

C.H.O.R.D.S.

Six simple habits for better music practice

Small, focused sessions build strong musicians. Aim for progress, not perfection.
“Let us not grow weary in doing good, for in due season we will reap, if we do not give up.” Galatians 6:9

C Consistency (You are faithful through Christ!)

A short daily session works better than one long weekly session.

TRY THIS: Practice at the same time for 15-20 minutes.

H Hands & Posture (God perfects us in our weaknesses!)

Sit tall, relax your shoulders, support your feet, and curve your hands gently.

TRY THIS: Release tension in your shoulders, wrists, and fingers.

O One Section at a Time (Jesus is your source of unlimited patience & lives in you!)

Isolate the hardest measure or phrase instead of repeating the entire piece. Follow finger suggestions (work smarter, not harder).

TRY THIS: Repeat one small section correctly, then connect it.

R Record & Track (Holy Spirit is teaching your hands to war and fingers to fight!)

Note what you practiced, how long you worked, and what improved.

TRY THIS: Mark every session in a notebook, calendar, or app.

D Discipline (You have the gift of an excellent spirit through Jesus!)

Practice when motivation is low, and correct mistakes before they become habits.

TRY THIS: Play the corrected passage slowly three times.

S Simplify (Have fun, laugh at your mistakes, they are proof of learning!)

Slow down and learn each hand separately before combining them.

TRY THIS: Right hand, left hand, then both hands slowly.

A SIMPLE 20-MINUTE ROUTINE

3 MIN Warm up Scales or finger exercise	7 MIN Hard spot One measure or short phrase	7 MIN Build Hands separate, then together	3 MIN Finish Play through and record notes
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Celebrate progress!

You can do all things through Christ, Who strengthens you!

You are more than a conqueror!

Nothing is impossible for you, because nothing is impossible for God!

Greater is He that is in you!

Whatever you do, work at it with your whole heart for God, not man.