

1

Go on a short walk during your practice break

2

Compliment another musician (IRL or digitally)

3

Take time to properly stretch before you practice

4

Write down 3 of your greatest musical strengths

5

Listen to a piece that makes you smile

6

Take a nap or go to sleep early

7

Meet with a friend to sight-read duets for fun

8

Buy or make a healthy snack you can eat on busy days

9

Organize your music and practice space

10

Play through your favorite songs or solos

11

Reach out to a musician you admire

12

Write a list of your musical goals and dreams

13

Create a playlist with your favorite pieces

14

Do a social media detox

15

Write a list of your proudest musical moments

16

Volunteer to coach a local school or ensemble

17

Take a day off to sightsee around your area

18

Learn a new skill which will help your career

19

Call and catch up with a long distance friend

20

Thank a musician who has helped you during your journey

21

Discover a new piece or group

22

Write at least 5 reasons why you love your instrument

23

Share advice with younger musicians

24

Listen to a piece of music - without multitasking

25

Make a healthy meal (and prepare enough for leftovers)

26

Do a random act of kindness for another musician

27

Create a list of musicians who inspire you

28

Commit to drinking enough water

29

Use a new book or routine during your warm-up

30

Share this challenge with another musician