



HOW TO GET THE MOST OUT OF YOUR PRACTICE SESSIONS

Step 1: Write Down Your Guitar Playing Goal

(Remember to be VERY specific)

Step 2: Write Down Your Guitar Playing Weaknesses

(That you are now going to work on until they become strengths!)



The Ultimate Practice Session Blueprint

- Use the E.M.A Formula as described below
- Spend 1/3 of your practice session in each section
- IMPORTANT! Complete these steps in order

E=Exercise

- Develop the strength & agility necessary to be able to play the things you want to be able to play on the guitar.
- Develop the “MIND-BODY connection”

BEST PRACTICE: ‘The Workout’ in the original GMM course.

M=Mind

- Work on theory & guitar knowledge.
- Learn new chords, scales, chord progressions, improvisation techniques, etc.

BEST PRACTICE: ‘The Theory’ in the original GMM course.

A=Action

- Bring your physical & mental guitar skills together.
- Learn songs, practice your improvisation, write a song or solo, study your favorite guitarist.

BEST PRACTICE: Decide BEFORE you start, what you want to achieve.

RESULTS ARE THE BEST MOTIVATION!