1. **Set aside time** - block out your week for your practice. If you just wait till when you have a spare moment it will never happen.

2. If you don’t have hour-long slots, do **micro-sessions**. 10-15 minutes several times in a day will work just as well.

3. Do some exercises - Look to the pianopicnic.com/blog for finger & wrist exercises.

4. **Start with FUN.** Practice something you’ve already mastered and just play it for fun. This will warm up your hands a bit and remind you how far you’ve come, and how much you enjoy playing.

5. **Play through it** - Try playing through what you don’t know or haven’t mastered yet. If you make a mistake, move on and come back to it later. Work on each tricky passage individually but don’t overdo it, spend no longer than 15 minutes on one thing.

6. **Don’t just play notes.** Express what you are feeling when you play, or think about the song and what type of feeling the song wants to express and bring that out.

7. **Don’t play boring songs.** If you’re not into it, move on. Find a song that you love, you’ll be more motivated to get it done.

8. **Don’t just practice scales at constant tempo and touch,** experiment with alternative rhythms and dynamics - play the scale notes ascending and descending but add some flair!

9. **Set yourself goals and rewards.** Set yourself a goal, break it down into manageable bites and block it out for your practice sessions. Tick off each completed one and reward yourself once you’ve accomplished it!

10. **Seek out inspiration:** Go to a concert, watch a performance video, or find new music to listen to, but FIND things that spur you on for your piano journey.