Find What Makes You Want to Practice

A Guided Exploration of the Play, Progress, Focus, and Expression That Fuel You

This process helps you notice what genuinely draws you toward the piano - not what you think should motivate you.

1	2	3	4
NOTICE	**REMEMBER**	**EXPLORE**	**CHOOSE**

You may not need more discipline. You may need a more compelling reason to connect.

Use this guide with curiosity, not pressure.

What You'll Need

- A journal or blank sheet of paper
- A pencil

Step 1: Get Comfortable

Place your journal and pencil somewhere easy to reach.

Let your hands rest in your lap.

Close your eyes if that feels comfortable.

Notice:

- How you are feeling in general
- How your body feels in the chair
- How you are breathing

You do not need to change anything.

Step 2: Remember Wanting to Play

Recall a moment when you genuinely wanted to play the piano.

Do not focus on whether you practiced well or accomplished anything.

Simply remember the feeling of wanting to play - and notice that the wanting itself felt good.

Notice what happens emotionally and physically as you remember it.

Then let the memory go.

Step 3: Explore Play as Fuel

Imagine playing in a way that is lighthearted and low stakes.

No one will suffer if you make a mistake. Nothing important is being measured.

You might play something silly, easy, exaggerated, or playful.

Ask:

- What emotions come up?
- Does your body want to move?
- Does this feel light, curious, or enjoyable?

> *Write down Play if it feels like something that could draw you toward the piano.*

Step 4: Explore Progress as Fuel

Think about the satisfaction of making progress.

It might feel like:

- Unlocking a new level
- Finally understanding a pattern
- Getting one small section to work
- Feeling the notes fall into place
- Seeing something become more organized

Notice whether this creates pride, satisfaction, relief, or contentment.

Notice how progress feels in your body.

> *Write down Progress if that feeling makes you want to continue.*

Step 5: Explore Experimentation as Fuel

Imagine asking:

> *What happens if I try this?*

You might play:

- Softer or louder
- Faster or slower
- More smoothly or more sharply
- With a different rhythm
- In a way that breaks the usual rule

Notice whether experimentation feels curious, adventurous, mischievous, rebellious, or alive.

> *Write down Experimentation if exploring possibilities draws you in.*

Step 6: Explore Focus as Fuel

Imagine using the piano as a place to set down everything else for a moment.

Your attention narrows to:

- One sound
- One rhythm
- One movement
- One musical problem

Notice whether this feels clarifying or organizing.

Does your mind become quieter, sharper, or less overwhelmed?

> *Write down Focus if playing helps you mentally reset.*

Step 7: Explore Emotional Expression as Fuel

Imagine allowing the piano to hold an emotion that does not need to be explained in words.

It could be:

• Anger	• Sadness
• Joy	• Grief
• Excitement	• Frustration
• Relief	• Anything else that is present

You do not have to perform the emotion beautifully or make it understandable to anyone else.

Notice what it feels like to have a safe place for the feeling to move.

> *Write down Expression if music helps you release, process, or communicate emotion.*

Step 8: Look at What You Wrote

Review the fuels you selected:

- Play
- Progress
- Experimentation
- Focus
- Emotional expression

You may have chosen one, several, or all of them.

Ask:

- Which fuels feel strongest for me?
- Which ones make me genuinely want to play?
- What patterns show up when I feel naturally drawn toward the piano?

There is no correct answer.

Step 9: Keep Your Practice Fuel Visible

Take a photo of what you wrote so you can easily return to it.

You might also place the list:

- Near the piano
- Inside your music
- On your phone
- Beside your practice reminders

The next time practice feels difficult to begin, instead of asking:

> *Should I practice?*

Try asking:

> *Which kind of fuel would feel good right now?*

You may not need more discipline. You may need a more compelling reason to connect.

Potential Fuels

Use this list to notice other forms of fuel that may be meaningful to you.

Play	Would something lighthearted or low-stakes feel good?
Progress	Would it feel satisfying to make one small thing clearer?
Experimentation	Are you curious what would happen if you tried it differently?
Focus	Would concentrating on one musical thing help quiet everything else?
Expression	Is there something you would like to feel or release without words?
Calm	Would music help you settle, reset, or breathe?
Possibility	Would playing reconnect you with hope or what you may become capable of?
Connection	Would this help you feel connected to yourself, a song, or other people?
Self-Trust	Would showing up briefly strengthen your ability to keep returning?

Your fuel may change from day to day. The question is not, "What should motivate me?" It is, "What feels alive, supportive, or compelling today?"

My Practice Fuel

Circle, check, or write down the fuels that feel most meaningful to you right now.

☐ **Play**	☐ **Progress**	☐ **Experimentation**
☐ **Focus**	☐ **Expression**	☐ **Calm**
☐ **Possibility**	☐ **Connection**	☐ **Self-Trust**

What did you notice in your body or emotions?

Which fuel would you like to try the next time beginning feels difficult?

Keep this page or take a photo so you can return to it when practice feels distant.