in my actual practice time to accomplish my priorities for the week?

Use the drones from Essential Target Practice and Tuning Tactics while working through the RCM books

Use exercises from Chops! and Shlossberg studies in the Ultimate Trumpet Warmup

Use Rex Richardson's Range Discovery module and exercises to improve range

Step 4: Schedule practice time into your calendar

- When am I going to have time each day to work on my action items?

I will set aside an hour and 15 minutes of time to practice.

My practice window is between 9AM and 11:30AM.

15 minutes on warm up, 30 minutes on RCM material, 20 minutes on flexibilities and 10 minutes on range building
