



IGNITION: Best Way to Plan Your Daily Practice

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Building your career as an actor is best done with regular, preferably daily investment and practice.

There are no other artists who are able to work professionally without consistent and regular skill sharpening.

As the old saying about musicians goes:

- 1 day no practice - you notice
- 2 days no practice - the orchestra notices
- 3 days no practice - the audience notices

As actors, we are not necessarily used to this level of discipline and even our best intentions get dashed by distractions, tiredness and a lack of motivation.

However, as we have said elsewhere, motivation is useless. It inevitably runs out.

What we need is discipline!

The commitment to our growth IN SPITE of how we might feel.

The feeling of confidence and self respect that comes with sticking to a daily practice routine is priceless.

Knowing you did what you set out to do and that you are putting time and effort into your development gives you MASSIVE levels of ownership and THAT is when you start getting the jobs.

Our very best advice for planning daily practice?

- **Write it in your spreadsheet ahead of the week.**

Sit down on a Saturday or Sunday and plan the next weeks daily tasks.

We recommend three 10 minute exercises per weekday (30 mins practice a day). See the 'IGNITION daily practice suggestions' resource for a host of great and achievable ideas if you are stuck.

- **Fill in the spreadsheet with each task in the order that you will do it and add the date next to it.**

It also helps to set the time and try and make it the same time daily if possible. This level of routine is extraordinarily helpful when you are committing to a new way of operating.

Random practice time can become easy to skip and avoid.

- **When you have completed it, write complete against it on the spreadsheet.**

As you go through your tasks, you can type COMPLETE at the end of each one as you tick them off.

Again, this helps you psychologically. You feel a sense of accomplishment as you move through the week.