

Great Harping



What makes a great harper?

Use this space to show what to you is a great harpist. What qualities do they posses? Use words, pictures, colour - be as expressive as you like!

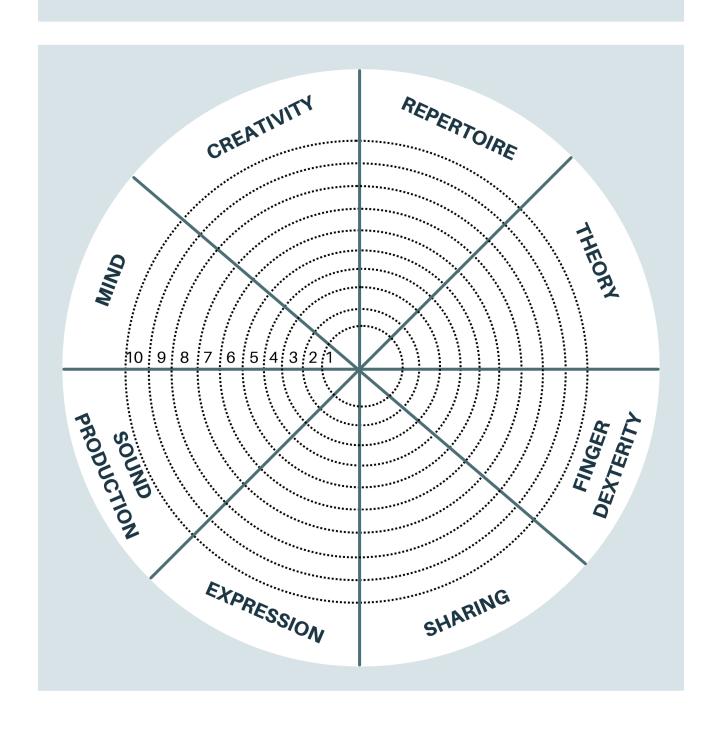
Does expression play a part??

Wheel Of Harping



Assess Your Harping

Assess your level for each category on the harping wheel.





In 1 Year...



WHAT ARE YOUR MAIN WHAT ARE YOUR GREATEST DEVELOPMENT AREAS? STRENGTHS?
WHAT WILL IT MEAN TO GROW IN THE AREAS YOU HAVE IDENTIFIED?

HEATHER DOWNIE HARPIST

Notes





Year Plan



Write down some goals based on your 'In 1 Year' answers.

Use the calendar to plan when you aim to complete each goal by.

	YEAR GOALS
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	

YEAR:

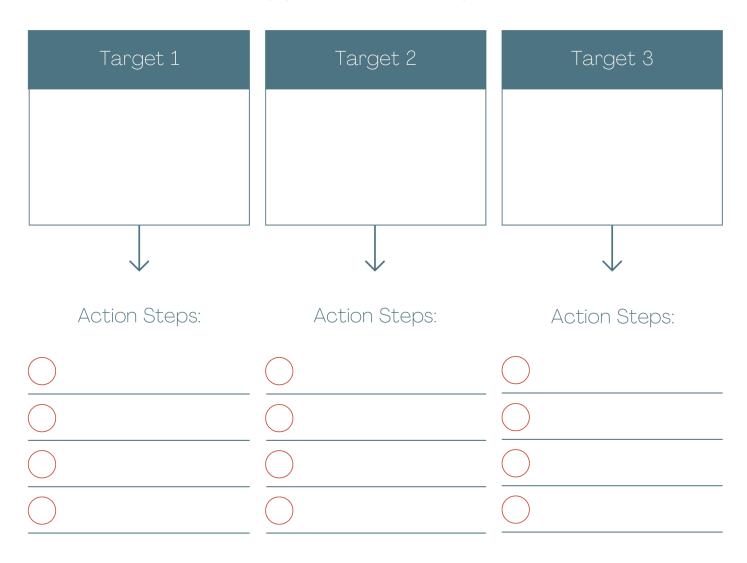
МО	итн вү мог	NTH
JAN	FEB	MAR
APR	MAY	JUN
JUL	AUG	SEP
OCT	NOV	DEC





GOAL
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My goal in 3 simple targets:

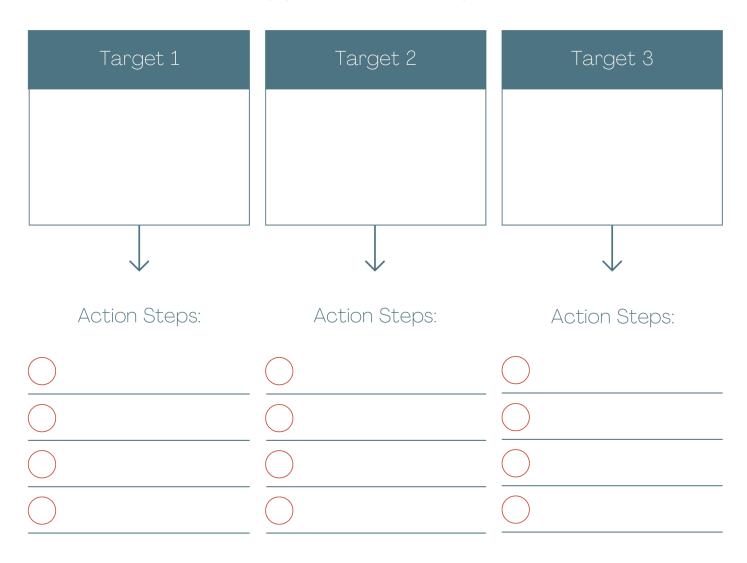






GOAL
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My goal in 3 simple targets:

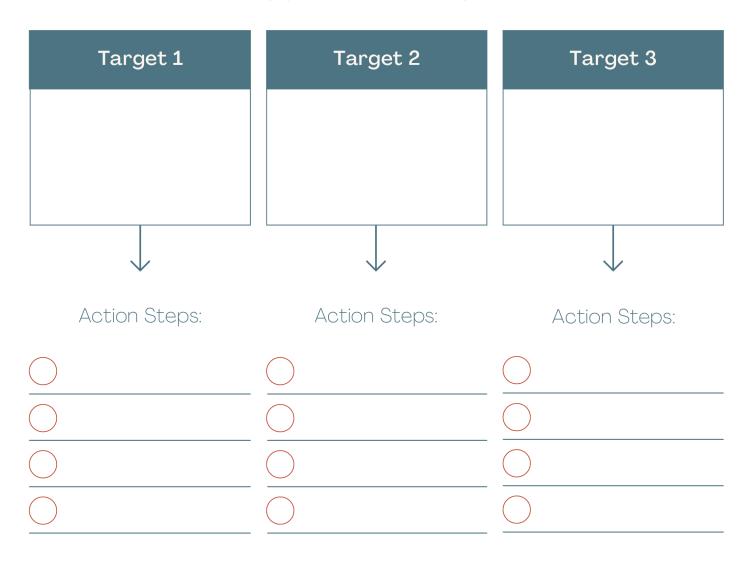






GOAL

My goal in 3 simple targets:







MOTIVATIONAL QUOTE

DATE:

WEEK 1	WEEK 2	WEEK 3	WEEK 4

WEEK 5	GOALS





Before you begin your session		DATE:
THE GOAL / ACTION POINT	I AM FOCI	USSING ON IS
MY TECHNICAL EXERCISES ARE	MY CUR	RRENT REPERTOIRE IS
HOW AM I FEELING ABOUT	THIS PRAC	CTICE SESSION





Warming Up

WHAT WENT WELL	WHAT COULD HAVE GONE BETTER
Repertoire Work	
TITLE:	
WHAT WENT WELL AND WHAT COULD HAVE GONE BETTER	NEXT STEPS
WHAT WENT WELL AND WHAT	NEXT STEPS
WHAT WENT WELL AND WHAT	NEXT STEPS
WHAT WENT WELL AND WHAT	NEXT STEPS
WHAT WENT WELL AND WHAT	NEXT STEPS





Repertoire Work Continued TITLE: WHAT WENT WELL AND WHAT **NEXT STEPS** COULD HAVE GONE BETTER TITLE: WHAT WENT WELL AND WHAT NEXT STEPS COULD HAVE GONE BETTER





Reflection

How do you feel after your practice?

Use this space to reflect on everything from your practice session. What went well? Where could you improve? How are you feeling now? Make sure you reflect on the positive as well as areas for improvement.

HEATHER DOWNIE HARPIST

Notes



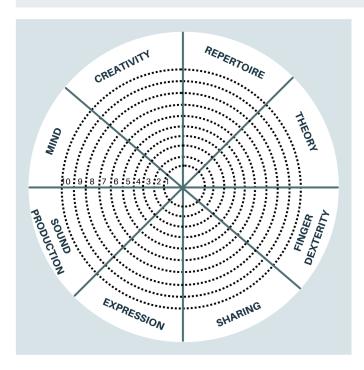


Month Review



Revisit your wheel of harping

DATE:



Did you meet your goals, targets and action points for this month?

YES

NO

WHY OR WHY NOT?

WHAT WENT WELL

WHAT COULD HAVE GONE BETTER

MY NEXT STEPS ARE