

Journaling

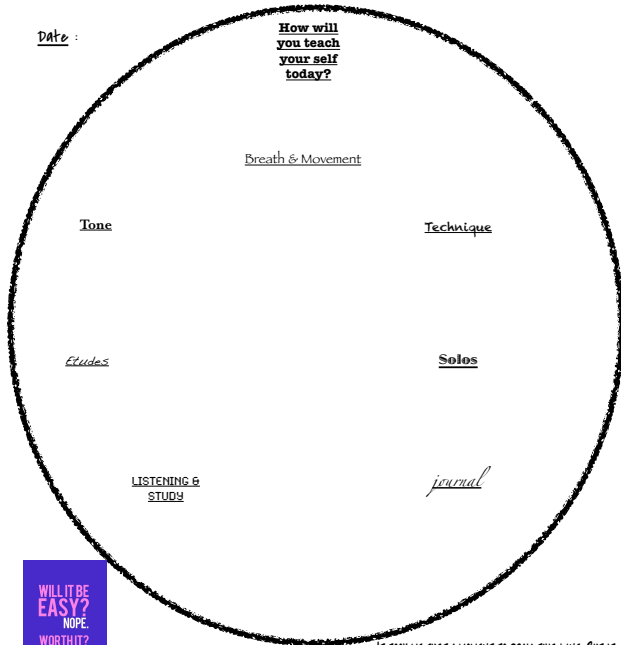
Practice Play Perform

Creative Practice Circles

Daily Play Practice Perform

Date :

How will you teach your self today?



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Details are confusing, she said, but... it is only by selection, by elimination, by emphasis, that we really get the real meaning of things...
- Georgia O'Keefe

IT TOOK ME JUST A MOMENT TO DRAW THIS LINE. BUT IT TOOK ME MONTHS, PERHAPS EVEN YEARS OF REFLECTION TO FORM THE IDEA - JOAN MIRO

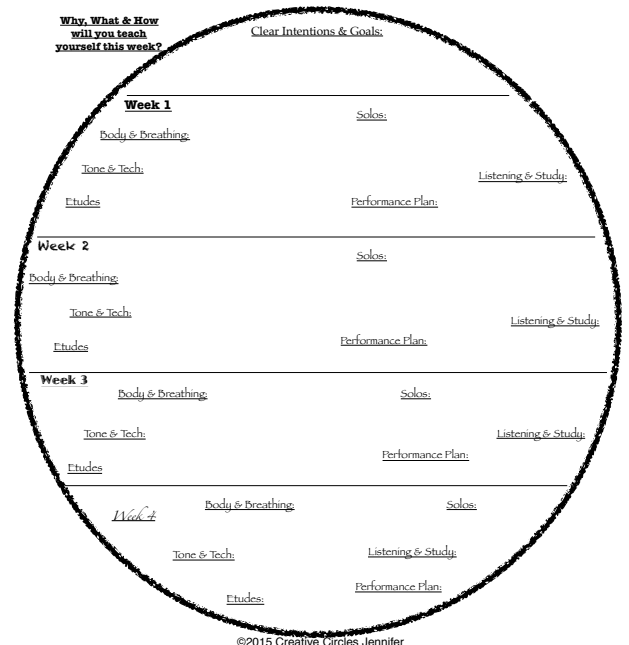
Practice Circles

Monthly: Play, Practice,

August

Why, What & How will you teach yourself this week?

Clear Intentions & Goals:



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if one only forms the idea that a thing is not difficult, it becomes much easier.
- Theobald Boehm

Creative Practice Circles - see my website

Creative Practice Recipes - created 2 sets of cards

Creative Practice Ideas & exercises for the Whole Musician (150 pages on my website.)

Creative Flutist Check Lists - create a unique and inclusive list of things important to you that you check off and note each day. For noticing what you do, reminding you of what is important to you and to tweak as you learn more about your self and what you want.

Dreams & Goals Journal

Supplies, Calendar, Practice, Personal Musical Goals, Why & How?, Repertoire - playing and want to play, Performances, Competitions, Auditions, Concerts to go to and give,, Music to listen to- listening journal, Inspiration- find what inspires you and do it... art, nature, concerts, conversation..., Informational - Inspirational Interviews

Practice is a Playground - 12 Play Stations
PDF and blog post on my website.

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Gratitude Journal

5 things to be grateful for in your life now

Focus on the now in your life, the gratitude for the present, and this will grow

Write them down

Power in writing

5 things to look for to be grateful for through your day you will write down

Reflective Practice is the ability to reflect on one's actions so as to engage in a process of continuous learning. Learning through and from experience towards gaining new insights of self and practice.

The process of reflection is a cycle which needs to be repeated.

- Teach
- Self-assess the effect your teaching has had on learning
- Consider new ways of teaching which can improve the quality of learning
- Try these ideas in practice
- Repeat the process

The 5 R's

Reacting

How will I decide what area of my practice I need to focus on?

Will this be decided by looking at data, each learner's performance or an aspect of the curriculum?

Recording (logging your reflections)

How will I assess my performance?

Will this take the form of an observation, discussion or shared planning?

How will I record this?

Will this be recorded by yourself, a peer or a student?

How will I log this?

What documents will you use to record your reflections? For example, a journal, notebook or form provided by your school or institution.

When will I log this?

Will your reflections be logged straight after the lesson, during or before the lesson?

How often will you record these reflections?

Reviewing (understanding your current teaching methods)

What worked well and how do I know this?

Consider what the students really understood and enjoyed about the lesson, and why.

How do you know improvements have been made?

What did not work as planned?

Consider what the students did not get involved with or find challenging, and why.

What could I try next time? How could you adapt the activity?

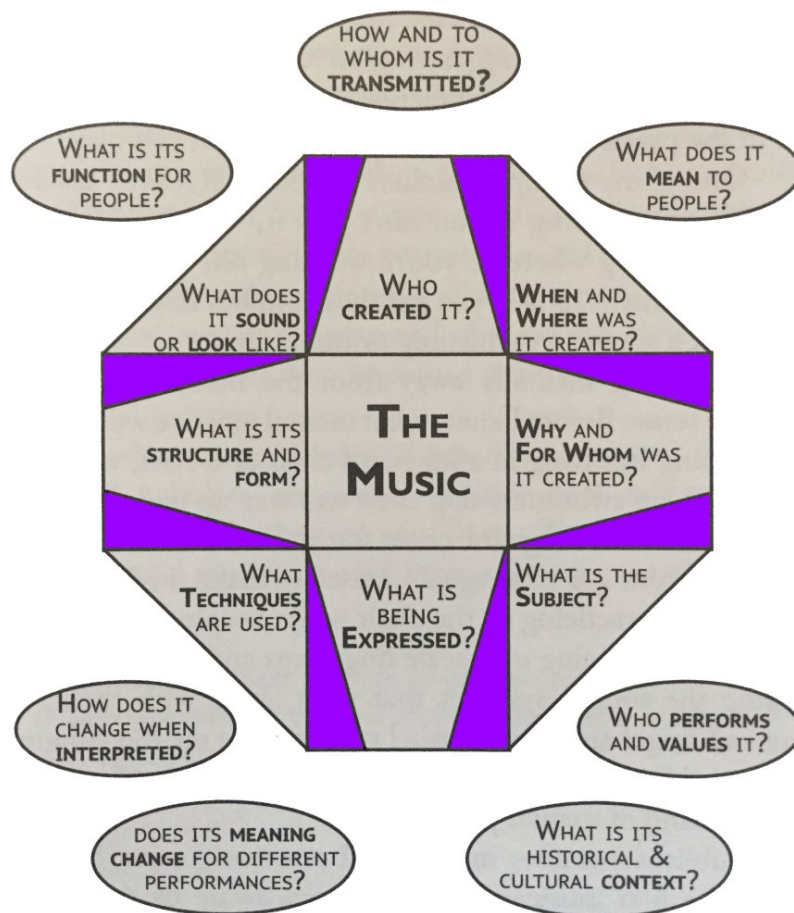
Some practical ideas include introducing a different task, clearer instructions, time-based activities and activities which appeal to different learning styles.

Revising (adapting your teaching by trying new strategies)

What will I change or adapt?

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This could be a whole task or something specific about a task. Some practical ideas include changing the task from independent work to paired work, adding a scaffold to a challenging task, providing instructions step by step, and making activities time based.

Reworking (action plan of how you can put these ideas in place in a practical way)

How will I put this in place?

Consider what will you need to do before and during the lesson to make sure your changes happen. What will the students be doing differently to make sure they make progress?

What materials do I need?

What things will you need to put your revised ideas into practice?

Some practical examples include coloured pens, larger paper, handouts, cut-up activities, specialised equipment.

Reassessing (understanding how these new strategies affected learning)

How successful were the new strategies?

Once you have redelivered the lesson, consider how engaged the students were. How well did they understand this time?

What changed?

Consider the following areas of potential change: delivery, planning and assessment.

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SMART

Be SMART
S – Specific
M – Measurable
A – Action Oriented
R – Realistic
T – Time Based

The Practice Habit

CREATE PROGRESS THAT STICKS

The Practice Habit uses the principles of “Deliberate Practice” developed by K. Anders Ericsson and others to help you make and accumulate long-lasting improvements to your playing.

EASILY OVERCOME OBSTACLES

Redefine your obstacles with the power of a “Growth mindset” (Carol Dweck). Use proven strategies like Doublethink (Richard Wiseman), Pre-commitment (Thomas Schelling), and the Weekly Review (David Allen) to help you analyze and overcome your sticking points.

DEVELOP GRIT

Create bulletproof habits with models of behavioral change developed by Kerry Patterson and others. Build your persistence and resilience with short lessons on willpower and motivation from noted researchers and authors Tammy Duckworth and Kelly McGonigal.

EMOTIONAL INTELLIGENCE

Practice is hard work, but it should be enjoyable too. The Practice Habit uses research on happiness and optimal experience from Mihaly Csikszentmihaly to help you enter a “flow” state where challenges and skills are balanced, time flies by, and enjoyment is at its peak.

Career Development/ Life Work

Importance to you?
Reaching towards in your musical life?
Imagination?
Creativity?
Artistry?
Life Purpose?
Why?
What would that result in?

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Whatever it looks like, a successful practice journal allows you to track several things:

Time: When did you practice? For how long? I typically jot down my start and end times. Why track your time? It's not meant to be punitive or shaming. Rather, tracking is one of the best ways to motivate yourself. It's also yields valuable information. Try jotting a few notes about how you felt prior to and during practice. You may discover patterns in your practice: perhaps you practice with more energy after dinner, for example, as opposed to before you've eaten.

Target: What's your goal? Writing down what you're trying to work on, whether it be for the task, hour, week, month, or year, helps you focus your energies and harness your attention. Some goals I've set recently include improving my clef reading and brushing up on RV 443.

Task: What did you practice? Ideally, your tasks should relate closely to your targets. I might make a note that I practiced reading tenor cleft excerpts for 10 minutes, e.g., or that I spent 5 minutes practicing the tricky bit in the Vivaldi at half time.

Thoughts: How did go? What did you learn? If I discover something in the course of my practice that will be helpful to remember, things I tried that I want to avoid or amplify, I jot them down. Reflecting on my practice helps me refine it. It also helps me build on each day's practice moving forward.

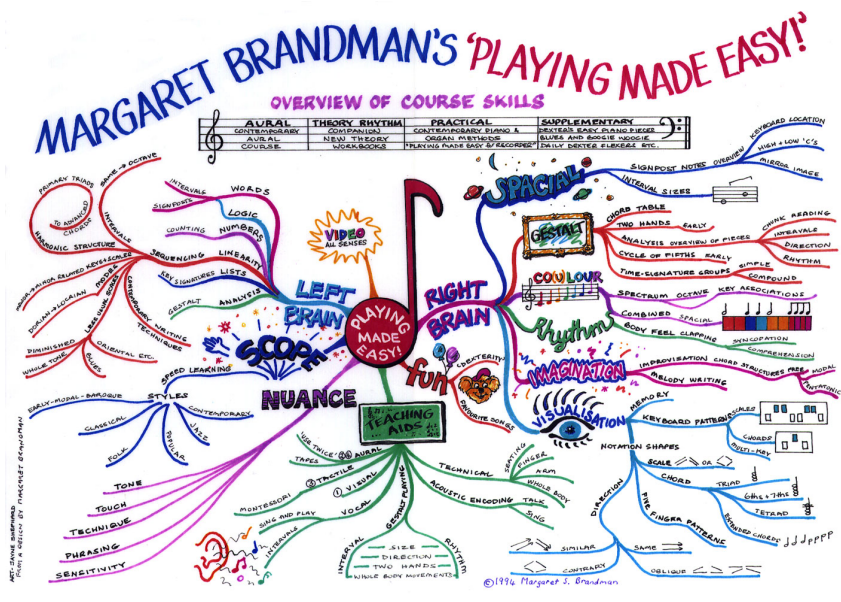
Tomorrow: At the end of each session's entry, I make a note of what I want to accomplish the following day (or week, or month). I might read a longer excerpt, or tick up my metronome marking, or make a note to listen with my score to a piece for an upcoming concert.

Odds and Ends: This is optional, but I tend to use my journal as a place to jot down things I want to remember. It might be a sonata I want to play, or a recording I want to listen to, or something somebody said that was extremely helpful. I star these kinds of entries so that I can flip back through my journal and quickly locate ideas, inspiration, and advice.

Happy Journaling!

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Mind Mapping

Mind Mapping is a graphical way to represent ideas and concepts. It is a visual thinking tool that helps structuring information, helping you to better analyze, comprehend, synthesize, recall and generate new ideas. Just as in every great idea, **its power lies in its simplicity.**

In a mind map, as opposed to traditional note taking or a linear text, information is structured in a way that resembles much more closely how your brain actually works. Since it is an activity that is both analytical and artistic, it engages your brain in a much, much richer way, helping in all its cognitive functions. And, best of all, **it is fun!** So, how does a mind map look like? Better than explaining is showing you an example.

Benefits and Uses

I think I already gave away the benefits of mind mapping and why mind maps work. Basically, mind mapping avoids dull, linear thinking, jogging your creativity and making note taking fun again.

What can we use mind maps for?

- Note taking
- Brainstorming (individually or in groups)
- Problem solving
- Studying and memorization
- Planning
- Researching and consolidating information from multiple sources
- Presenting information
- Gaining insight on complex subjects
- Jogging your creativity

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- planning a concert or a tour
- working on a course syllabus
- designing electronic music software or hardware set-up
- composing new music
- Creating a practice plan

How to Draw a Mind Map

Drawing a mind map is as simple as 1-2-3:

Start in the middle of a blank page, writing or drawing the idea you intend to develop. I would suggest that you use the page in landscape orientation.

Develop the related subtopics around this central topic, connecting each of them to the center with a line.

Repeat the same process for the subtopics, generating lower-level subtopics as you see fit, connecting each of those to the corresponding subtopic.

Some more recommendations:

Use colors, drawings and symbols copiously. Be as visual as you can, and your brain will thank you. I've met many people who don't even try, with the excuse they're "not artists". Don't let that keep you from trying it out!

Keep the topics labels as short as possible, keeping them to a single word – or, better yet, to only a picture. Especially in your first mind maps, the temptation to write a complete phrase is enormous, but always look for opportunities to shorten it to a single word or figure – your mind map will be much more effective that way.

Vary text size, color and alignment. Vary the thickness and length of the lines. Provide as many visual cues as you can to emphasize important points. Every little bit helps engaging your brain.

Bullet Journals

<https://bulletjournal.com/pages/learn>

BULLET JOURNAL

FOR THE LIST-MARKER, THE NOTE-TAKER, THE POST-IT FOLIO, THE TRACK-REPER, AND THE DABBLING DOODLER, IT'S AN ANTI-PLAN FOR THE DIGITAL AGE THAT WILL HELP YOU TRACK THE PAST, ORGANIZE THE PRESENT, AND PLAN FOR THE FUTURE — RYDER CARROLL, INVENTOR OF THE BULLET JOURNAL

QUICK REFERENCE GUIDE

ABOUT IT IS A SYSTEM DESIGNED IN A NOTEBOOK THAT YOU SET UP. IT HAS A SIMPLE FRAMEWORK THAT IS EASILY CUSTOMIZABLE BY ITS USER. IT GETS OUT OF YOUR WAY TO HELP YOU GET THINGS DONE. ALL YOU NEED IS A NOTEBOOK AND PEN. WE RECOMMEND THE OFFICIAL BULLET JOURNAL NOTEBOOK. HERE'S HOW TO GET STARTED.

STEP 1: INDEX

- TITLE FIRST 4 PAGES INDEX
- WHEN YOU ADD A NEW ENTRY, INDEX IT
- THIS IS A SNAPSHOT OF WHAT'S IN YOUR BULLET JOURNAL
- PRO TIP:** ONLY INDEX WHAT YOU'LL REFERENCE LATER

INDEX	INDEX
PRIORITY	INDEX
MONTHLY	

STEP 2: FUTURE LOG

- TITLE NEXT 4 PAGES FUTURE LOG
- PLACE FUTURE EVENTS HERE
- PLACE TASKS YOU'D LIKE TO GET TO SOME DAY HERE
- CHECK IT OFF A MONTHLY BASIS TO FILL MONTHLY LOG
- ADD TO IT AS NEEDED
- PRO TIP:** IF YOU HAVE A CALENDAR ONLINE, THEN ONLY ADD EVENTS TO YOUR BULLET JOURNAL YOU WANT TO KEEP AN EYE ON
- PRO TIP:** THERE ARE SEVERAL FUTURE PLANNING QUESTIONS, HEAD TO BULLET JOURNAL.COM TO DISCOVER THEM

FUTURE LOG	FUTURE LOG
JAN 11:00 AM	JAN 11:00 AM
FEB 1:00 PM	FEB 1:00 PM
MAR 1:00 PM	MAR 1:00 PM
APR 1:00 PM	APR 1:00 PM

... ALSO LOOK UP

- CALENDAR
- ALIAS YOUR METHOD
- SIMPLE LIST
- CREATE YOUR OWN!

STEP 3: MONTHLY LOG

- TITLE LEFT PAGE WITH MONTH AND NUMBER
- TITLE RIGHT PAGE TASKS
- THE CALENDAR PAGE IS FOR EVENTS
- THE TASK PAGE IS FOR TASKS YOU WANT TO GET DONE THIS MONTH AND IMPORTED FROM THE PREVIOUS MONTH
- PRO TIP:** LOG NOTABLE SNIPPETS YOU'D LIKE TO LOOK BACK UP AS A REMINDER ON THE LAST PAGE

MONTH	TASKS
JAN 1	TO DO
FEB 1	TO DO
MAR 1	TO DO
APR 1	TO DO
MAY 1	TO DO
JUN 1	TO DO
JUL 1	TO DO
AUG 1	TO DO
SEP 1	TO DO
OCT 1	TO DO
NOV 1	TO DO
DEC 1	TO DO

STEP 4: DAILY LOG

- TITLE WITH DAY AND DATE
- EVENT-LOG TASKS, EVENTS, AND NOTES THROUGHOUT THE DAY WITH CORRESPONDING BULLETS
- PRO TIP:** REVIEW REGULARLY

DATE	EVENTS
JAN 1	TO DO
FEB 1	TO DO
MAR 1	TO DO
APR 1	TO DO
MAY 1	TO DO
JUN 1	TO DO
JUL 1	TO DO
AUG 1	TO DO
SEP 1	TO DO
OCT 1	TO DO
NOV 1	TO DO
DEC 1	TO DO

COLLECTIONS

- COMPILING RELATED IDEAS, REGULARLY FILLED WITH BULLETS AND SIGNIFIERS
- THROW TO THE NEXT BOUND PAGE, TITLE, AND INDEX

BULLETS AND SIGNIFIERS

- OBJECTIVE SHORT-FORM NOTATION
- ORGANIZE WHAT YOU WRITE WITH BULLETS
- GIVE BULLET CONTEXT WITH SIGNIFIERS

MOGRATIONS

- WHEN YOU SET UP A NEW MONTHLY LOG, LOOK AT PREVIOUS COLLECTION'S BOUND PAGE TITLE AND migrate to the new monthly log, strike out if it's no longer worth your time, re-schedule to the future when
- IT'S THE DIFFERENCE BETWEEN BEING BUSY AND BEING PRODUCTIVE

ENDNOTES PRIORITIES!

- TASK BULLET
- TASK COMPLETED
- TASK SCHEDULED
- TASK SCHEDULED
- EVENT BULLET
- NOTE BULLET
- PRIORITY SIGNIFIER
- IMPORTANT SIGNIFIER
- EXPLORE SIGNIFIER

FOR MORE GO TO BULLETJOURNAL.COM
REFERENCE GUIDE HAND DRAWN BY RIM OF THEBAYOFJOURNALING.COM

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Brendon Buchard

Live Love Matter

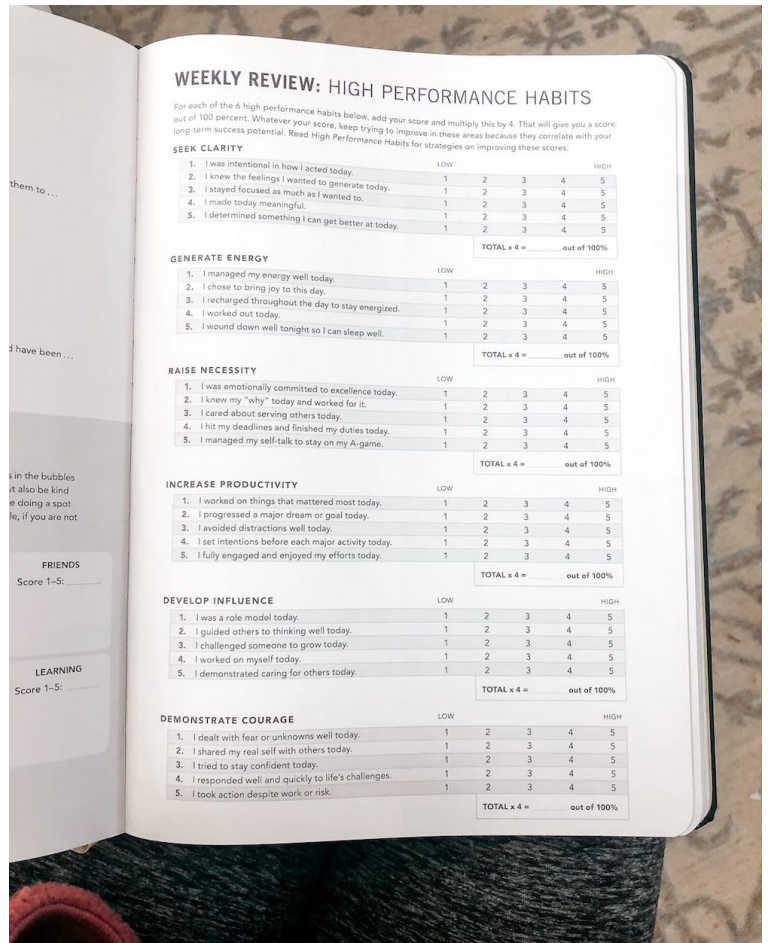
High Performance Habits- Book and Journal/Planner

<https://brendon.mykajabi.com/hph-book-step-1> - free book

<https://www.highperformanceplanner.com>

How Extraordinary People Become That Way

Daily, Weekly, Monthly, Yearly-questions and plans...



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Links to Practice Journals

<https://www.robknopper.com/blog/2016/6/25/what-my-practice-journal-looks-like>

<https://www.musiciansway.com/downloads/>

https://docs.wixstatic.com/ugd/c37889_d2c7807770964230a43f46584830606e.pdf

<https://thepracticeofpractice.com/author/intentionalpractice/>

<https://www.modacity.co/blog/note-taking-tips-for-musicians/>

<https://www.thepracticehabit.com>

<https://theonlinemetronome.com/music-practice-journal.html>

<https://www.musicindustryhowto.com/the-musicians-practice-journal-and-why-you-need-one/>

<https://litemind.com/what-is-mind-mapping/>

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Creative Practice Circles

Creative Flutist Practices

Creative Flutist Recipes

Creative Practice Designs

Creative Practice and Ideas for the Whole Musician