

Fall-ing in Love with Practicing Again!
Hangin' with the Harp 9/15/20
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For some, COVID circumstances meant playing more harp at home since summer travel plans were cancelled. For others, it was a good time to hibernate and take a needed “vacation” from regular practice. No matter where you are with practicing now, I would like to share some ideas about how to motivate you to practice happily and to help you cultivate your individual practice routine.

Practice Reboots:

Imagine that your teacher is watching you practice!

- Practice as carefully as you would play at your lessons
- What suggestions might he/she make? Be your own teacher

Challenge yourself to learn a new, short piece every week

- Something fun to add to your repertoire!
- Impress your friends w/ a Zoom recording

What will motivate you to make your practice sessions more effective?

- “Pay” yourself with a reward system!
Chocolate? An episode of your favorite show?
- If you were getting paid, would you practice differently???

Consider bringing back previously mastered pieces to your practice session.

- Keeping up “old” repertoire will give you a great sense of accomplishment
- It will keep you ready for a short-notice performance without stress
- Previously performed pieces are the best platform for mastering your sound quality, dynamics, and phrasing.

Find what inspires **YOU**?

- What really motivates you to maintain your focus and keep you energized to practice w/ a plan?

No more boredom or frustration in your practice sessions!
Fall in Love again...