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# 5 IDEAS TO HELP YOUR PRACTICE

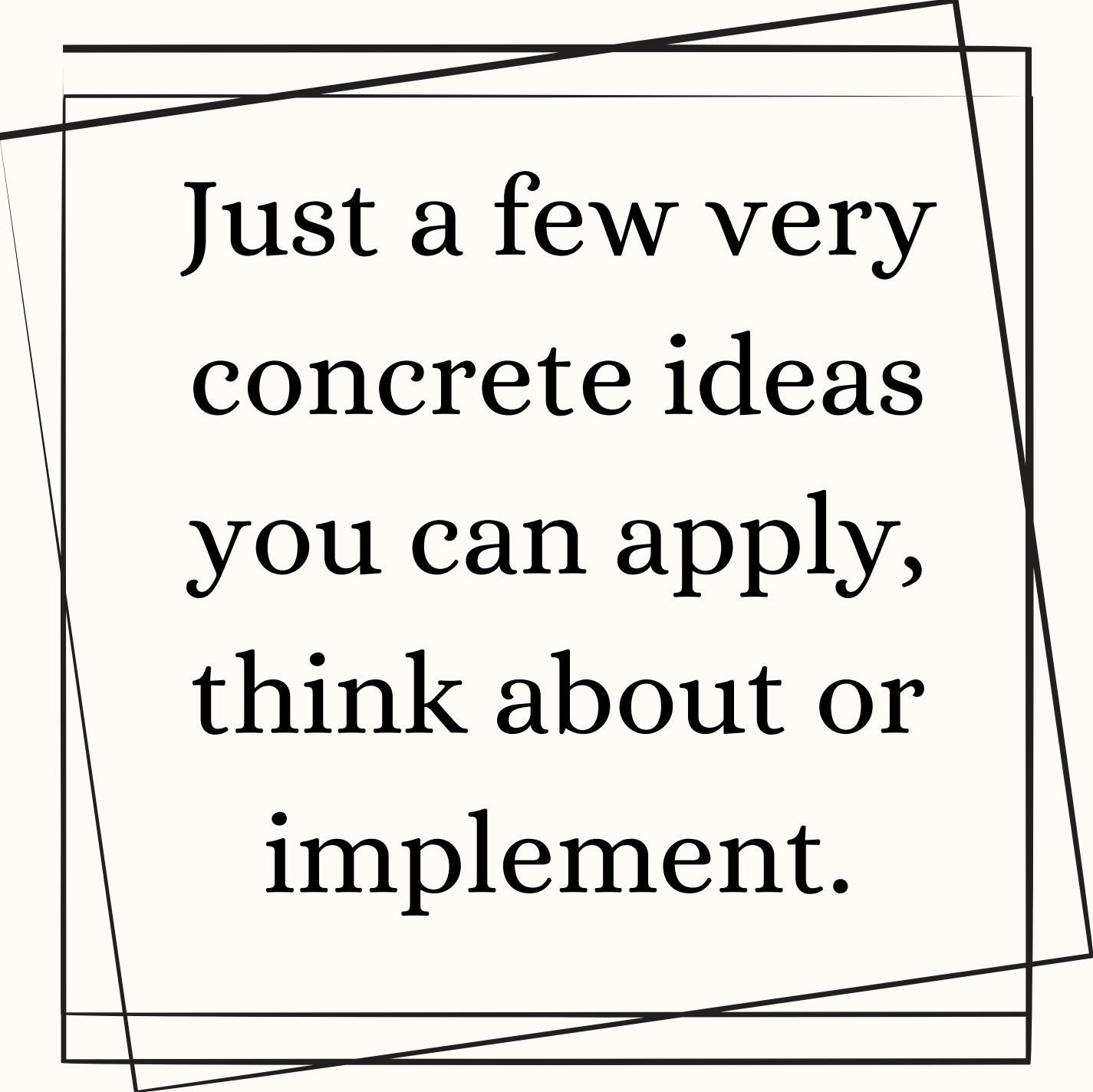
By Anna Scott

*To all artists, performers, singer, musicians*



**'Works of art make rules;  
rules do not make works  
of art.' Claude DEBUSSY**





Just a few very  
concrete ideas  
you can apply,  
think about or  
implement.

**1 The management problem?** Set a timer. This is honestly the best way to be entirely into practice. You have 30 minutes in front of you, set your timer to 30 mins and start practicing until you hear the bip.

**2 If you struggle to start practicing:** if you're watching Netflix for instance, tell yourself you're not gonna practice, accept it. Take your instrument, and start playing in front of your screen telling yourself that you're just checking something... then focus more and more your attention on yourself and your instrument... you will soon turn off Netflix and continue to practice.

**3 If you are stressed or upset** and wonder if you should practice, calm yourself down first. Don't rush into practice. Keep in mind that during instrumental practice we need to access very subtle sensations, a change of one millimetre in the inclination of your finger can make a difference in your playing, that is why, before practice, we need to be sure to be in a place where we FEEL more than we think...

**4 Irregular schedule?** Doing several short sessions during the day can be an idea if you have an irregular schedule.

**5 Check yourself:** Record/film yourself, listen, be brutally honest but in a confident way, point out the bits to improve, reflect on your recording, and target your practicing