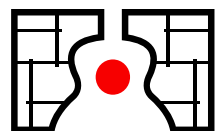


The Fretdojo.com Guitar Practice Checklist

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Guitar Practice Checklist

The way in which you organize your practice session has a huge impact on the rate of progress you make in your guitar playing. I've compiled this checklist so that you can make sure you have all ingredients necessary for a successful and fulfilling practice session.

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Guitar Practice Dos and Don'ts

Becoming a truly great guitarist is all about *what you do* in your practice session and *the way in which you do it*. These lists below are important points to consider for using the time you have for guitar practice in the best possible way:

Do...

- Try to practice at the **same time and duration every day** - this will create a powerful momentum to your progress.
- Have **clear outcomes** for each and every session - use your practice diary and write them down.
- **Be aware your posture** and any tension building up in your hands.

- **Take short breaks** periodically - this is a high leverage technique as putting in place regular short breaks throughout a long session refreshes your mind, and means you can assimilate more information.
- **Use a metronome** periodically to check your rhythmic feel.
- **Record yourself** to get instant feedback on your playing.
- Be **very focused** on what you are doing at any one time, avoid mindless repetition at all costs.
- **Practice for results**, rather than just clocking up hours. If you are focused and organized you can achieve great results in your playing even a short time.
- Give yourself permission to **have creative time** on the instrument during your practice session, either writing tunes, arranging or improvising - I've found this indirectly can actually help your technique as it trains your ear to match the sounds of the guitar.
- **Find a teacher** that can guide you in the right direction for helping you achieve your best in the shortest possible time.
- **Have fun and enjoy your music!**

Don't...

- **Divide your focus too much** - just settle on one or two clear outcomes and leave it at that.
- **Multitask** - e.g. watching TV and practicing guitar at the same time.
- Allow **excessive tension** to creep into your playing - this can lead to serious health problems and squeezes the life out of your music.
- **Use a metronome too much** - music needs to breathe and is a living thing from a living being. So try not to be a robot :)
- Fill up your practice session with **too many technical exercises** - prioritize actually *playing music*.

Structure Your Practice Session!

One of the most important aspects of a practice session is how you structure it. The precious window of time that we have for guitar practice can quickly be wasted unless you are well organized in advance.

This is how I structure my practice session. You can use this as a starting point to create a routine that works for you, based on how much time you have and your priorities.

If I have 30 minutes to practice, this would be my structure for the session:

- **Warm Up:** e.g. play 1 scale or arpeggio a couple of times (2 - 5 mins)
- **Main Project:** the main thing I'm currently working on at the moment (20 minutes)
- **Review:** I play a piece or a couple of pieces that I already know (5 minutes)

Creating a simple structure like this is crucial in getting the results you desire out of your practice session and will motivate you to keep up your daily discipline.

Keep in Touch!

I hope you found the above points useful in helping you getting the most out of your practice session, [connect with me on Twitter](#) or send me an email at greg@fretdojo.com you need any help with any aspect of your playing or would me to cover a particular topic on the blog or in a lesson video. I wish you the very best in your guitar journey!

Cheers,
Greg O'Rourke