
3 Finding Time

It is important to be realistic about how long you plan to practice. Let's set goals which are achievable. Start with 15-20 minutes 2-3 times a week. If you want to do more you can.

Time of day: Write down the three best times in a day for you to practice. Number one is the most ideal time. Number three the third ideal. Again, be honest, be realistic. If you are a night-owl don't list 5:30 a.m. as your best time.

- 1.
- 2.
- 3.

Weekly planner: Complete the weekly planner with your 1) ideal practice time, 2) how long you will practice, 3) a back-up time if the first one falls through and 4) which class(es) you will attend.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY