

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	