

DAILY PRACTICE & MICRO-LEARNING WORKSHEET

Focus • Practice • Step Away • Return • Test • Refine

Date _____ Total practice today _____

TODAY'S LARGER GOAL

BREAK DOWN THE PROBLEM

What, specifically, am I trying to learn right now?

MICRO-SESSION 1 - LEARN

Target / micro-goal:

What did I notice?

STEP AWAY - let the learning breathe.

MICRO-SESSION 2 - RETURN & TEST

Without simply repeating it, what remained when I returned?

What needs adjustment?

STEP AWAY AGAIN - return later with fresh attention.

NOTES FOR THE NEXT RETURN

REINFORCE & REFLECT

Use this page later in the day - after time away from the material.

MICRO-SESSION 3 - REINFORCE

Target / micro-goal:

What improved? What still needs work?

OTHER PRACTICE TODAY

Repertoire, technique, warm-up, improvisation, listening, or anything else worth noting.

END-OF-DAY REFLECTION

What can I do now that I couldn't do - or couldn't do reliably - when I started?

TOMORROW'S FIRST TARGET

Break up the time. Break down the problem.

The goal isn't merely to finish practice. It's to return having learned.