



The How

Tips and tools for effective practice



What does practising look like?

- The Practice Room
- Where's your guitar?
- Get organised
- Book the time
- Remove distractions
- Get a buddy



An aerial photograph of a tropical coastline. The top half of the image shows deep blue ocean water. A narrow, white sandy beach runs diagonally across the middle. Below the beach is a shallow lagoon with turquoise water and visible coral reef patterns. The bottom half of the image shows a vast, flat, green landscape, likely a grassy field or wetland. The text "The World Can Wait" is centered over the beach area.

The World Can Wait

A photograph of a wooden desk with a red leather notebook and a pencil holder filled with blue pencils. The background is a wooden wall with vertical planks. The right side of the image is faded into a white background where the text is located.

Tools

- Teacher
- Metronome
- Recording device
- Timer
- “Slow down” apps
- Notebook
- Pencil

The warm up



STRETCHES (SEE
BONUS VIDEO)



SLOW!



USE YOUR BRAIN...

Healthy practice

- Keep hydrated
- Don't just sit there!
- Cool down
- Avoid injury...
- (Alexander Technique)

