

## Music Simply Music Simply Music, Inc. Reports

### You DO Have Time to Practice!

**Dear Students,**

Each day consists of 1440 minutes. Over the course of 7 days, that equates to 10,080 minutes a week. Each person, young and old alike, have the same 10,080 minutes per week.

#### Sleep

A young person certainly needs time to sleep. Let's give our hypothetical 10 year old 8 hours a day. That's 480 minutes a day, or 3360 minutes a week. If you subtract the 3360 sleeping minutes from the 10,080 total minutes per week, you are left with 6720 minutes for non-sleeping activities. And there are many of them!

#### School

Let's take into account school, it's important and it takes a lot of time. Given travel time and academic time, I've allotted 7 hours per day, 5 days per week. That's a grand total of 2100 minutes per week of academic, in-school learning. Subtract that from our remaining 6720 minutes and you are left with 4620 minutes for non-academic in-school activities.

#### Homework

Yet, there is another out of school academic activity that occurs, homework. Let's allot our 10 year old with a heavy daily homework load, 3 hours. But, let's only give it to him for 6 days a week. That equals 1080 minutes of homework per week, subtracted from our remaining 4620 minutes and you are left with 3540 minutes.

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#### Sports

Okay, there could be an after school activity that bites into our weekly minutes. Although school sports are not a likely after school activity for a 10 year old, let's add it in assuming he is in a very progressive district that creates sports stars by starting their training young. 1.5 hours per day. That's 5 days a week for a weekly minute sports total of 450 minutes. Subtract this from the 3540 minutes and we still have 3090 minutes left in our week.

#### Nourishment

Okay, children need to eat (my daughter constantly reminds me that I need to feed her 4 meals a day, breakfast, lunch, dinner and... dessert!). Let's give our hungry 10 year old 1.5 hours per day for food consumption. Since we have to feed them 7 days a week, that's a grand total of 630 minutes per week, subtracted from our remaining 3090, we are left with 2460 minutes.

#### Socialization

Children must be social, 2 hours a day for playing with friends. At 7 days per week, that's 840 minutes per week of playtime. 2460 minutes minus 840 equals 1620 minutes left over.

#### Television

Television seems to be an addicted evil in American society. Too much kills brain cells, so we will only allot 1.5 hours a day (in my opinion that's entirely too much, but let me be liberal). That's 7 days per week, again for a total of 630 minutes per week taken away from our 1620 minutes, we are left with 990 minutes.

#### Goofing Off

Let's goof off a little a day. How about 1 hour, 5 days a week? That's 300 minutes of goof off time per week. 990 minus 300 equal 690 minutes left.

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#### Spiritual Development

Many students take some form of religious education. 1 hour, 2 days a week seems fair for spiritual development. That's 120 minutes per week total. Subtract that from our 690 minutes left and you are now left with 570 minutes.

#### It's Practice Time

I think I have accounted for everything. Let's see; breathing doesn't take time, bathroom time can be rolled into eating and goofing off. Yep, I'm satisfied with my allocations. That leaves us with **570 minutes a week** to practice the piano! Let's assume you really want to improve quickly and decide to practice for 1 hour a day. I know that's a lot, but let me dream big for a minute! That would be a total of 60 minutes a day, 6 days a week (I'm assuming you are not practicing on your lesson day). That's 360 minutes per week. Take that away from the 570 minutes and you still have **210 minutes per week** (3.5 hours!) to do with whatever you choose!

So you see, practicing is not about if you *have* the time, but more about if you are willing to *make* the time! We all have 1440 minutes a day, 10,080 minutes a week to do with whatever we choose. Simply decide that piano practicing, or more importantly, *positive piano progress* is important to you and you will find the time to practice.

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