



Use this space to show what to you is a great harpist. What qualities do they posses? Use words, pictures, colour – be as expressive as you like!

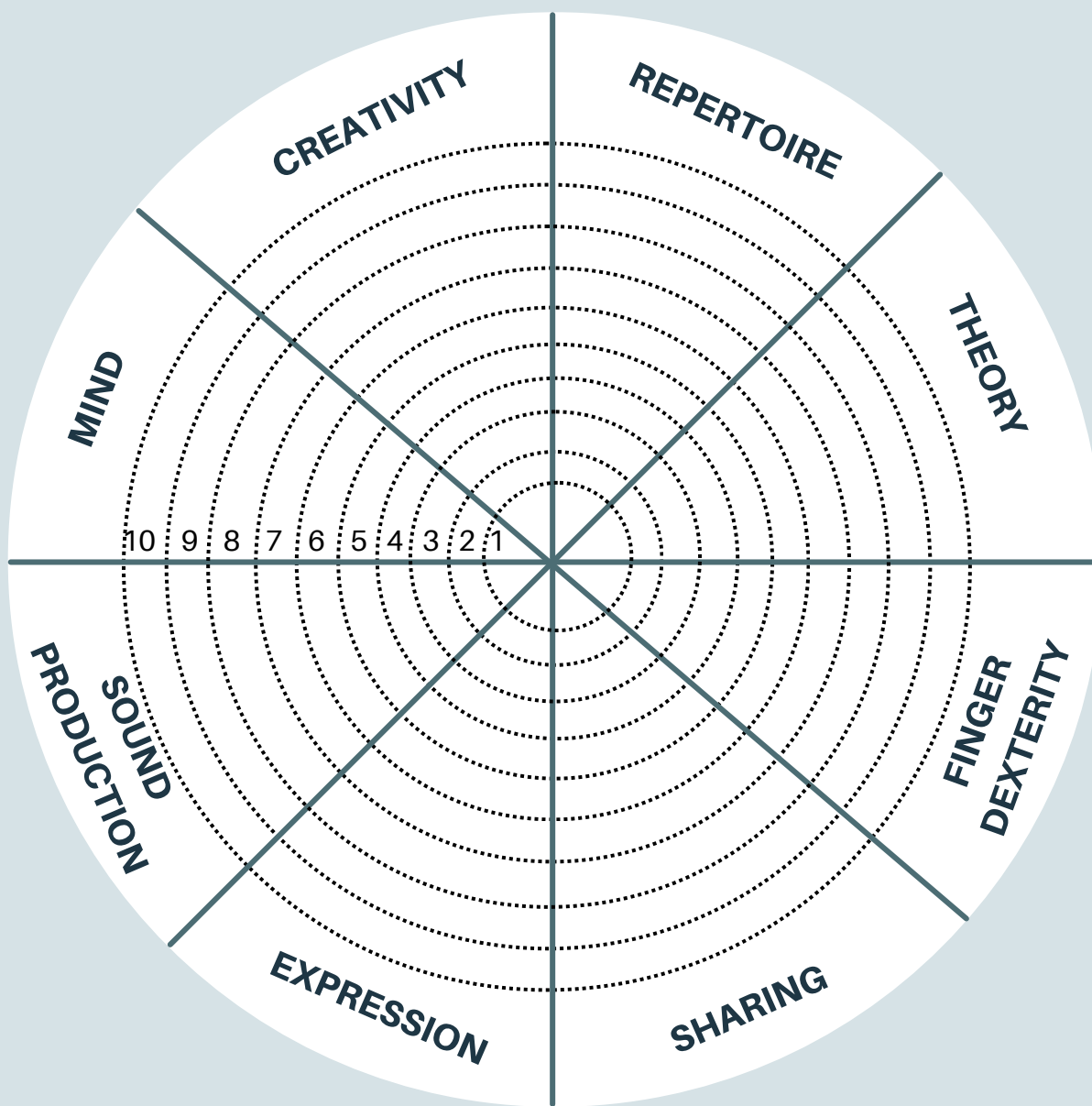
Does expression play a part??

Wheel Of Harping



Assess Your Harping

Assess your level for each category on the harping wheel.



In 1 Year...



WHERE WOULD YOU LIKE TO SEE YOURSELF IN ONE YEAR?

WHAT ARE YOUR MAIN
DEVELOPMENT AREAS?

WHAT ARE YOUR GREATEST
STRENGTHS?

WHAT WILL IT MEAN TO GROW IN THE AREAS YOU HAVE IDENTIFIED?



Year Plan



Write down some goals based on your
'In 1 Year' answers.

Use the calendar to plan when you aim
to complete each goal by.

YEAR:

YEAR GOALS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

MONTH BY MONTH

JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC

3 Month Plan



GOAL



My goal in 3 simple targets:

Target 1

Target 2

Target 3



Action Steps:

Action Steps:

Action Steps:



3 Month Plan



GOAL



My goal in 3 simple targets:

Target 1

Target 2

Target 3



Action Steps:

Action Steps:

Action Steps:



3 Month Plan



GOAL



My goal in 3 simple targets:

Target 1

Target 2

Target 3



Action Steps:

Action Steps:

Action Steps:



1 Month Plan



MOTIVATIONAL QUOTE

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4

WEEK 5

GOALS

Practice Journal



Before you begin your session

DATE:

THE GOAL / ACTION POINT I AM FOCUSING ON IS

MY TECHNICAL EXERCISES ARE

MY CURRENT REPERTOIRE IS

HOW AM I FEELING ABOUT THIS PRACTICE SESSION

Warming Up

WHAT WENT WELL

WHAT COULD HAVE GONE
BETTER

Repertoire Work

TITLE:

WHAT WENT WELL AND WHAT
COULD HAVE GONE BETTER

NEXT STEPS

Practice Journal



Repertoire Work Continued

TITLE:

WHAT WENT WELL AND WHAT
COULD HAVE GONE BETTER

NEXT STEPS

TITLE:

WHAT WENT WELL AND WHAT
COULD HAVE GONE BETTER

NEXT STEPS



Reflection

How do you feel after your practice?

Use this space to reflect on everything from your practice session. What went well? Where could you improve? How are you feeling now? Make sure you reflect on the positive as well as areas for improvement.

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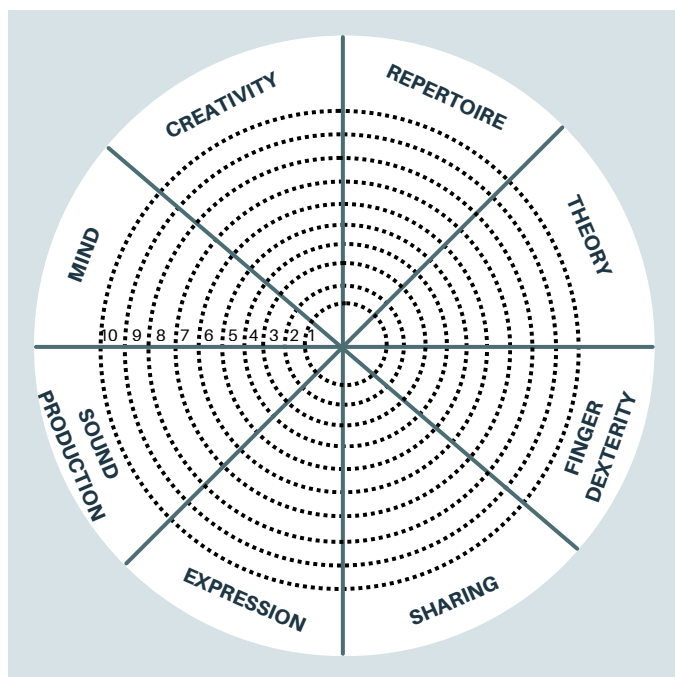


Month Review



Revisit your wheel of harping

DATE:



Did you meet your goals, targets and action points for this month?

YES

NO

WHY OR WHY NOT?

WHAT WENT WELL

WHAT COULD HAVE GONE BETTER

MY NEXT STEPS ARE