

WORKSHEET 2

OPTIMISING YOUR OWN PRACTICE PROCESS:

THE BALANCE WHEEL

Step 1:

List the important aspects for practicing (for you) and put them in the segments of the wheel (e.g. time, methods, concentration, motivation, repertoire, environment... – see example on the next page).

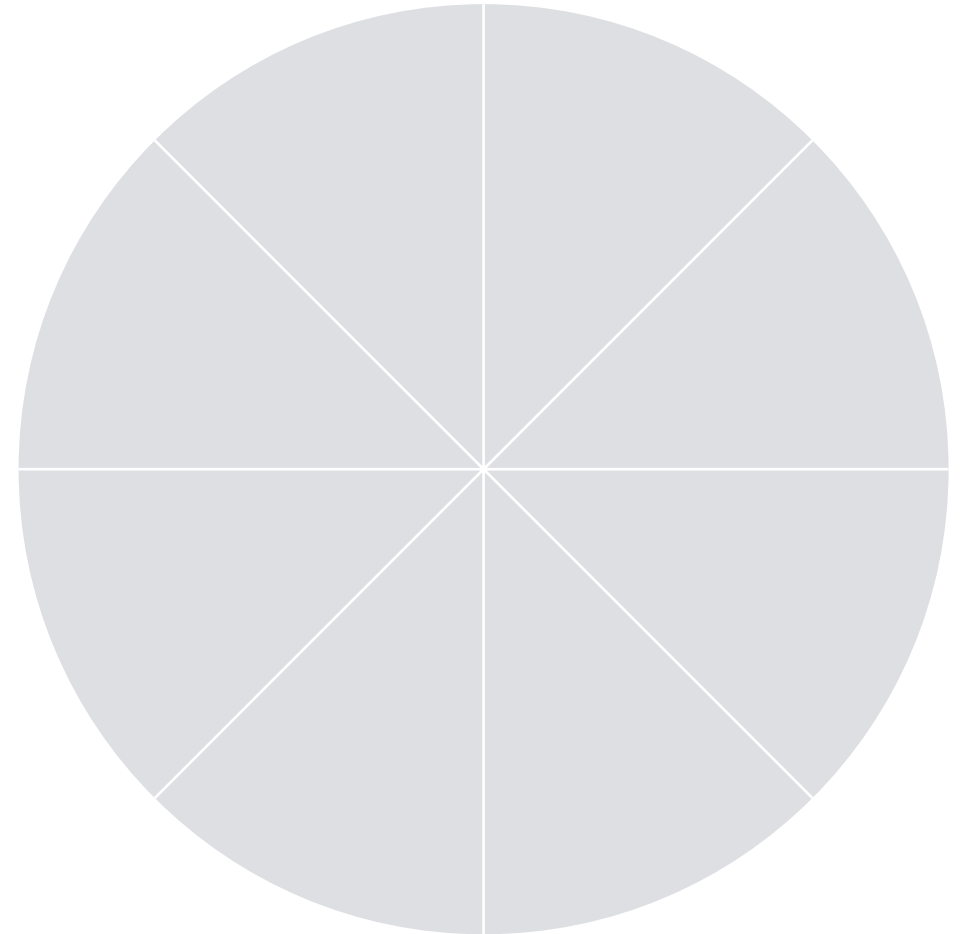
Step 2:

Rate each section according to **how satisfied** you are with it (not how important you think it is).

Step 3:

Answer these questions:

1. When you look at the wheel as a whole, what strikes you?
2. What links do you see between the ways you have scored different segments?
3. How much energy do you have for change in the areas where you have given a low score for satisfaction?
4. Change in which area/s would have the biggest impact on the whole?
5. Where there is a low score, what would it take to make that a higher score?
What possible steps could you take towards achieving this?



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CASE STUDY: EXAMPLE OF A BALANCE WHEEL

Tim – a trumpet student in year 2 does the balance wheel exercise:

Tim's observations:

1. When you look at the wheel as a whole, what strikes you?
I don't really enjoy practicing. Repeating things over & over is boring. I'm not happy with my ability to organize or my concentration level. I feel fit and I really think I could be good. I like the pieces I'm working on.
2. What links do you see between the ways you have scored different segments?
I think the way I'm practicing isn't very interesting; I don't improve enough so I lose motivation. I have enough time but I'm not organizing it well.
3. How much energy do you have for change in the areas where you have given a low score for satisfaction?
A lot – I really want to improve and I have a lot of energy – but I'm not always sure what to do.
4. Change in which area/s would have the biggest impact on the whole?
Organization.
5. Where there is a low score, what would it take to make that a higher score? What possible steps could you take towards achieving this?
If I could organize my practice routine better and find out about and use some effective methods that can bring noticeable improvement, I would feel more motivated to practice.

