

Top 10 Things Top Practicers Do:

1. **Musical Inflection** and **Expression right from the very start** of learning.
2. **Thoughtful practice**, there is silence; to think about, to sing, hum, move, make notes on page, verbal ah ha's, journaling ... **problem solving away from instrument.**
3. Have **specific clear goals, before** they did everything.
4. Errors were preempted by **slowing down** or **stopping** in **anticipation of mistakes.**
5. **Errors** were **addressed immediately** when they appeared.
6. The **precise location and issue** of **each error** was **identified accurately, rehearsed, and corrected.**
7. **Slow things down** to get the challenging, tricky parts **as they really want them.**
8. **Repeat targeted passages** until the error was corrected and the **passage became known and stable.**
9. **Take charge of their learning** and **follow a plan** that has a **disciplined strategy.**
10. **Engaged, involved, enlivened & moved** by the **music and sounds** they create.

Based on an my practice research and a blog by **Noa Kageyama** <https://bulletproofmusician.com/8-things-top-practicers-do-differently/>