



Ellie's Six Week Practice Challenge

Week 6 Review

Please try to fill in this sheet with honesty and for your own benefit. If you have not 'completed' the challenge, fill it in anyway, relevant for anything you DID get done!

Did you achieve 6 weeks practice or did life get in the way? If so, did you get 'back on track' at all?

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Condense whatever you have learned about you and your practice into just THREE points, starting - if you can - with the most meaningful to you.

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Would you like to do the challenge again, on your own steam or with a friend? If yes, write down the name of a friend who you could do one with. It's quite fun, really! Maybe you could even plan a performance together...

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Do you feel content that you made some achievements? Disappointed? If you give yourself a mediocre review - like a 'must try harder' school report - be wary in future of setting too unrealistic targets. The sense of achievement you get when you stick to a goal chosen by you, for you, is huge! However, nothing wrong with shifting goal posts. Being ambitious is super powerful too! Go forward with joy, positivity and gratitude.

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