

# WEEKLY GOAL SETTING

DATE: \_\_\_\_\_

## 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?

I have a performance on the 21st I'm working toward and a recording session on October 1st. This week I want to get back on track after a vacation week and get my fundamentals back to where they should be. I also want to explore new ideas in improvisation.

---

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

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

1. Consistent technical routine / hitting a variety of exercises

---

2. Daily improvisation practice

---

3. Listening to improvisors / extracting concepts

---

**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?

1. P attacks, pitch bends, attacks, arpeggios, intervals, Clarke, fast/slow tonguing, low/high, scales

---

2. Drone practice, metronome practice, playing song forms

---

3. 10 minutes of listening / extracting concepts every day

---

**Step 4:** Schedule practice time into your calendar

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