

WEEKLY GOAL SETTING

DATE: _____

1) Vision & Goals → 2) Practice Priorities → 3) Action Items → 4) Schedule

Step 1: Review your musical “Vision & Goals”

- What are you working towards? Why is it worth committing to practice this week?

Step 2: Decide on “Practice Priorities” (1–3) for the week

- What can I do this week to move closer towards accomplishing my goals?

Step 3: Assign “Action Items” to each priority

- What do I need to do in my actual practice time to accomplish my priorities for the week?

Step 4: Schedule practice time into your calendar

- When am I going to have time each day to work on my action items?
