



## CONTRACT WITH MYSELF

I \_\_\_\_\_ promise to work hard to become the best musician I can be. I promise to believe in myself, celebrate my achievements, and forgive myself for any mistakes. I will do my best to practice for at least 30 minutes a day, 5 days a week, and keep track of my practice so that I can improve my talent every day. I promise to be creative and open-minded to new ideas and enjoy my journey to becoming a better musician.

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My signature

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Instructor's signature

# STAGES ACADEMY

## ABOUT ME:

LEVEL: \_\_\_\_\_

DATE: \_\_\_\_\_

What is my favorite music to listen to?

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What are my favorite things to practice?

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What else would I like to learn or improve on?

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What are my musical strengths?

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What are my musical weaknesses?

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What are my biggest goals for my music in the future?

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# STAGES ACADEMY WEEKLY PRACTICE LOG

PRACTICE LIST

MON TUE WED THU FRI SAT SUN

	MON	TUE	WED	THU	FRI	SAT	SUN
Total Time:							

NOTES:

# STAGES ACADEMY PROGRESS REPORT

Date: \_\_\_\_\_

Primary Goals:

- 1.
- 2.
- 3.

Secondary Goals:

- 1.
- 2.
- 3.

Recommended Resources (books, videos, apps, albums, etc.)

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Progress Update:

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