

Practice Toolkit

Take charge of your practice session

Be mindful

Create an **immersive multi-dimensional** musical imagination

Taking Charge

Plan ahead in what you want to do and achieve during practice

Be clear in your **goals** before and during practice

Spend a little time to play something you enjoy

Mindfulness

Bring your **mantra** with you throughout the session and about your day

Always remind yourself about the one thing you **took away from the previous session**

Remind yourself about one thing you would like to **take away from this session**

Be mindful of the self-talk language you use during practice

OBSERVE what happens during practice without any JUDGEMENT (scientist mindset)

Noticing what your body is doing instead of controlling what your body is doing (putting your focus into something more productive, e.g. music making)

Immersive Musical Imagination

Audiation: imagination of sound that is not physically present (i.e. inner hearing)

Visualisation: imagination of the bodily sensations that occur while you play **before** you play

Goal: Audiate using a **vivid** and **engaging** imagination that draws you **away** from your body and instrument as much as possible **before** producing a sound on your instrument

- Experiment with **how far away** works best and for which situations!

- Explore and create your own immersive audiation and visualisation techniques!

Setting SMART Goals

Specific: Well defined, clear

Measurable: With specific criteria that measure your progress toward the accomplishment of the goal

Achievable: Attainable and not impossible to achieve

Realistic: Within reach, realistic, and relevant to your life purpose

Timely: With a specific time-frame

e.g.: At the end of today's 1 hour practice session, I would like to reach the tempo of crotchet=120 from bar 1 to 100 while being able to fully express my musical intentions

Finding Your Mantra

-Positive statement (not instructions) that you want it to be true (e.g. Just do it, Think simple)

-What is really important to you at this moment?

-What do you feel like you can improve on?

-Is there something you would like to remind yourself daily?

-Your mantra should be a short sentence with less than 7 words

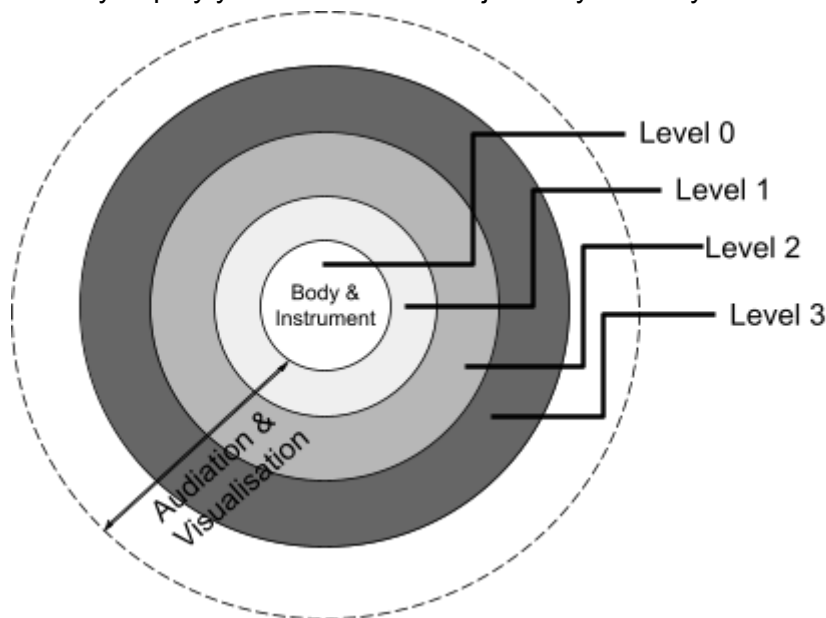
Audiation & Visualisation

-Audiation: imagination of sound that is not physically present (i.e. inner hearing)

-Visualisation: imagination of the bodily sensations that occur while you play **before** you play

-Focus should be on the **intended result of moving your body** (e.g. the sound and the physical sensations) and **not the motion itself** (e.g. embouchure, finger/arm movements, breathing)

-Instead, listen (in your head) what is the sound/musical intention that you want to convey before you play your instrument and just let your body do its thing



Level 0

Not thinking ahead

Playing on your instrument to hear the actual sound/note

Letting the present dictate the playing

Thinking and noticing what your mouth/hand/body is doing **while** playing

Trying to control your body and giving specific instructions **while** playing

Level 1

Imagination of basic pitch

Imagine what the pitch is in my head before it is being played

Understanding of musical material

Sing the melody

Do a variation of the melody

Play it in a different key, tonality or alternative fingerings

Demonstrate with body movements the phrases of the melody

Level 2

Imagination of sound and body

Imagine or/and singing with the tone quality, volume, dynamic, articulation, transition from one note to the other, etc.) before playing

Imagining the general bodily sensations before playing (feeling the vibrations, resonance, touch)

Level 3

Vivid and engaging imagination beyond the instrument and body

Acting out the character of the music

Imagining the resonance of playing in a concert hall

Imagining the mood/scenery/setting of the music

-It is all **about the way you give yourself instructions**: e.g. a brass player thinking to breathe a lot and use a lot of air to play a loud passage vs thinking about the intensity and mood of the passage and breathing accordingly before he/she plays (a jump from level 0 to level 2/3)

-This is not an exhaustive list

-There are no right or wrong answers, be creative and explore!

-Make the audiation as personal and uniquely yours as possible!

In summary:

Before practicing	During practice	After practice:
What is my mantra for this week?	Audiate & Visualise (at least 10 mins)	What did I like about today's practice?
What is one thing I would like to bring from my previous session?	Be mindful	What is one thing that I will bring with me for my next practice session?
What is/are my goal(s) for today's session?		Could I identify with my mantra?