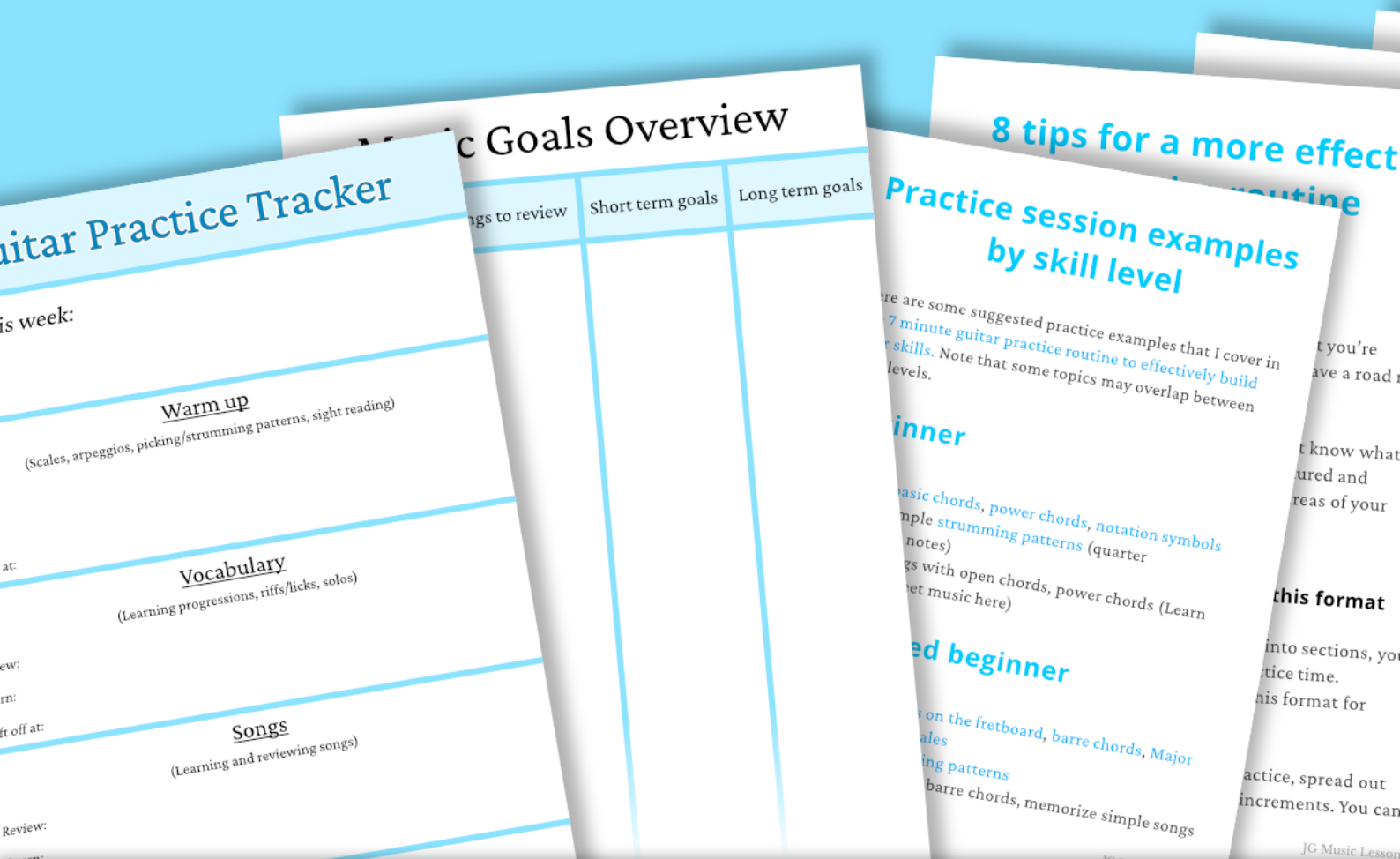


The Guitarist's Practice Blueprint

Track your musical goals and effectively level up your skills!



JG Music Lessons

The Guitarist's Practice Blueprint will help you achieve your musical goals by making it easier to track your progress, how and what to practice depending on your level, and tips to make your practice more effective!

If you already [signed up on the site](#), you'll get further insights and tips to advance your musical skills!

Let's get started!

You can print the following two pages if it helps you to keep physical copies of your progress.

Guitar Practice Tracker

Goals this week:

Warm up

(Scales, arpeggios, picking/strumming patterns, sight reading)

Review:

Learn:

Left off at:

Vocabulary

(Learning progressions, riffs/licks, solos)

Review:

Learn:

Left off at:

Songs

(Learning and reviewing songs)

Review:

Learn:

Left off at:

Experiment

(Create, record, have fun)



Music Goals Overview

Songs to learn	Songs to review	Short term goals	Long term goals

Practice session examples by skill level

Here are some suggested practice examples that I cover in the [7 minute guitar practice routine to effectively build your skills](#). Note that some topics may overlap between skill levels.

Beginner

- Learn [basic chords](#), [power chords](#), [notation symbols](#)
- Learn simple [strumming patterns](#) (quarter and eighth notes)
- Learn songs with open chords, power chords ([Learn with free sheet music here](#))

Advanced beginner

- Learn the [notes on the fretboard](#), [barre chords](#), [Major scales](#), [minor scales](#)
- Learn [fingerpicking patterns](#)
- Learn songs with barre chords, memorize simple songs

Intermediate

- Learn **pentatonic scales**, **blues scales**, **7th chords**, **Major triads**, **minor triads**
- Learn strumming patterns with muted notes
- Learn **how to improvise** over simple chord progressions

Advanced Intermediate

- Learn **melodic minor scales**, **harmonic minor scales**, **chord inversions**, **shell chords**
- Learn **Travis picking patterns**
- Learn songs with 7th chords, shell chords or finger-style arrangements, **develop improvisation skills**

Advanced

- Learn **diminished scales**, learn to play in all **key signatures**, **learn to connect a melody and chords**
- Learn **drop 2 chords**, learn **jazz chords**
- Memorize song arrangements and entire solos

8 tips for a more effective practice routine

- **Keep track of practice material**

Use a guide like this one to remember what you're working on and set specific goals so you have a road map for what to practice ahead of time.

This way you will never feel like you don't know what to practice and it can give you a more structured and balanced approach to develop different areas of your playing.

- **Adjusting practice time using this format**

You may find that by dividing practice into sections, you can be more effective for a limited practice time.

However, you can always stretch out this format for however much time you have.

For example, if have 20 minutes to practice, spread out each of the four sections in 5 minute increments. You can



even set a timer if that helps you. It could look something like this:

- 5 min - Review new chords
- 5 min - Review strumming/picking patterns
- 5 min - Review scale patterns/licks/riffs
- 5 min - Review a song of your choice

If you want to extend your practice sessions, you can also add other sections for specific topics you want to improve on. Depending on your skill level, this can include topics like reading notation, learning chord melodies, practicing riffs/melodies, or improvisation.

• **Schedule your practice time**

Jotting down your practice time will help you to be more consistent once you prioritize it on your schedule. For example, I set a reminder on my phone but you can use whatever works best for you.

Even if we're super busy, we can fit in a short but intentional practice time. You can try starting with the [7 minute practice session](#) and then adjust it according to how much time you have.

- **Remove distractions**

Remove whatever might be getting in the way of your practice time whether it's your phone or tv. If possible, you can also choose to work in a quiet or separate space to maximize your ability to concentrate. Sometimes I like to set a timer to stay focused on a specific topic and to be intentional with the time I've set out.

- **Consistency is key**

Like with any skill you want to develop, you will get better the more you continue to do it regularly. In my opinion, practicing 10 minutes a day is more effective than 1 hour once a week because the material remains fresh as you review it more frequently. Also, you are building the muscle memory in your fingers which helps you to play with more ease the next time you pick up your instrument.

- **Use a metronome**

Simply google [metronome](#) to quickly access one right away during practice. This will help you be conscious of keeping good timing when playing/practicing. I suggest practicing things at a slow tempo and gradually

build up your speed with good technique and rhythm rather than trying to play too fast with sloppy technique and bad timing.

During practice, you can try pushing your limits with tempo but slow things down again when you see that your timing or technique are not keeping up.

- **Practice recording yourself**

If possible, I recommend learning to record yourself as you practice your instrument. This can give you a better perspective of what you're sounding like and what you want to develop in your playing.

Also, recording can simply make practicing way more fun and interactive. For more, see these [6 benefits of recording to practice music](#).

- **Transcribe**

Transcribing is learning to [play what you hear](#) on your instrument whether it's a short riff, a melody, or an entire solo. The point of transcribing is to extract musical information to learn from it and apply it in our playing. This process helps you to identify what makes a

phrase or solo sound good by taking a closer look at a musician's note choices, patterns, and even tone.

Transcribing can be even more effective if you write out the music in order to analyze it more clearly. You will also be able to review material more easily once you have things written out.

As soon as you are able, I suggest trying to transcribe different riffs or melodies from your favorite songs and even try [writing down your own musical ideas on sheet music](#).

Free practice resources

Check out the [Learning Paths](#) page to get free tools for learning guitar based on your level! This includes a variety of topics from chords, scales, songs with tabs, picking/strumming and more!

Wrapping up

I hope this guide gives you tangible steps and tips to improve your guitar skills!

If you need clear step by step instructions to kickstart your guitar learning journey, check out the ebook:

[Guitar Essentials: A step by step guide to learning guitar](#)

Great job for taking the time to invest in your skills!

All the best,

- JG

jgmusiclessons.com

