

TAC Guitar Routine

JOURNAL

THIS GUITAR ROUTINE BELONGS TO

MONTHS

_____ - _____

YEAR



A daily guitar routine designed to increase your playing consistency so you get better, fast.



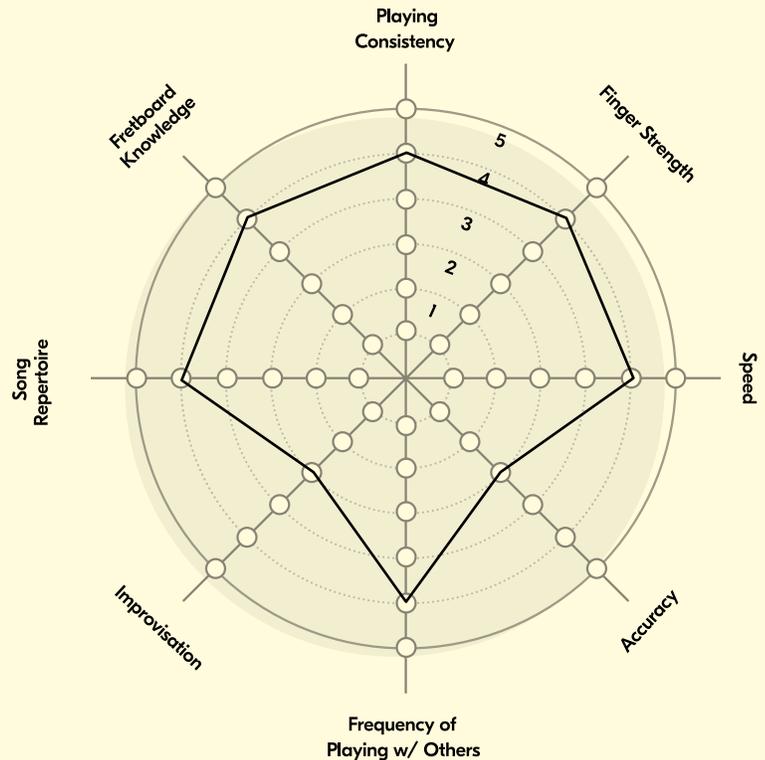
How to Use This Journal

Reflect on Your Last 90 Days

STEP 1: Complete the Wheel of Guitar Enjoyment

Get a sense for your biggest opportunities by regularly assessing your happiness in each of these eight categories.

1 is the least happy and 5 is the most happy. Draw a dot on each line and connect the dots for a visual of your guitar enjoyment well roundedness. **Do this every ninety days to watch your progress over time.**



STEP 2: Reflect on Your Progress

Before moving to your next goal, take a moment **to reflect on what you've accomplished over the last three months**. Instead of thinking of the negative things, hold space and gratitude for things that went well. This will give you a powerful sense of positive momentum going into the goal setting process.

A. List at least three wins from the last 90 days

- 1. I played at least three times a week most weeks in the last three months*
- 2. My barre chords are noticeably better*
- 3. I now understand what a scale is and how to use it to solo!*

B. List one opportunity for improvement that can make the biggest impact over your next 90 days

I noticed that when life gets busy, guitar is the first thing I stop doing and it slows my progress a lot. Over the next ninety days I'll commit to playing at least ten minutes even on days I feel overwhelmed and busy.

C. What was something that could have derailed your routine, but it didn't?

There were several weeks where I encountered daily challenges that seemed way over my head. When this happened, I always committed to trying even when I clearly couldn't do it. Looking back this was frustrating in the moment, but it made me better!

1. Set Your Next Goal



First, set a new goal that is just outside your current reach. Choose from the three types of goals listed below. If you're new to the Tony's Acoustic Challenge method, try making your first goal routine based. When you've built a consistent routine, start using skill or outcome based goals.

Routine Based: "I want to average three guitar sessions per week."

Skill Based: "I want to get good enough at hammer-ons and pull-offs to play x song all the way through."

Outcome Based: "I want to play my first open mic" or "I want to learn three new songs."

Next, break your goal into three smaller milestones. Make sure the first one is something you can commit to doing in the next 24 hours or less.

EXAMPLE

1 Your Goal & Milestones

1

90 DAY GOAL
In 90 days I want to learn the open chords in the key of G. I want to play G, C, D, Em, Am, and Bm so I can play the song "Friend of the Devil" by the Grateful Dead. My wife will be thrilled when she hears this as it is our favorite song. I'll use my Martin HD28 which she bought me as an anniversary gift. I will feel super proud playing this for her and it will be a sign that I do have what it takes to be a guitar player after all.

2

FAST START MILESTONE 1
I'll print out the lyrics and chord chart to the song and I'll make sure I have the chord diagrams for each of the chords needed.

MILESTONE 2
I'll begin by just learning to form the chords and change from one to the next. I'll do this slowly making sure things are nice and smooth.

MILESTONE 3
Once I have the chords down I'll begin singing along with my playing. Keeping it simple at first and then adding some more difficult strumming once I begin to get comfortable with it.

2. Create Your Guitar Ritual

Having a guitar playing ritual is the quickest way to remove resistance and make playing guitar more automatic and something you will look forward to.

Answer these questions with as much detail as possible. Let your guitar routine evolve over time as you test and tweak the elements of your guitar ritual that spark the most joy for you.

EXAMPLE

2 Your Guitar Ritual

1

TARGET # OF WEEKLY SESSIONS?

I will average three playing sessions per week. After doing this for the next three months I'll try increasing to five sessions per week.

2

WHERE WILL YOU PLAY GUITAR?

I'll play in my guitar room with a hot cup of tea, low lights, and my dog Jenkins by my side.

3

WHAT TIME WILL YOU PLAY GUITAR?

I'll play guitar at 8:30pm after my evening walk. If I'm feeling tired or overwhelmed, I know this time will allow me to play for at least ten minutes but it won't limit me if I'm feeling in the zone and end up playing for an hour or two.

3. Anticipate Obstacles

Anticipating obstacles and making a plan for how to deal with them has been shown to vastly increase the success rate of goals*. List one to three of the most likely obstacles you'll face over the next 90 days then make an if/then plan for each one of them.

Follow this format: "If [obstacle] happens then I will [plan]..."

EXAMPLE

3 Your Plan for Obstacles

1

POTENTIAL OBSTACLES

I have a work trip coming up and that will likely disrupt my consistency. I could get sick or family and work obligations could make me feel overwhelmed leaving no time for guitar. I have a tendency to get frustrated with my slow progress and stop playing for long periods of time.

2

PLAN

- If my work trip disrupts my playing consistency, I won't beat myself up. Instead I'll get right back on the horse without feeling behind or trying to catch up.

- If I get sick or family or work causes overwhelm, I'll simply play my guitar for at least ten minutes without guilt because I know consistency is better than perfection.

- If I get frustrated with my slow progress I'll re-read my consistency pledge and take a moment to think about the small wins and progress I've experienced.

*Gabriele Oettingen, a professor of psychology at New York University developed WOOP, an achievement method based on 20 years of scientific research. The method has been shown to be effective in numerous studies. Learn more at: <https://woopmylife.org/en/science>

4. Track Your Weekly Progress



Once you've reflected on your last three months, set your next goal, planned for obstacles, and taken the consistency pledge, it's time to focus on showing up and being intentional about the time you spend playing guitar.

Each day you play, write down the name of the guitar challenge, jot down a win from that day's playing session, and record your start and end time. At the end of each week look back and reflect on what was good about your week of guitar, even if it didn't go perfectly.

EXAMPLE

MONTH February WEEK#: 1 of 4

MON	TECHNIQUE <i>Ring Finger Staircase</i>	ONE WIN FROM TODAY <i>Big improvement in the fretting hand already and I'm finding the stings with a flat pick which is completely new to me.</i>	START TIME 8:12am
			END TIME 8:25am
TUE	GUITAR LICK <i>Jack Skellington</i>	ONE WIN FROM TODAY <i>It's not often that one comes naturally to me, but this one does and it's a lot of fun.</i>	START TIME 7:45am
			END TIME 10:04am
WED	IMPROVISATION <i>Edward Scissorhands</i>	ONE WIN FROM TODAY <i>I will be using this scale a lot. Learning the pull off and hammer on is a real bonus!</i>	START TIME 9:30am
			END TIME 9:45am
THU	RHYTHM GUITAR <i>Veruca Salt</i>	ONE WIN FROM TODAY <i>I enjoyed this progression. I found turning it to half speed helped me dig in a little more. Cool that it is moveable!</i>	START TIME 8:05am
			END TIME 9:45am
FRI	CHORD TRANSITION <i>Bm Accidentals</i>	ONE WIN FROM TODAY <i>I overcame some real difficulty with barring the upper frets. I realized I was barring two frets too high! (Look at the tab!)</i>	START TIME 8:02am
			END TIME 8:25am

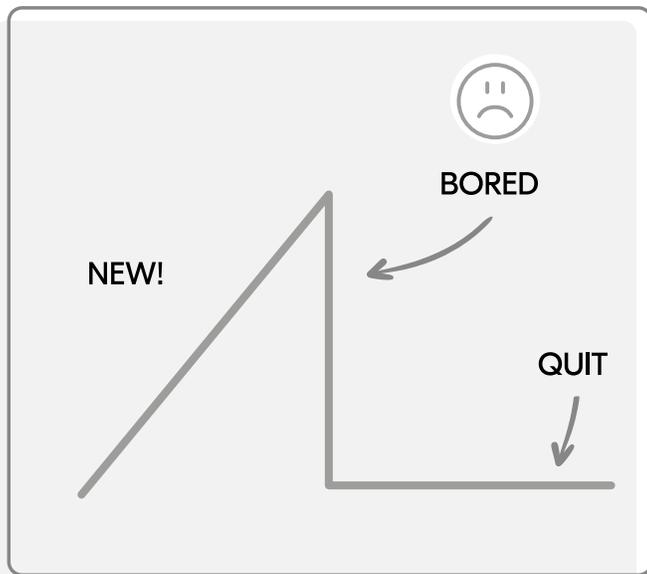
What was awesome about your guitar playing this week?

Some very challenging days that, although frustrating, increased my knowledge and finger strength (and fun!) I'm excited for another challenging week of guitar playing! I've been aiming for an 8am start and did pretty good this week. Next week I'll try to be even more consistent.

Let's Get Started

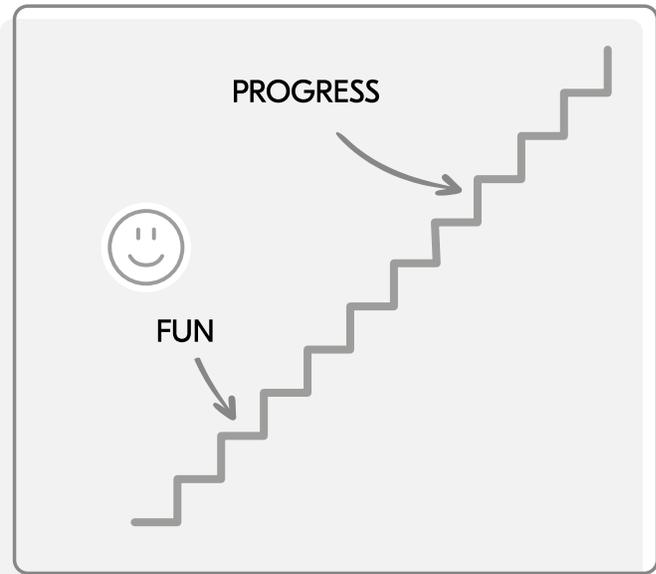
Why is a Consistent Guitar Routine Your Highest Priority When Learning Guitar?

NO ROUTINE



Without a routine, our progress is inconsistent. We find something new and exciting, eventually lose interest in that thing, then we stop playing for weeks or months until we get a new flash of inspiration. Each time we start over we have to rebuild the progress we lost.

ROUTINE



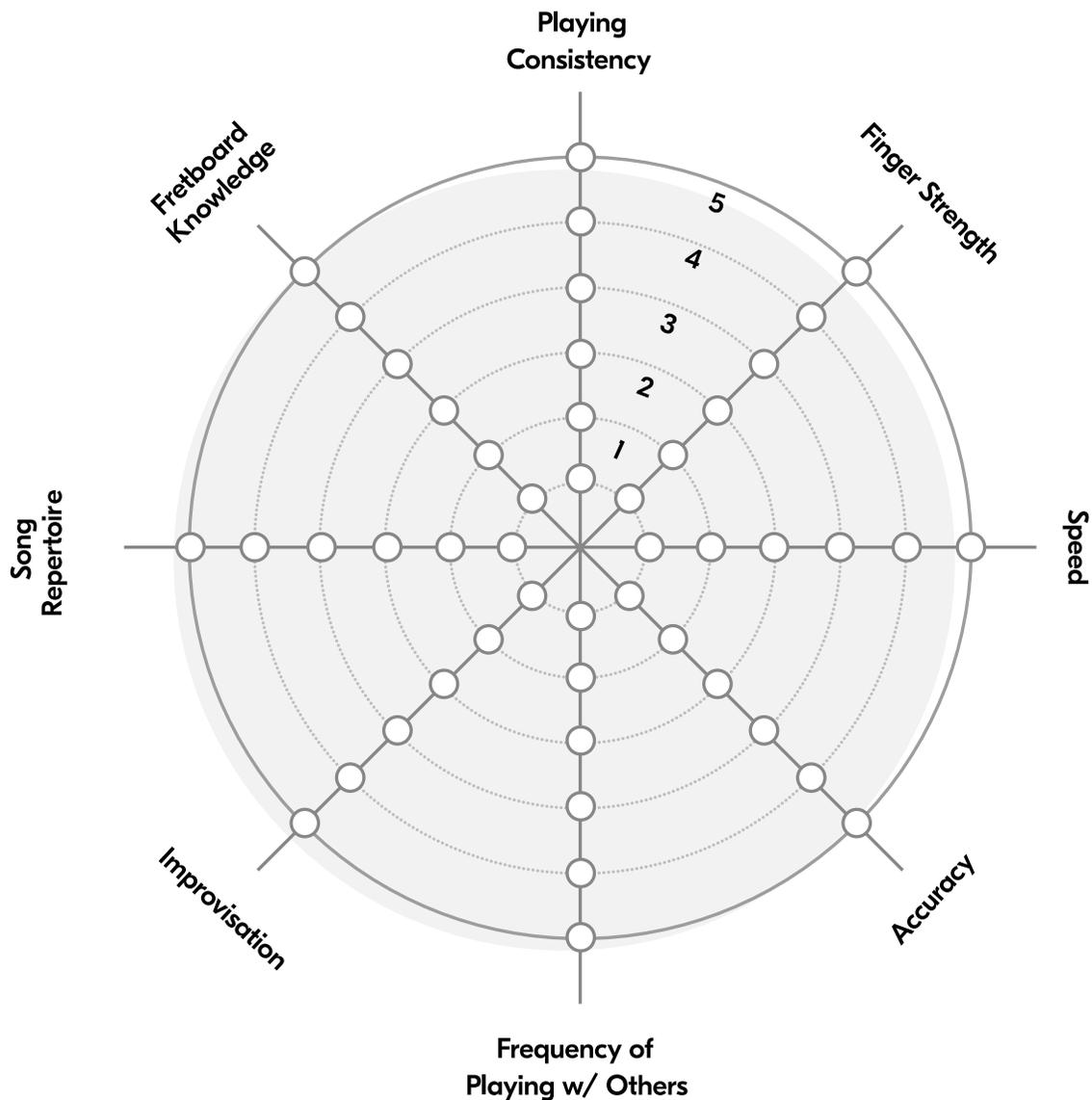
With a routine, we make faster progress because we prioritize showing up regularly, never leaving enough time in between playing sessions to lose progress. When we play guitar consistently, we build on top of previous progress.

We all face life challenges or lose focus which is why it's so important to check in with your guitar progress and recalibrate every 90-days.

This PDF contains the exercises and tools for you to reflect on your last 90 days and make your next 90 days your best ever.

Are you ready?

Reflect on Your Last 90 Days



A. List at least three wins from the last 90 days

B. List one opportunity for improvement that can make the biggest impact over your next 90 days

C. What was something that could have derailed your routine, but it didn't?

1

Your Goal & Milestones

1

90 DAY GOAL

2

FAST START MILESTONE 1

MILESTONE 2

MILESTONE 3

2 Your Guitar Ritual

1

TARGET # OF WEEKLY SESSIONS?

2

WHERE WILL YOU PLAY GUITAR?

3

WHAT TIME WILL YOU PLAY GUITAR?

3

Your Plan for Obstacles

1

POTENTIAL OBSTACLES

[Empty space for listing potential obstacles]

2

PLAN

[Empty space for creating a plan to overcome obstacles]

90-Day Consistency Pledge



I, _____, being of sound mind, do hereby pledge to play guitar for at least ten minutes, _____ times per week, for the next ninety days. I will stick to the TAC playing routine without judging myself for getting frustrated or feeling behind where I think I should be. If I miss a day or get off track, I'll jump back in on the current day's challenge without guilt or feeling like I need to "catch up".

I know the TAC Daily Challenge is the key to my consistency because it removes the need to decide what to play. After the Daily Challenge I'll usually play other things that help me reach my 90-day goal, but if I only spend 10 minutes attempting a new guitar challenge, I'm confident that it will still help me progress even if I didn't master it.

When I'm in doubt or unsure, I'll remind myself that it's Consistency that will make me better. I'll stay consistent by committing to the Tiny Habit of playing for at least 10 minutes every day. I can always find negative things if I look for them, so instead, I will find something positive to Celebrate each day, no matter how small.

SIGNATURE OF COMMITMENT

TODAY'S DATE

I Will Attend The Next Progress Party on _____ at 11am MST

Weekly Progress Tracker



MONTH _____ WEEK#: _____

MON

TECHNIQUE

ONE WIN FROM TODAY

START TIME

END TIME

TUE

GUITAR LICK

ONE WIN FROM TODAY

START TIME

END TIME

WED

IMPROVISATION

ONE WIN FROM TODAY

START TIME

END TIME

THU

RHYTHM GUITAR

ONE WIN FROM TODAY

START TIME

END TIME

FRI

CHORD TRANSITION

ONE WIN FROM TODAY

START TIME

END TIME

What was awesome about your guitar playing this week?

[Large empty text area for reflection]

Prepare & Reflect



MONTH _____ GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN

Prepare - Plan

Reflect - Small Wins

One change I can make in the next month that will make the biggest impact

Prepare & Reflect



MONTH _____ GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN

Prepare - Plan

Reflect - Small Wins

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Prepare & Reflect



MONTH _____ GOAL: _____

MON	TUE	WED	THU	FRI	SAT	SUN

Prepare - Plan

Reflect - Small Wins

One change I can make in the next month that will make the biggest impact