MONTHLY REFLECTION

Month: _____

THE HONEST NUMBERS

DAYS PRACTICED	TOTAL MINUTES	SONGS PLAYED COLD	BEST CHANGE SCORE

WHAT GOT EASIER

WHAT IS STILL HARD

THE MOMENT I WAS PROUD OF

WHAT GOT IN THE WAY

ONE THING I WILL CHANGE NEXT MONTH

How I feel about my playing right now

○ ○ ○ ○ ○ ○

Discouraged Excited