

Name _____ Week _____ to _____

1. Define the Problem

- ▶ What is the skill or problem you are working on?

2. Set an Achievable Goal

- ▶ Simplify the problem to create a goal/task that is achievable in a short amount of time.

3. Comprehension

- ▶ What is required to do the task successfully?

- ▶ Imagine that you must program a robot to perform the task. Out loud, can you tell the robot *exactly* what it has to do?
- ▶ Without holding your violin or moving a muscle, can you imagine yourself doing the task correctly? Can you feel it? Hear it? See it?

4. Practice Until You Get it Right

- ▶ Can you do the task correctly in three tries or less?

