

Practicing Smart

Solutions for Effective Practicing from
The Practice Revolution by Philip Johnston

| Problem | Solution |
|---------------------------------|----------|
| Mindless Repetition | |
| Always starting from the top | |
| "Shiny object polisher" | |
| Speed demon | |
| Clock watcher | |
| Chronic traffic sign violator | |
| "Bad Bricklayer" | |
| I can play it perfectly at home | |
| Impulsive spider finger fanatic | |
| King/Queen of procrastination | |