**Reflection/Goal Setting**

Research shows that this is one of the most powerful things you can do to improve your playing.

**Reflection** – The questions that are listed are just to give you some things to think about. You don’t have to answer them. You do need to provide some **thoughtful** reflection about what went well and what did not go well in this session.

Example: I was really surprised at my progress on the run in movement three. Slowing it down is making a huge difference. Today was the first time I have tried playing my scales up to the high A and it was difficult. I might need to spend more time on that next time.

**Goal Setting** – Set a S.M.A.R.T. goal for your next practice session based on the information in your reflection.

Example: In movement three I still need to work on the run. I want to play it as smoothly and evenly as today, but at a faster tempo (quarter = 148). I will spend 10 minutes of my warm-up working on long tones up high (high C to high A) to help extend my scales into the upper register.