

Reflect on these questions during practice. Use your notebook or journal to think through them.

1. Am I continuing to practice despite getting exhausted? [mentally and physically]
2. Is my mind [brain] occupied with some other [random/irrelevant] thoughts when I'm practicing?
3. Am I practicing [sitting down at the piano] too long without any break? *[great loss of efficiency and effectiveness, and great risk of hand injury if you practice continuously, for hours, without taking short 5-10minute breaks within your practicing session - typically every 40-50 minutes)*
4. Do I have any prejudices against short practicing sessions? *[try HIP - high intensity practicing for 5 minutes, and see what you can achieve if you have only 5 minutes to work on one section of a piece. Ask your teacher for more details on this method. This is a great way to increase your level of concentration, and truly test your productivity].*
5. Do I create any plan for my practicing? [use practicing planner or tracker, to be in control of your progress]
6. Do I pay as much attention to expression as I do towards text [notes]?
7. Do I try to discover various means of expression that are not indicated in the music? [by composers' markings; AP frequently refers to these as - micro-phrasing]
8. Do I break down the piece by phrases or other musical elements?
9. [When working on a section] Do I stop in the middle of the phrase [sentence,idea]?
10. Do I attempt to find a reason behind a mistake [when I make one]? [or do you just start repeating a correct version, automatically? This is not enough]
11. Do I take a momentary break between the repetitions?
12. Do I count the number of repetitions?
13. Am I engaged when working on an older piece, as much as I'm engaged when working on a new one?