

Weekly Goals Planner for Musicians & Artists

Stay focused, take small actions, and reach your musical goals.

Welcome to your personal **Weekly Goals Planner**! This planner is specifically designed for musicians, singer-songwriters, and artists like you. It helps you **set clear goals**, take small daily steps, and consistently make progress. Success doesn't come by chance; it comes through **focus and dedication**. By taking one small action every day, you'll **move closer to your bigger goals**.

By printing out this planner and filling it in by hand, you reinforce your commitment to your goals and **improve your focus and productivity**. Grab a pen, print the planner, and take your first step towards success!

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Goal Setting

- ✓ My Name: _____
- ✓ Week number / Start Date: _____
- ✓ My Musical Goal for the Next 3 Months: _____
- ✓ Why Do I Want to Achieve This? _____
- ✓ Main Goal of the Week (e.g., Write a new song, practice for a performance, book gigs, work on your album):

- ✓ If I achieve my goals this week, I will reward myself with: _____

Personal Commitment

This week, I commit to my goals. Each day, I will take a step towards building my musical future.

Signature: _____

Tips for Success:

- ✓ Be consistent: Small, daily steps lead to long-term growth.
- ✓ Use a timer: Set a timer for short, focused sessions (e.g., 25 min of practice followed by a short break).
- ✓ Reflect at the end of each day: Jot down what went well and what you'd like to improve the next day.
- ✓ Stay flexible: Sometimes obstacles come up, but always keep your main goal in sight.
- ✓ Use a Practice Log to track the number of minutes you practice each day and monitor your progress

1. Subgoals for This Week

Break your weekly goal into smaller actions or subgoals (e.g., Practice 30 minutes daily, learn a new chord progression, make 5 new contacts for gigs, post a teaser on social media, analyze your stats, call a potential client, work on the cover art for your new single, etc.)

- ✓ Monday (small action): _____
- ✓ Tuesday (small action): _____
- ✓ Wednesday (small action): _____
- ✓ Thursday (small action): _____
- ✓ Friday (small action): _____
- ✓ Saturday (small action): _____
- ✓ Sunday: Reflect on the week (What went well? What could be better?)

2. Brainstorm Space or Inspiration Notes

A space for ideas, inspiration, song lyrics, or things you come across during the process.

Notes: _____

3. Reflection on the Week

- ✓ Goals Achieved: What did I achieve this week? _____
- ✓ What went well? What worked well this week? _____
- ✓ What could be improved? What obstacles did I face? _____
- ✓ How can I improve these challenges next week? _____
- ✓ What did I learn that I can carry into next week? What lessons did I learn this week that I can apply to next week? _____

4. Goals for Next Week

Main goal for next week: _____

Stay focused and keep creating! You're closer to your goals than you think. Use this planner every week to step-by-step build your musical future. Small actions lead to big achievements!

Need Extra Guidance?

Need more guidance to reach your goals? Consider a personal coaching session to accelerate your musical growth! Together, we'll work on a plan that fits your goals and ambitions. Contact me via www.guitartrainingstudio.com/contact for more information.

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