

Journal Example

Date : 10/22/19

Checklist of Main Priorities

- Wake/ meditate
- Get ready for day
- Eating
- Journal
- Exercise
- Classes
- Ensembles
- Practicing/Playing/Performing
- Organize for tomorrow
- Rest

Thoughts & Ideas - Musings



Love this magical morning sunrise
pink color & shapes today!

How can I turn it into sound?

Listening Today: Pahud & Gluck
<https://www.youtube.com/watch?v=CnDGL2zS1ME>

Schedule for Today

- 6:00 - wake/get ready/eat
- 7:15-815 - practice
- 8:30 - flute lesson
- 9:30 - take notes and listen to recording
- 10:00 - Class
- 11:00 - Practice
- 12:00 - Lunch
- 1:00 - Practice/Class
- 2:00 - Ensemble
- 4:00 - Homework
- 6:00 - Dinner
- 7:00 - Practice
- 8:30 - Homework
- 9:30 - Practice
- 11:00 - schedule and REST

Inspiration or Affirmation:

Dealing lightly & gracefully with a subject, brilliantly playful... Lambent

Practice

Focus this Week:

Creating energy and emotional connection, that is so clear and connected, it bursts through my spirit and body into sound and music!

HOW I am doing this in my practice?

Tone: using emotions to connect to sounds

I am making

Tech: Feel an

emotional to express and then choosing articulations, colors, and dynamics that reflect that.

Etudes & Excerpts:

Making an

intentional choice on what I am studying and what is inside of each note and phrase and connecting to it.

Repertoire: Taking each phrase and making choices about it that I am artistically, musically and emotionally connected to every sound.

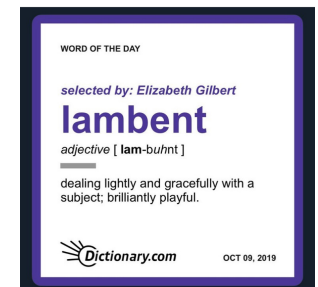
Organization of Repertoire & Dates

Tone & Tech Design: Tone & Tuner, CJ Roller Coaster, Reichert, T&G #1, #4, #12

Etudes & Excerpts: Rochberg #15 & KEkert #7, Brahms 4 & Mendl Scherzo

Solos: Page 1 WF Bach, last Page of Cassella, 1st page of Mariposa.

Reflection: ONE thing at a Time, Savor it



Journal Example

DESIGNING YOUR JOURNAL

The Idea is to design a personal journal, that is useful and personal for you.

A journal that you can keep on your computer/Ipad and have easy access too.

A journal that makes you feel happy about seeing and writing in each day.

What to include?

It will be different for each person based on what their needs are.

- Calendar
- Daily Schedule if it changes each day
- Weekly Schedule if the same each week and then just note when different
- Practice Schedule
- Practice Theme & Focus
- Daily Focus and Observations
- Listening/score study
- Inspiration/Quote/Image?Affirmation
- Organization of Repertoire, Concert/Auditions
- Reflections

Under each of these you may need more details and add your personality.

MOST IMPORTANT:

WHY are you wanting to Journal?

HOW is this helping you to create the life you desire to live?

If you are not clear on that desire, add a space each day to jot down what lights you up, gives you energy, sparks your curiosity...

If you feels there is not enough time in your day? Write down your daily priorities and your life goal.

Then keep track of your time for 3 days. Write down what you are doing every 1/2 hour, no judgement just journal it... On the 4th day you have gathered information to assess how you are spending your time. Are you feeling that how you are spending your time is a reflection of your priorities and life goals? If yes, wonderful. If no, make ONE small change for a week, then assess again.

Practice Ideas:

Make a **Key** of what you do each day. Then just copy that to each Journal day.

Weekly Practice Key

These are the times you practice this week

M -
T
W
TH
F
Sat
Sun

Daily Repertoire Key

Sound:

Technique:

Etudes:

Excerpts:

Solo Repertoire:

Chamber:

Orchestra/Band:

Performances & Auditions:

Practice Ideas & How you will Play with them in your Practice?

PRACTICE IS A PLAYGROUND!

Thoughts, Reflections on how it is going and what you need to Tweak... Tiny tweaks each practice = big changes at the end of a week!