

The Dan Thorpe Acoustic Academy

Secret Bonus January 2021

Plan Your Year

[WATCH THE VIDEO THAT GOES WITH THIS GUIDE HERE](#)

STEP 1 - Write down one big thing you want to achieve this year (e.g., build a strong repertoire of 5 songs).

- Every person's goal should be unique to them – a powerful question to ask yourself is why you wanted to play guitar in the first place, and what excited you about the guitar?
- Common goals students tell me is to learn to play 3-6 songs (this is a good first goal).
- Other goals include learning the fretboard, learning to play and sing, improving theory, being able to improvise, etc., but...

Think about what excites you, not what people tell you, you should do. That is key.

STEP 2 - Break your goal into smaller goals by writing down one thing you want to achieve for each month of the year.

If "learning 5 songs" is your big goal, smaller sub-goals could be:

- Jan - Improve the chord changes for a certain song
- Feb - Learn how to play a new song
- March - Finish off a song you have started learning but got stuck with
- April - Record your repertoire of songs on video and get feedback
- May - Start learning a song that you have always wanted to play

Think very carefully about these monthly sub-goals. Often, these goals pinpoint the issues that cause the most frustration within your playing.

STEP 3 – Rewards, benefits, and barriers

- **Write down a reward you will give yourself** for achieving a monthly sub-goal from step 2.
- **Identify the benefits of each sub-goal.** This helps you see why this is important and will motivate you going forward. Goals with multiple benefits are great.
- **Think about possible barriers** you'll encounter along the way. Doing so will help you prepare for them and spot solutions for overcoming them.

Write your plan from the above three steps on a wall calendar and hang it prominently in the room where you practice guitar. This will make sure you look at this plan often and will help you to stick to it.

STEP 4 – Review your progress each month

- On the last day of each month, **analyze** what you did well, and what didn't go so well.
- **Celebrate the "wins"** and adjust the plan if need be (this is fine to do as plans can be fluid).
- (Optional – but highly recommended) **Write down three successes** for the month and celebrate them being proud of the little things you have achieved.

Remember to watch the video lesson that comes with this guide to make total sense of these notes.

[WATCH THE VIDEO HERE](#)

Good luck with your playing for 2021!

- **Dan Thorpe**