

## ***FLOW*** PRACTICE and TROUBLESHOOTING TIPS

### ***FLOW*** TIP #1: CREATE AN OPTIMAL PRACTICE ENVIRONMENT

Ask yourself: Is my practise space comfortable and practical? Can I reduce distractions?

### ***FLOW*** TIP #2: SET CLEAR, ACHIEVABLE SUB-GOALS THAT ARE 'JUST-RIGHT'

Ask yourself: Have I set a 'just-right' goal? Am I having regular feelings of success?

### ***FLOW*** TIP #3: GET COMFORTABLE BEFORE PLAYING

Ask yourself: Am I moving comfortably in a whole body way? Am I aware of my breathing? Do I feel relaxed in my practice space?

### ***FLOW*** TIP #4: IMMERSE YOURSELF IN YOUR SENSES

TOUCH: Ask yourself: What can I feel as I play? Can I feel every movement I make? Can I feel every note?

EASE: Ask yourself: Is it a comfortable feeling? Do I feel relaxed? Does it feel easy?

SOUND: Ask yourself: Am I aware of the overtones of my sound? Can I feel the vibrations of my sound? Am I enjoying my sound? Can I draw the sound closer to my ears?

### ***FLOW*** TIP #5: EXPLORE PLAYFULLY

Ask yourself: Am I exploring my piece or just playing through it? Can I simplify this passage to get a feel for it? How about I improvise around this section to get a stronger sense of it? What novel things can I do to find out more about this piece?

### ***FLOW*** TIP #6: DREAM UP IMAGINATIVE IDEAS

Ask yourself: What is this music about? What does this music mean to me? Can I exaggerate the musical quality of these notes? Can I imagine a story or colours for this passage or piece? What is the character of this music? Can I use my imagination to enhance the sensation and expression of this music?

### ***FLOW*** TIP #7: ENJOY YOURSELF

Ask yourself: What could I do differently to enjoy myself more? Can I slow down to feel more and express more? What if I sing and gesture to enjoy more expressive feeling? How about I close my eyes, move my body and play sections from memory to enjoy the music more?

***FLOW* TIP #8: FOCUS ON CONNECTION**

Ask yourself: How about I explore the score to see how my part fits with others? Can I imagine the other parts I play with? How about I discover historical, analytical and structural aspects of my piece? How about I practice my communication skills?

***FLOW* TIP #9: TAKE REGULAR BREAKS**

Ask yourself: Am I taking regular breaks to refresh myself?

***FLOW* TIP #10: USE THE METRONOME, TUNER AND RECORDING FOR HEIGHTENED AWARENESS**

Ask yourself: Can I feel a strong beat inside myself? What physical sensations and sounds can I notice when I play in tune with the tuner? How can I become more aware of physical sensations, sound and expression when I record myself?

***FLOW* TIP #11: MAKE A CLEAR PRE-PERFORMANCE PLAN**

Ask yourself: What do I need to do to create a clear, realistic plan? What flow tips can I use to maintain a strong feeling world? What rituals can I use to make sure I feel well prepared coming into the concert? Am I using positive thinking and meditation?

***FLOW* TIP #12: BE COMFORTABLE, IMMERSE YOURSELF IN YOUR SENSES AND EXPRESS YOURSELF DURING PERFORMANCES**

Ask yourself: Is my body comfortable and breathing regulated? Are my surroundings organized and comfortable for me? Am I keeping my goals in my mind? Am I feeling every note in a comfortable way? Am I using my senses to connect with other musicians? What is the expressive feeling of this music?

***FLOW* TROUBLESHOOTING TIP #13: CHECK YOUR GOALS**

Ask yourself: Is my plan clear? Have I chosen a small goal that I can achieve now (today)? What can I do now to increase my skills so that I can achieve my chosen goal?

***FLOW* TROUBLESHOOTING TIP #14: CHECK YOUR BODY FEELING AND MOOD**

Ask yourself: Am I getting bored or lethargic? Am I getting stressed or tense?

***GOLDEN FLOW RULE***

*To play with flow, set yourself 'just-right' goals that focus on the sensory, expressive, explorative and enjoyable world of music!*