



THE PRACTICE JOURNAL.



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OK I'm here, what now? (When you need to come back, click the SPARK Practice logo in the upper left corner)

Take your coat off and stay a while! Welcome! There are a couple overarching themes and sections to the SPARK Practice Planner/ Journal - check out the list below and jump right in. Also, this is copyrighted. NO reproductions. 🙏

At SPARK Practice, we support you with three main areas :

Learning Classes, Workshops, & Assessments to help you boost your playing

Action This is your daily practice! Use this Practice Journal, the formula & timer on the website for your own practice

The Practice Room is the unique international, pan-instrumental hub for Hangouts, Audition Club, Practice Club, Yoga, resources, videos, practice library & more

Quick Start Guide : Welcome to SPARK Practice

Welcome! I suggest that you flip through your new SPARK Practice Planner a bit, and then when you're ready to start :

- 1. THIS IS PAGE 2. You can always come back to it with the SPARK Practice logo on the upper left**
- 2. Read the "About SPARK Practice" Page**
- 3. Find your Core Authentic Values & #100daysofSPARKpractice Intention**
- 4. Transfer your Core Authentic Values & Intention to:**
 - 1. 100 Day Tracker (click the ⚡ lightning bolt on the top right)**
 - 2. The "ME" Page (100 Days of Practice ME-View, click "ME" on the right navbar)**

Setup Level 2 : ME & the PROJECT

Through the "ME" and "PROJECT" tabs, there are a few interactive worksheets to get your creativity going and to get excited, focused, and set some expectations for the next 100 days!

- 1. Finish Filling out the ME-View Worksheet Page (click "ME" on the right navbar)**
- 2. Explore the Project Plan, start to fill in the big themes (click "PROJECT" on the right navbar)**
- 3. Explore and add to "My Favorite Practice Strategies"** Some are already filled in to get you started, especially in the Zones of Excellence and SPARK Pillars that tend to be undeveloped / under-learned
- 4. Introduce Yourself in The Practice Room!**

Up & Running : 100 Days!

Here we go! These are your functional pages throughout the 100 days. Click on the right to your weekly tab and scroll through to access your Daily pages.

- 1. Come to the Weekly Hangouts (Topic schedule on the Project Plan, links in The Practice Room)**
- 2. Weekly** Find a time to look ahead at the upcoming week to keep your practice gentle, aligned, focused, and sustainable with the rest of your life (I won't be offended if this is during the weekly hangout 😊)
- 3. Daily Life** Schedule & get excited about your adventurous existence!
- 4. SPARK Practice** Plan your SPARK Practice sessions, handy QR code to access the SPARK Practice Timer!
- 5. Journaling Pages** There are 3 blank pages for your thoughts, musings, & mystery plans each day. Julia Cameron of The Artist's Way says that her Morning Pages are her key to unblocking creativity.
- 6. Participate in The Practice Room!** Questions? Comments? Revelations? Need a practice break? Come hang out. LOL-worthy memes & cute animal pics always appreciated! We're here to champion your wins and challenges, so please use this forum to share and cheer on other awesome SPARK Practice Room peeps.

Gamechangers : Bonus Worksheets

- 1. Lesson Booster** Bring this to lessons (as a teacher OR student) to try the SPARK Practice Lesson Protocol & immediately boost the value out of your lesson experiences
- 2. Performance / Recording Evaluation** It's often really hard to listen and reflect objectively to our own playing. With this worksheet, you can lean into the framework to have a more productive conversation with yourself, get less frustrated, and come away with a workable plan
- 3. Mini Self-Assessment & Secret Bonus Prizes**

End of Challenge Awesomeness : The Afterparty

The fun doesn't stop at the end of the Challenge, even though we'll all probably need a little recovery phase (one of the Very Important Phases of any big project)! Join the Practice Room, and keep in touch. Congratulations, you did it!!

- 1. Fill out the #100daysofSPARKpractice Challenge RE-View Worksheet**
- 2. Share in The Practice Room what you learned / how it went!**
- 3. Come to the Afterparty (there will be prizes)! Happy Practicing! 🚀**



Welcome to the 100 Days of SPARK Practice!

Enjoy this Practice Journal as you embark on the next 100 Days. Remember, any tiny, "pretty ok" effort each day gets the best long-term results (it's science!). You'll find the joy in showing up, gain confidence, and feel pride in moving through this challenge. Join the Practice Room, cross out the days as they pass, & celebrate your #100daysofsparkpractice!

My **Core Authentic Values**: _____

My **INTENTION** for the 100 days of SPARK Practice : _____

I want to feel :

about / while I go for :

LET'S PLAY!

1

W1	2	3	4	5	6	7	8
W2	9	10	11	12	13	14	15
W3	16	17	18	19	20	21	22
W4	23	24	25	26	27	28	29
W5	30	31	32	33	34	35	36
W6	37	38	39	40	41	42	43
W7	44	45	46	47	48	49	50
W8	51	52	53	54	55	56	57
W9	58	59	60	61	62	63	64
W10	65	66	67	68	69	70	71
W11	72	73	74	75	76	77	78
W12	79	80	81	82	83	84	85
W13	86	87	88	89	90	91	92
W14	93	94	95	96	97	98	99
THE END!	100	I DID IT! #100daysofSPARKpractice HERO!					



Intentional Practice as a Practice

My intention for this project is: _____

My core authentic values: _____

Any changes happening? Resistance coming up this week? Anything feeling scary? Exciting? Really busy / not busy?

Big Goal / Wish for This Week (from the 100days Project Plan - do you need to modify it?)

Any Unblockables you need to address to be able to move forward on your Big Goal / Wish?

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MY WEEK AT A GLANCE / BIG EVENTS

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

MY FULL LIFE INTENTIONS

SELF CARE	LEARNING / SELF EXPANSION	PLAY DATE & FUN
HEALTH	FRIENDS & FAMILY	ADMIN, MONEY & RESOURCES

Rocket Launch my Week

What I'm looking forward to the most:

I'll feel like this week is a success if:

Share with your friends #100daysofpractice #100daysofsparkpractice



MY DAILY BIG OBJECTIVES

These are my overarching ideas to keep in the background of my head today.

MENTAL

MUSICAL

MECHANICAL

< SOUND PERFORMANCE ATTUNED INTONATION RHYTHM KINETIC

When I visit each pillar during my practice sessions, all of my playing levels up across the board. I use specific strategies in each SPARK, and I know that I'm getting stronger mentally, musically, and mechanically (technique). I can vary the intensity of my SPARK Practice sessions to fit with my day and training plan. When I use SPARK Practice, I'm a better player.

SESSION 1 WARMUP

S

P

A

R

K

SESSION 2

SESSION 3

SESSION 4

SESSION 5

SESSION 6

TWO CHALLENGES

While I'm working, I'm solving two challenges maximum. Once I find a solution for one of my big challenges, I add another. I work on the biggest problems first and work my way to smaller challenges.

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WHAT WENT WELL?

At the end of the day, I always write down a few things that went well. To be an objective self-learner and coach, I learn to recognize the things that went well too. This is #happypracticing. Bravo!

