



Singers Mastery Daily Checklist

Practice, drill and rehearse (PDR) your way to mastery 2-10 minutes at a time. Check off each task as you complete it. All tasks total 90 minutes a day. Aim to fill the chart with checkmarks.

		Name	Month												Year																	
Task	Min	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Relax & Loosen, Mountain, Visualize	7																															
Singers Posture: Start in duck butt	2																															
Breathing: Passive/Backwards/Reverse	3																															
Gentle Warm Ups	10																															
Abdominal Strengthening	3																															
Resonant Voice Control	3																															
Voice Strengthening Exercises	10																															
Register Transitions: Chest /Head Voice	5																															
Ear Training: Pitch accuracy	5																															
Groove Training:	3																															
Articulation: Vowels and Consonants	5																															
Learning New Songs: Lyric Marking	8																															
Phrasing	3																															
Dynamics	5																															
Observational learning: Other Singers	8																															
Performance Techniques	5																															
Confidence & Poise Practice	5																															

All these minutes of practice add up. Whether or not you believe in the 10,000 hours to mastery hypothesis, mastery of any type of skill eg. art, science, sport requires deliberate practice. The Beatles, Mozart, Tiger Woods, Venus and Serena Williams all invested many hours to master their skill. 90 minutes deep, deliberate practice per day x 7 days per week = 10.5 hrs per week x 1 year = 546 hrs.