



## Launch your Virtuous Moments

### **You Need:**

- Practice Schedules
- Timer
- Metronome

### **Step 1: Preparation**

- Fill in your practice schedules.  
Ask your teacher to help determine priorities for this week.

#### **For exercises, scales etc.:**

- Subdivide your practice hours into twenty 3-minute segments.

#### **For your repertoire:**

- Decide how long you will practice each piece.
- Subdivide the time and the piece into short Virtuous Moments.
- Determine one priority to work on today for each piece.  
(For example: intonation, shifting, dynamics, or pacing)

### **Step 2: Practice**

- Set the timer for your first Virtuous Moment and begin practicing.  
Don't stop until the timer rings.
- Immediately set the timer for the next Virtuous Moment and continue to practice.
- Important: Do not exceed or shorten the time you have planned for each exercise.  
You can make changes on tomorrow's schedule.
- Use the metronome for every exercise! You will develop an impeccable sense of rhythm, and the metronome will teach you discipline, patience, and concentration.

### **Step 3: Review Your Progress**

- Take a well-deserved rest for at least 15 minutes after every hour of practicing.
- Review what you have accomplished and write down changes for tomorrow.
- If you feel an exercise is becoming too easy, change it.  
Invent variations in rhythm, strokes, dynamics, etc. to keep it fresh.