

Practicing vs playing

Practice means to sit down and methodically go over a new idea or song, playing is grabbing your instrument and bashing that same riff you've been playing the last 6 months

Set a goal!

There's nothing more unmotivating then sitting down to practice without any purpose in mind

How to practice effectively!

Slow down!

I say this a lot but its true!
Practicing slowly will build all the right habits

Be kind to yourself

music can be a challenge so be prepared to not get things right away

