

# NOTES

A MUSICIAN'S REFLECTIVE JOURNAL

PRACTICE LOG



Royal Conservatoire  
The Hague

# Thanks to

Ryder Carroll and his 'Bullet Journal' for the brilliant and inspiring concept and design,

The Royal Conservatoire of The Hague for their support for my investigation into how to facilitate self-regulated learning for musicians

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Cover design: Andreas Wilhelm  
Lay-out: Roos Laan

# A Reflective Practice Log for Musicians

Concept: Susan Williams

**Plan** your practice

**Track** your progress

**Assess** your process

**Chronicle** your dreams

# Your Path

Even the most talented, intuitive and creative people benefit from having a conscious understanding of how goals, structure and reflection can help learning and performance. Each of you needs to be able to ultimately steer this process yourself.

Autonomous self-regulation includes

**Intention:** having clear goals beforehand

**Attention:** Being able to focus fully on the task during an activity

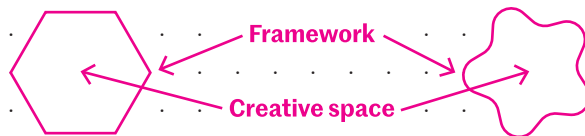
**Reflection:** Looking back and assessing how it went

If you are taking care of each of these three aspects in some way, you are headed for success – and more importantly – you are engaged in and enjoying the process.

This journal is not only an example of a tool that can be used for self-regulation, but is designed in a way that can be customised to each individual and to different phases in that individual's journey.

There are no rules – use the suggestions provided or find a structure to suit your own needs and adjust it as you go. Structures, plans and routines can help you to reach deadlines and fulfil your objectives, but it is more about creating a space and environment for your creative process.

Finding the right shape, size, flexibility, complexity and quality of your space is something that is worth spending time working out.



Regulating and bringing structure into your journey should not result in feeling restrictions. Regard it as an art that can lead to continual development and self-knowledge.

I wish you an inspiring journey!  
Susan Williams

# Introduction

## What is this logbook useful for?

- Planning
- Organisation
- Setting goals and intentions
- Documenting, tracking and reflecting on your process
- Self-assessment
- Collecting insights, ideas & notes from your practice, lessons, masterclasses, performances and projects

## How do I use this logbook?

**Contents Page:** All pages are numbered so you don't lose anything.

**Semester Overview:** To be able to view your whole semester - note important themes and topics for the semester and general themes for each month.

**Semester Reflection:** Reflect on how your semester went, before embarking on the next semester.

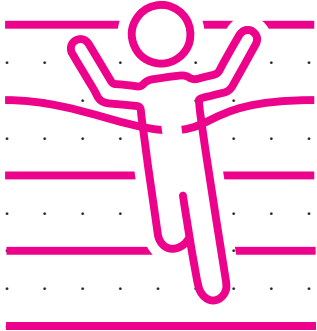
**Monthly Overview:** Write down all important appointments and deadlines so you have each month at a glance.

**Weekly Overview:** Note down only important appointments, so you have a clear overview without stress from unnecessary or too high expectations. Think also about things that are healthy as well as enjoyable for you.

**Daily Planning and Tasks:** At the beginning of each day, take a moment to check how you are feeling and then formulate your intentions and goals for the day.

**Collections:** What is important for you to collect?  
– E.g.: insights from your lessons, repertoire list, practice methods and strategies, your own insights, inspirations, ideas...

# Smart Goals



## Benefits

Working with clear goals

- provides a starting point for planning and strategy.
- promotes efficient and directed practice.
- makes it possible to know when something is achieved (evaluation).
- promotes focus and concentration.

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**S**pecific

Clear and detailed

**M**eaningful

Relevant and important to you

**A**chievable

Based on what you can already do

**R**ealistic

Achievable given the conditions  
(e.g. time & resources)

**T**ime-based

Know by when you want to achieve your goal

**Goals work best when they are also just a bit challenging!**

# Semester overview

## September

What do I want to achieve, learn, experience this semester?

### What are my goals for this semester?

**Artistic skills:** Identity & authenticity and expressiveness.  
Having something to say.

**Musical skills:** Awareness of musical style & language,  
phrasing, timing & rhythm.

**Technical skills:** Sound quality & production, facility,  
intonation, accuracy.

**Performance skills:** Communicative skills, ensemble skills,  
stage presence.

**Learning skills:** Practice methods & strategies, organisation &  
time management, learning attitude.

**Other:**

# Semester overview

## September

What do I want to achieve, learn, experience this semester?

### Where am I now? What are my strengths and weaknesses?

**Artistic skills:** Identity & authenticity and expressiveness.  
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**Learning skills:** Practice methods & strategies, organisation &  
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**Other:**

# Semester reflection

What did I achieve, learn, experience this last semester?

**Refer to the goals you set at the beginning of the semester**

**Artistic skills:** Identity & authenticity and expressiveness.  
Having something to say.

**Musical skills:** Awareness of musical style & language,  
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**Technical skills:** Sound quality & production, facility,  
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**Learning skills:** Practice methods & strategies, organisation &  
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**Other:**

# Semester overview

## February

What do I want to achieve, learn, experience this semester?

### What are my goals for this semester?

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Having something to say.

**Musical skills:** Awareness of musical style & language,  
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**Technical skills:** Sound quality & production, facility,  
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**Other:**



# Month overview

My important scheduled events and deadlines  
September

- 1
- 2
- 3
- 4
- 5
- 6
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- 28
- 29
- 30

One month at a glance. When this month is over, then set up the next month

# Goals & intentions for this month

# This week

## My assignment deadlines and appointments

Date:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

My goals, intentions and wishes for this week

When this week is over, then set up the next week

# Daily log

## For your daily log, you can use ‘rapid logging’ to save time

At the beginning of each day, think about what you want to do or experience. Check your mental and physical energy levels, your weekly task list and decide what fits for today. Mark each task with a dot.

Don't plan future days – just today!

When you've finished the task make the dot into a cross: X  
When you will do it at a later date, mark it: >  
When it's no longer relevant: strike it through

Today's Date:

- [Task]
- [Task]
- etc.

Continue your daily logging on the next available blank page.

# My repertoire list

# Notes from my lessons

When this page is full, continue on the next available page and note the page number in your contents page

When this page is full, continue on the next available page and note the page number in your contents page

# What motivates me?

# My practice methods & strategies

When this page is full, continue on the next available page and  
note the page number in your contents page

When this page is full, continue on the next available page and  
note the page number in your contents page

# My insights & ideas

# My projects

When this page is full, continue on the next available page and note the page number in your contents page

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