

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 19th or 20th 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
			8/29	8/30	8/31	9/1
			WCS PIANO LESSONS	WCS PIANO LESSONS		
9/2	9/3	9/4	9/5	9/6	9/7	9/8
			WCS PIANO LESSONS	WCS PIANO LESSONS		
9/9	9/10	9/11	9/12	9/13	9/14	9/15
			NO PIANO LESSONS	NO PIANO LESSONS		