

**Title:**

Guitar Lesson - The Secret To Improving Your Playing Fast

**Word Count:**

349

**Summary:**

A core aspect of guitar practice is goal setting.

To put it bluntly - you must set goals!

Let me explain why this is so important. Hopefully my explanation will show you just how important, and incredibly powerful, this technique is if you want to be constantly improving as a guitar player.

If you set goals you give your sub-conscious mind something clear to focus on.

When you write down your goal, and commit to doing it, you have set something in motion. By writi...

**Keywords:**

guitar lesson, learn how to play guitar

**Article Body:**

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Let me explain why this is so important. Hopefully my explanation will show you just how important, and incredibly powerful, this technique is if you want to be constantly improving as a guitar player.

If you set goals you give your sub-conscious mind something clear to focus on.

When you write down your goal, and commit to doing it, you have set something in motion. By writing it down, you're making it much more likely to happen.

So, you must set some goals and write them down.

I know this may sound unimportant to you at the moment, especially if you have never used this technique before.

But trust me on this...Before I set goals to work on in my practice I was highly frustrated with the lack of results I was getting.

Goal setting keeps you focused and makes you get what you want from your practice.

Also, if you don't set goals, you don't have anything clear to measure how well you've progressed. This can mean that you don't progress much at all, or you don't notice your progress.

This can lead to lack of desire to play guitar and lack of desire is a 100% guaranteed route to failure.

That's not what you want, is it?

So, in summary:

You must cover each of these points:

- You must set long-term and short-term goals.
- You must read & review your goals before you practice.
- You must focus on completing these goals while you're practicing.
- When you finish practicing, review your goals and tick off the goals you have completed.
- If you miss a goal, don't worry! Review the goal and decide if it was realistic enough. If it wasn't realistic, change it until it is. If you still feel it is realistic, leave it there and work on it next time.
- It helps to make your goal time limited. (E.g. Within 30 days) This will help keep you focused and accountable.