

# SETTING GOALS

Practicing efficiently & consistently

Setting obtainable goals is key to progressing at any endeavour. Long-term goals can be fairly ambitious (and probably should be!), but the trick to achieving them is setting realistic short-term goals that guide you step-by-step in the right direction. **Writing goals down** helps keep you focused. A good way of doing this is having a practice log, setting goals each month, then coming up with exercises that help you achieve these goals. In order to strengthen a range of musical skills, it's good to set goals that vary in focus (e.g. rhythm, technique, note choice). Exercises can then be based on the areas outlined in the 'Areas of Study' pdf.

## Long-Term Goals (years - a lifetime)

- e.g. Be able to improvise a musically interesting walking bass line over any jazz standard.
- e.g. Be able to confidently solo over Jazz progressions

## Medium-Term Goals (monthly)

- e.g. Learn to use Melodic Minor Scale
- e.g. Be able to incorporate ghost notes into walking bass line.
- e.g. Learn three major II, V, I vocab lines

## Short-Term Goals (daily exercises)

- e.g. Play Melodic Minor Scale in 1st position in 5 different keys at 100 bpm
- e.g. Add ghost note to beat 1 of every bar whilst playing through Autumn Leaves.
- e.g. Play Major II, V, I line in all 12 keys over backing track at 100 bpm

