



Dr Cameron Roberts
Optimizing Pianism. 3Ms of Pianism ©

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3M Self-Assessment → To-Do list

This simple 'reflection → goal' task will help you improve the quality of your practice. It directs you to the tasks that will most improve your pianism.

“Mastery... is characterised by an unwavering determination and the ability not to waste time.”
– Heinrich Neuhaus

What to do:

- **Never avoid fixing your weaknesses.**
- **Never avoid expanding your strengths.**
 - **Never dream small.**

1. In the left column, list your WEAKNESSES & STRENGTHS.
2. In the right column, list your IDEAL outcomes.
3. In the middle column, list the BEST ways of getting from 'problem now' to 'ideal future'. This is your 'to-do' list.

The tasks on this 'to-do' list is what you should be drip-feeding into your daily practice.

* For more information about how to assess your pianism, read about the 3Ms of Pianism in Chapter 5 (pp.89-94).

* For more detail about how to improve your Musical, Mechanical and Mental skills, read Part III: Optimizing Pianism (pp.87-232).



<u>NOW</u>	<i>What you need to do...</i>	<u>FUTURE</u>
WEAKNESS <i>List your problems, bad habits and dislikes about your playing (be honest)</i> MUSICAL (e.g. interpretative, creative, communicative etc.) - - - - MECHANICAL (e.g. technical, physical, etc.) - - - - MENTAL (memory, learning, process, performance psych. etc.) - - - -	→ → →	DREAM OUTCOME <i>List your ideal version of yourself and your pianism (don't be shy)</i> MUSICAL (e.g. interpretative, creative, communicative etc.) - - - - MECHANICAL (e.g. technical, physical, etc.) - - - - MENTAL (memory, learning, process, performance psych. etc.) - - - -



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<u>NOW</u>	<i>What you need to do...</i>	<u>FUTURE</u>
STRENGTHS <i>List your talents, strengths, and things you feel you are good at (be honest)</i> MUSICAL (e.g. interpretative, creative, communicative etc.) - - - - MECHANICAL (e.g. technical, physical, etc.) - - - - MENTAL (memory, learning, process, performance psych. etc.) - - - -	→ → →	DREAM OUTCOME <i>List your ideal version of yourself and your pianism (don't be shy)</i> MUSICAL (e.g. interpretative, creative, communicative etc.) - - - - MECHANICAL (e.g. technical, physical, etc.) - - - - MENTAL (memory, learning, process, performance psych. etc.) - - - -

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