General Practice Guidelines:
- Formulate a plan (could be done night before) Keep it fluid and understand goals constantly change

- Practicing different areas of study and allotting time for each (coming up with practice areas that keep you interested and motivated)

- Practice throughout the day, stay connected, mentally practice away from the guitar. This really works!

The Different Element of a Practice Routine:
- **Warmup**, stretching

- **Technique session**, constant analysis, developing gestures or reflexes instead of focusing on each note, new techniques etc...(avoid mastered licks, new techniques improve overall technique)

- Find ways to make the guitar easier, not harder (walking into chords, economy picking etc…)

- **Theory/ear training** (Eventually transcribing. Understand that there are different areas of transcription and that different styles of music are transcribed differently) Always something new to learn, how a style works etc…

- **Improvisation/creative expression** (applying theory & ear training)

- **Write something** (if that is a goal)

- **Playing music you love** (your own or others, assignments, upcoming performances, etc.)

- **Music Analysis** - Understanding how and why the music you play works. Start with one small piece of analysis per day (Premium and Premium Plus subscribers of mine can send me their analysis work to check for them)

- **Cool down** - Post practice stretches

- **How I Learn a Difficult Guitar Passage** - Overcoming technique hurdles (isolate, find a pattern, note building bursts, looped speed bursts, understand how the brain learns technique by creating one event from large amounts on notes)

- **Sample Practice Routine**: About 2 hours (doesn't all need to be done in one session)
- Warmup/stretches 5 min
- Technique (using examples from exercises (my technique courses) to sections of music that challenge you) 30 min
- Theory & ear training 20 min
- Write something 20 min
- Playing music 30 min
- Music analysis 10 min
- After practice stretches (planning out next day's practice, creating a practice log etc…)