

Practice Time for Music Beginners

1. Aim to practice every day.

Even the best musicians strive to practice their instrument daily. Make practice a part of your daily routine. Determine when the best time for you to practice is. If you like practicing in the morning, get up **30** minutes early so that you won't be late for work. If you're an evening person, do your practice before going to bed or before you become sleepy. If you skip a practice day, don't worry; but do try to make up for the missed practice session by extending your practice time for at least five minutes for your next session.

2. Practice for at least 20 minutes.

Why **20** minutes? I find that this is a manageable time for beginners; it's not so short that you get nothing done and not so long that you end up feeling bored. When I say **20** minutes it refers to the lesson proper itself. Devote five minutes for warm-ups and five minutes for cool downs, just like a regular exercise. That means you must set aside at least 30 minutes a day for practice sessions. That's not too long, right? You can spend longer than that standing in line at a check-out counter. As your interest grows you'll find that your daily practice time will also extend.

3. Reward yourself.

If you've just learned playing a piece you've previously had trouble with, by all means, reward yourself. You don't have to splurge. Just doing something you particularly enjoy is a reward in itself. Grab a latte at your favorite coffee place, rent a movie, etc. Rewarding yourself will give you a moral boost and further inspire you to learn.

4. Be open to your teacher.

If you're taking individual or group lessons make sure that you communicate with your teacher. Consult your teacher if there's an area you're struggling with or if there's something you don't fully comprehend. Your teacher is your ally, and is there to help you. Be open and don't feel embarrassed to approach your music teacher if you're having difficulty with a certain lesson or music piece.

5. Make your practice area comfortable.

Is your seat comfortable? Is the room well ventilated? Is there proper lighting? Make sure that your practice area is comfortable and free from distractions so you can concentrate when practicing.