

Scales And Modes Progress Worksheet

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IMPORTANT: print out this worksheet, then use a PEN (not a pencil that you can erase. . .) and answer ALL the questions below. Once you have answered all the questions, hang this worksheet in your practice area where you can see it every time you pick up your guitar: it will help you speed up your progress in studying Scales and Modes (and in your Music Theory in general).

- What are the main 3 problems that you have regarding Scales and Modes on guitar? What you don't know yet, or do not know how to apply? (You can have more than three problems, but write the 3 most important ones here):

1. _____
2. _____
3. _____

- In what area(s) of your guitar playing your lack of knowledge of Scales and Modes is holding you back? What it is that you CAN NOT do right now because you don't know your Scales and Modes well enough? How does it make you feel? Describe it in detail below:

- What are your top 3 goals regarding Scales and Modes? That is: what do you want to be able DO if you knew Scales and Modes (or Music Theory in general: don't limit yourself here) perfectly?

1. _____
2. _____
3. _____

- How has not knowing how to practice guitar correctly hurt your progress towards those goals so far? Describe in detail below:

- If you could eliminate the 3 problems you listed above AND reach the 3 goals you listed above, how would you feel? What would it mean to you? (YES, this is important, don't skip this part).

- What changes will you make in your practicing starting TODAY to immediately see bigger and better results in your guitar playing?

- How will your guitar playing be different when you know exactly how to practice in the best and most effective way possible? And how will this make you feel? Describe it below:

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- Take a look at your typical weekly schedule. Where can you find some time each day to dedicate to the study of Music Theory? How can you make that happen? (Remember how you can also practice your Music Theory AWAY from your guitar and take advantage of downtime.¹)
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- How can you be 100% sure that you are on the right track in learning your scales and modes and avoid to be sidetracked by “shiny object” such as Youtube lessons, etc?
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- How can you set yourself up for success and make sure that you NEVER slip back into your old and inefficient ways of practicing guitar as time goes on?
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¹If you don't remember/know how to practice Music Theory away from your instrument, go at this link NOW and check the “Familiarity Practice” technique: <http://www.musictheoryforguitar.com/Scalesvideoserries/fourkillerwaystopracticeyourmusictheory.html>