

Name:

Date:

### Diary (Week 2-4)

Before practicing, this is my:

	Not at all	Extremely								
Motivation Level										
Energy Level										

My mantra is: \_\_\_\_\_


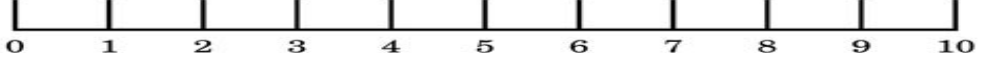
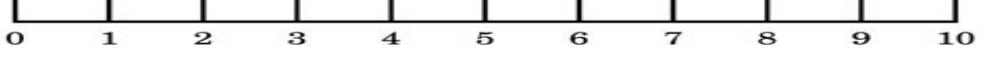
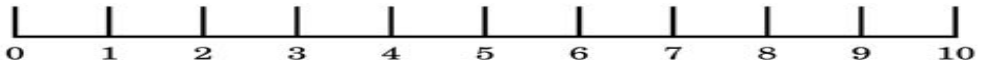
One thing I would like to bring from my previous session is: \_\_\_\_\_

\_\_\_\_\_

This is/these are my goals for this practice session: \_\_\_\_\_

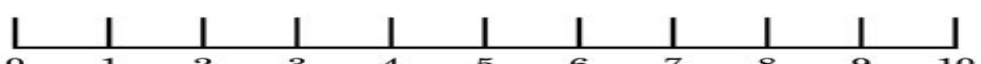
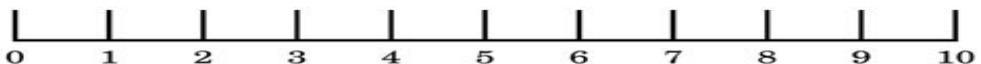
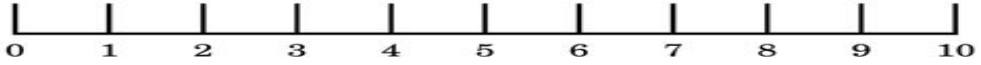
\_\_\_\_\_

During my practice, this was my/I felt that:

	Not at all	Extremely								
Enjoyment Level										
Frustration Level										
Engagement Level										
I found myself distracted during practice	Not at all	Sometimes	Neutral	Most of the time	All the time					
Challenges are easier to tackle										

Date:

After practicing, this is how I feel in relation to this session:

	Not at all	Extremely
Energy Level		
Satisfaction Level		
I look forward to my next practice session		

Length of practice session: \_\_\_\_\_

I used the audiation and visualisation tool for: 10 mins/more than 10 mins today ( \_\_\_\_\_ % of practice)

Piece(s) practiced: \_\_\_\_\_

\_\_\_\_\_

This particular technique(s) helped/worked for me the best today: \_\_\_\_\_

\_\_\_\_\_

Which level of audiation and visualisation were you mostly using today? \_\_\_\_\_

What did I **like** about this practice session? \_\_\_\_\_

\_\_\_\_\_

What did I **not like** about this practice session? \_\_\_\_\_

\_\_\_\_\_

What is one thing that I will bring with me for my next practice session? \_\_\_\_\_

\_\_\_\_\_

Observations during practice: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_