1. So, I am a semi-regular guitar player. I am not the best, but I have an understanding of the instrument. I can do simple chord progressions and what not, but one thing that has really plagued my playing recently is my left hand. Over the past year my coordination in my left hand has deteriorated. I find it harder to control my left hand doing everyday tasks like something as simple as holding something with my fingers. My left hand has become very shaky, and on certain days it will tremor (think Captain Miller in Saving Private Ryan).

I'm not going to lie, it is slightly horrifying as the cause for this issue is unexplainable as of now, but working through it is something I really want to do. I've really noticed that it's become harder to coordinate my fingers to play the right notes on my guitar, so for the past week I have practiced just that: coordination. It's something I NEED to get better at.

5. How will I overcome these obstacles? For starters, I recorded my progression in front of my girlfriend instead of other methods and quite frankly I am glad I did it that way because the results are slightly embarrassing. I only noticed slight progression with my coordination in my left hand. Now, I am thinking I might need to see a doctor about it because it impacts my everyday life. I do have an anxiety disorder, so that may be the root cause. Fortunately I was able to learn some new songs like Mac Demarco's Freaking Out The Neighborhood  (2012). I didn't want to record audio of my playing because I already am an amateur guitar player, but having to play with a nightmare of a left hand is even worse, let alone in front of my significant other. While we both noticed slight progression in my coordination, there wasn't a marked increase in skill.

But, the realization that practicing for such a small amount of time everyday has brought some improvement has given my hope that the longer and harder I practice the better I will become. I also have my bass guitar which I find easier to play as I don't have to be as precise with my fingering. Nevertheless, the easy way out in the past has proven to garner a more lackadaisical attitude towards daily habits, so in practicing these past 7 days, I have learned to continue to push past my obstacles no matter how large and imposing they may seem: especially when the failure is in private, and not in front of others.