

Week # _____

Practicing

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Listening to Recording

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Practice makes permanent.

MOM KNOWS EVERYTHING. - CALVIN

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I like to swim, but there are some days I just don't feel much like doing it but I do it anyway! I know it's good for me and I promised myself I'd do it everyday, and I like to keep my promises. That's one of my disciplines.

And it's a good feeling after you've tried and done something well. Inside you think, "I've kept at this and I've really learned it - not by magic but by my own work." - Fred Rogers

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No one trains to make excuses. Just do it. - Nike

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Inspiration exists, but it has to find you working. - Pablo Picasso

Nothing great was ever achieved without enthusiasm. - Emerson

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LEARN THE FUNDAMENTALS OF THE GAME AND
 STICK TO THEM. BAND-AID REMEDIES NEVER LAST.
 JACK NICKLAUS

In order for our practice to be successful, we
 must practice the skill WHEN we get it right,
 not UNTIL we get it right. - Ed Kreitman

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If you always do what you've always done, you'll
always get what you've always gotten. - Unknown

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Music will save the world. - Pablo Casals

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We are what we repeatedly do. Excellence then, is not an act, but a habit. - Aristotle

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Knowledge is not skill. Knowledge plus 10,000 times is skill. - S. Suzuki

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Sometimes it seems things go by too quickly. We are so busy watching out for what's just ahead of us that we don't take the time to enjoy where we are. - Calvin

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It isn't what you do, but how you do it. - John Wooden

It's the little details that are vital. Little things make big things happen. - John Wooden

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If love is deep, much can be accomplished. - S. Suzuki

A table, a chair, a bowl of fruit and a violin;
what else does a man need to be happy?
Albert Einstein

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Champions are made by taking chances beyond what others think is safe, Dreaming more than others think is practical & Demanding more than others think is possible. - Jack Nicklaus