

Guitar Goals Worksheet

By David Wallimann, in association with [JamPlay, LLC](#)

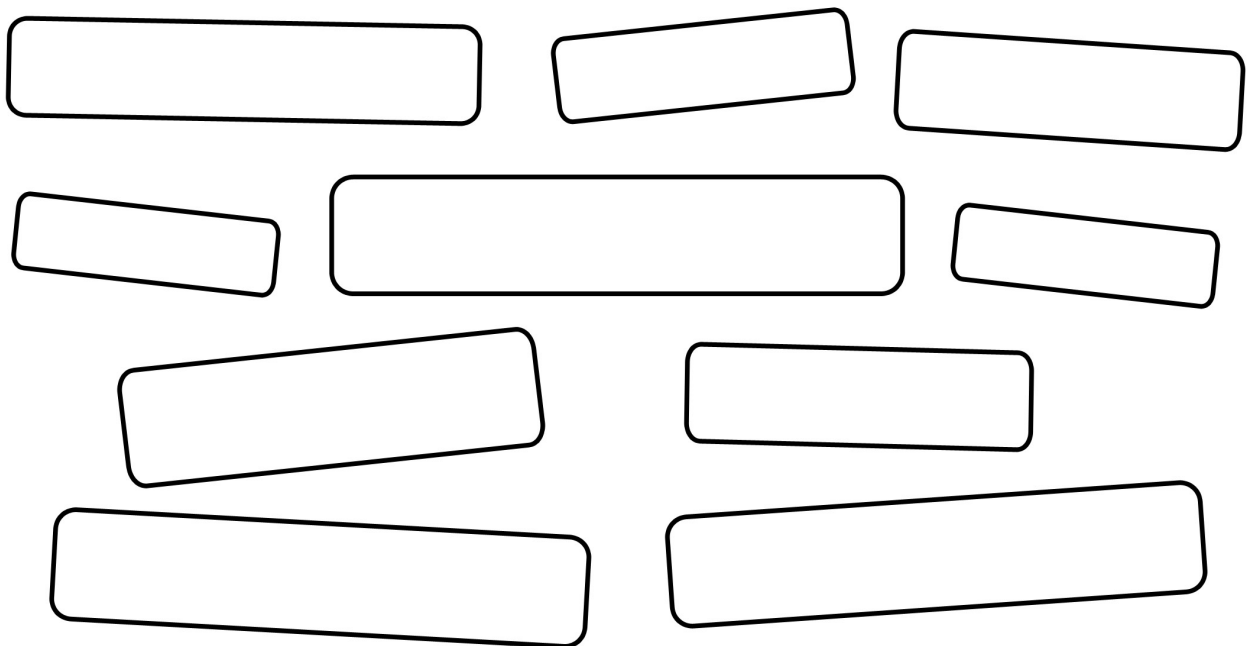
Are you lost with practice without a direction? Are you constantly distracted with meaningless "noodling". One word. **Goals**. Goals give you something to strive for. They give you purpose. It will give each practice session relevance and meaning. In this document, we will begin crafting your goal, and help you refocus your efforts towards a more purpose-driven approach to the instrument. Be sure to **watch the associated video** with this worksheet.

List Your Big Picture Goal

Be honest with yourself and your playing, and write out your "big picture" goal. Good examples are "Play the blues with purpose" or "Play the biggest venue in my town".

Word Map Associated with your Goal

Brainstorm and write down the words relevant to your goal. Good examples are "bends", "blues", "sweeping technique". These will help you discover the key topics to focus on to hit your goal.



List 3 simple, tangible goals that build into your bigger goal:

List three smaller goals that are necessary components to complete your bigger goal. These are actionable, tangible goals that will help you work up towards your “big picture” goal.

Goal 1: _____

Goal 2: _____

Goal 3: _____

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