

*The*  
**Gu**itar  
**Fam**  
**Pr**actice  
**Plan**

*The*  
**Guitar**  
**Fam**  
**Practice**  
**Plan**

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# The Guitar Success Mindset

Take some time to think about the lies and negative thoughts that you specifically struggle with. Write them down below and then write down a positive thought to replace it.

## Example

**Negative:** I'm too old to learn guitar.

**Positive:** I am older but I can do it with some extra work!

\_\_\_\_\_

**Negative:** \_\_\_\_\_

**Positive:** \_\_\_\_\_

**Negative:** \_\_\_\_\_

**Positive:** \_\_\_\_\_

**Negative:** \_\_\_\_\_

**Positive:** \_\_\_\_\_

### Action Points:

- 1 - Keep an ear out for negative thoughts.
- 2 - Write down any negative thoughts and replace them with positive ones.

# Set Up Your Practice Space

Having a dedicated place where you can go to practice is important. It helps your body and mind get into the right posture to do some work and make progress. The space doesn't have to be fancy, but it needs to be yours. Take some time and designate a spot for your own personal and distraction-free practice haven.

Once you have the space picked out, you will need to customize it with some tools. You might need a music stand, guitar stand, metronome, digital device, or favorite coffee mug to transform your chosen space into an efficient practice domain.

## Example Practice Spaces

**Practice Space 1** My desk in the office.

**Practice Space 2** The porch, when weather permits.

\_\_\_\_\_

## Designate Your Practice Space(s)

**Practice Space 1** \_\_\_\_\_

**Practice Space 2** \_\_\_\_\_

### Action Points:

- 1 - Designate your personal practice space.
- 2 - Set up and optimize your practice space.

## Commit to a Level of Practice

Consistency is one of the most important keys to regular progress on the guitar. We all have different amounts of time that we can commit to the guitar, but you can make progress with as little as 20 minutes per day, 4-6 days per week. It's more important to be consistent with your limited amount of practice time than it is to put in a 3-hour practice session only once per week.

Pick a commitment level that you think you can stick with and write it down below. Be sure not to overcommit. You don't want to set yourself up for failure. You can always adjust your commitment level in the future.

### Example

**Practice Commitment** *I will practice for 30 minutes per day, 5 times per week.*

### Write Down Your Commitment Level

**Practice Commitment** \_\_\_\_\_  
\_\_\_\_\_

#### Action Point:

1 - Choose a commitment level, write it down, and stick to it!

## Schedule Your Practice Time

We all have pretty busy lives, and it can be tough to stick to a practice time that you've committed to. One thing that can help us stick to it is to actually write down your practice times. You can do this by setting reminders on your device or writing your schedule on a physical calendar. This will make it tougher to swipe that reminder away or ignore the practice time you've scheduled when you see it on the calendar stuck up on your fridge.

To help you with this, we have the Guitar Fam Practice Calendar on the next page. It's super simple, and you can print it out to write down your own personal practice schedule. Take some time to actually schedule out your practice time on your device or the physical calendar for at least the next week. If you are feeling ambitious, you can schedule out the next 1-3 months.

#### Action Points:

- 1 - Schedule out your practice time for the next week on your device or physical calendar.
- 2 - If you are feeling motivated, schedule out your practice time for the next 3 months.

# Practice Calendar

## The Guitar Fam Practice Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# Your Songs

Learning new songs is one of the best ways to stay motivated, track your progress, and keep learning new things. They also provide you with a great resource for the SMART goals we will set in the next section. It's important to have an ever-growing and changing list of songs at your disposal. Take some time and list out 5-10 songs that you'd love to learn. Be sure to keep things reasonable for your current skill level. You can always come back and revise things later.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

**Action Point:**

1 - Write down 5-10 songs that you want to learn.

# Set Your SMART Goals

## Choose 1 Overarching Goal

Before you get into setting your SMART goals, you need to define what your overarching larger goal is on the guitar. Something like “I want to be a great guitar player” is way to general. Be as specific as possible. This will often involve a particular style of music.

**Overarching Goal Example** *I want to be a solid blues guitar player.*

\_\_\_\_\_

**Overarching Goal** \_\_\_\_\_

## SMART Goals

Now we can move on to your SMART goals. You can pick anything you like, but they should relate back to your one overarching goal. Remember, they must have the following attributes.

**Specific**

**Measurable**

**Attainable**

**Reasonable**

**Time Bound**

# Set Your SMART Goals

## Choose 2-3 Smaller SMART Goals

### SMART Goal Examples

- 1 *Add 8 bluesy chords to my chord library by the end of the month.*
- 2 *Improvise a simple solo over the 12-bar blues progression in 3 months.*
- 3 *Play the solo for “Thrill is Gone” by the end of summer.*

\_\_\_\_\_

### Your 2-3 SMART Goals

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Action Points:

- 1 - Set one overarching goal.
- 2 - Set 2-3 smaller SMART goals.

## Your Personal Practice Plan

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### Example Practice Plan

#### Commitment Level

*30 minutes per day 5-6 times per week.*

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#### Overarching Goal

*I want to be a solid blues guitar player.*

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#### Warm Up (2-5 Minutes)

##### SMART Goal 1

*Add 8 bluesy chords to my chord library by the end of the month.*

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##### Practice Points

*1 Learn on the individual chord shapes on their own.*

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*2 Work on changing between the chord shapes.*

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*3 Apply the new chords to a jam track and play them in time.*

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*4*

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##### SMART Goal 2

*Improvise a simple solo over the 12-bar blues progression in 3 months.*

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##### Practice Points

*1 Memorize the 12-bar blues progression.*

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*2 Learn the blues scale and be able to play it at 70bpm.*

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*3 Learn three new blues licks that use bending.*

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*4 Improvise along to a blues jam track to work on creativity.*

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## Your Personal Practice Plan

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#### SMART Goal 3

*Play the solo for "Thrill is Gone" by the end of summer.*

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#### Practice Points

*1 Listen to the solo a lot!*

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*2 Work on my bending so I can hit the licks in the solo.*

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*3 Learn the solo measure by measure.*

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*4 Play the solo along to a jam track or metronome.*

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#### Timing (3-5 Minutes)

#### Fun Goof Off Time (As Much As You Can Squeeze In)

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This plan is meant to be dynamic, so you can come back and make changes as you reach your goals. This is called the Guitar Success Cycle! If you feel like you've bitten off more than you can chew, you can also come back and revise things down to a more reasonable level. Either way, nothing set in stone, but we all need to start somewhere.

Another thing to note is that you don't have to have 3 SMART goals. You can do this with 1 or 2. If you've chosen 2 or 3 SMART goals and are feeling overwhelmed, you can cut it down to 1 or 2. Also, if there is too much on your plate to get through in each practice session, you can always have an A day and a B day, so can you cover everything multiple times per week without having to hit every single practice point in one small practice session.

#### Action Point:

1 - Fill out your personal practice plan.

# Your Personal Practice Plan

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## Your Personal Practice Plan

**Commitment Level**

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**Overarching Goal**

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**Warm Up (2-5 Minutes)**

**SMART Goal 1**

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**Practice Points**

1 

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2 

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3 

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4 

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**SMART Goal 2**

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**Practice Points**

1 

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2 

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3 

---

4 

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# Your Personal Practice Plan

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**SMART Goal 3**

---

**Practice Points**

1 

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2 

---

3 

---

4 

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**Timing (3-5 Minutes)**

**Fun Goof Off Time (As Much As You Can Squeeze In)**



## How to Stay Motivated

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Congratulations! You've created your own unique, dynamic, and effective practice plan by setting 2-3 smart goals and breaking them up into practice points. Now you need to work to achieve them. Once you reach your goals in this practice plan, it's just a matter of re-evaluating what you want to achieve on a regular basis and doing it all over again. It's the Guitar Success Cycle! But what happens if you lose motivation along the way? That happens to us all, so we want to share some tips for avoiding this and staying inspired to practice and push forward.

**Soothe Your Fingers** - Your fingers are going to be sore! It's just part of playing the guitar, so give them a rest every once in a while. Breaking up your practice into multiple shorter sessions can be a big help with this.

**Keep Learning Songs** - Learning new songs is the lifeblood of playing guitar. They give you a measuring stick to know when you've got something down and something cool to show everyone for your efforts.

**Practice Things You'll Actually Use** - Be sure to practice things that you are going to use in your day to day playing. Having all of the chops in the world is nice, but it's worthless if you can't play through an entire song.

**Get Connected** - Get plugged into a music community. It can be a local open mic, jamming with your buddies, or popping on the Guitar Fam site to share your struggles and victories.

**Experience the Music** - Make time to listen to music that you love. Go see live concerts, play with other people, and watch videos of your favorite guitar players.

**Be Positive** - Don't beat yourself up if you are not where you want to be right now. It takes time and we all progress at different rates. If you have an off day, that's okay. Just start fresh the next day.

**Avoid the Comparison Trap** - Don't compare yourself to other guitar players. That's a trap! Just be consistent with your practice and try to be better than you were the day before.

**Have Patience** - No one gets there overnight. It takes time to be good at anything. Be consistent and enjoy the journey. Look for progress, not perfection.

## How to Stay Motivated

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Thanks so much for going through the Guitar Fam Practice Plan. We hope it helps as you work toward your goals on the guitar. If you have any questions, you can always contact us via email at [support@guitarfam.com](mailto:support@guitarfam.com) or book a private lesson with Nate on the Guitar Fam website. We look forward to hearing about your progress.

Nate & Chelsea

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