

Create a Practice Habit

It's a myth that it takes 21 days to create a habit. Research has shown that it actually takes more like two to eight **months** to create a habit. Since success at the piano comes only through **faithful/focused** practice, the goal for 2018-2019 at **Karen Hunter Piano** is to assist students and parents as they work toward creating a practice habit. The following are the (recommended) steps you'll take toward creating your practice habit.

1. You'll **COMMIT** to a certain time on certain days of the week that you'll practice.
2. You'll **START SMALL**. (My students will receive this information the last week of August and test it for the two weeks that follow.)
3. You'll **FIND YOUR TRIGGERS**. (A "trigger" is a routine that has been etched into your brain through the power of repetition. For example, you may need to replace playing video games after dinner with piano practice.)
4. You'll **RECEIVE REWARDS** at home for meeting your practice goals. (Rewards can be surprisingly small and still be effective.)
5. You'll make your practice commitment **PUBLIC** (*below*) and ask a parent to hold you accountable.
6. You'll **TRACK YOUR SUCCESS**. (**Each time you practice on a committed day at the committed time mark an X on the calendar below. Bring this sheet to your lesson on September 18th so Mrs. Hunter can see your practice plan and acknowledge your success!** Each week you meet your practice goal you'll be one step closer to earning a studio prize!)

Parent and student together should complete the following steps to get started—

- I, , commit to practicing on the following **five** days of the week: (*circle five days*)

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

I, , commit to practicing at the following **time** on the above days of the week: AM/PM

- Rewards I'd like to earn for meeting my weekly practice habit goals include: (*Reward ideas: extra screen time; a trip to the music store, a bookstore, or an ice cream shop; a later bedtime; a family bike ride or board game or movie night; a "pass" on a certain chore, etc.*) **List rewards you'd like to earn below.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8/28 ORLS PIANO LESSONS	8/29	8/30	8/31	9/1
9/2	9/3	9/4 ORLS PIANO LESSONS	9/5	9/6	9/7	9/8
9/9	9/10	9/11 NO PIANO LESSONS	9/12	9/13	9/14	9/15