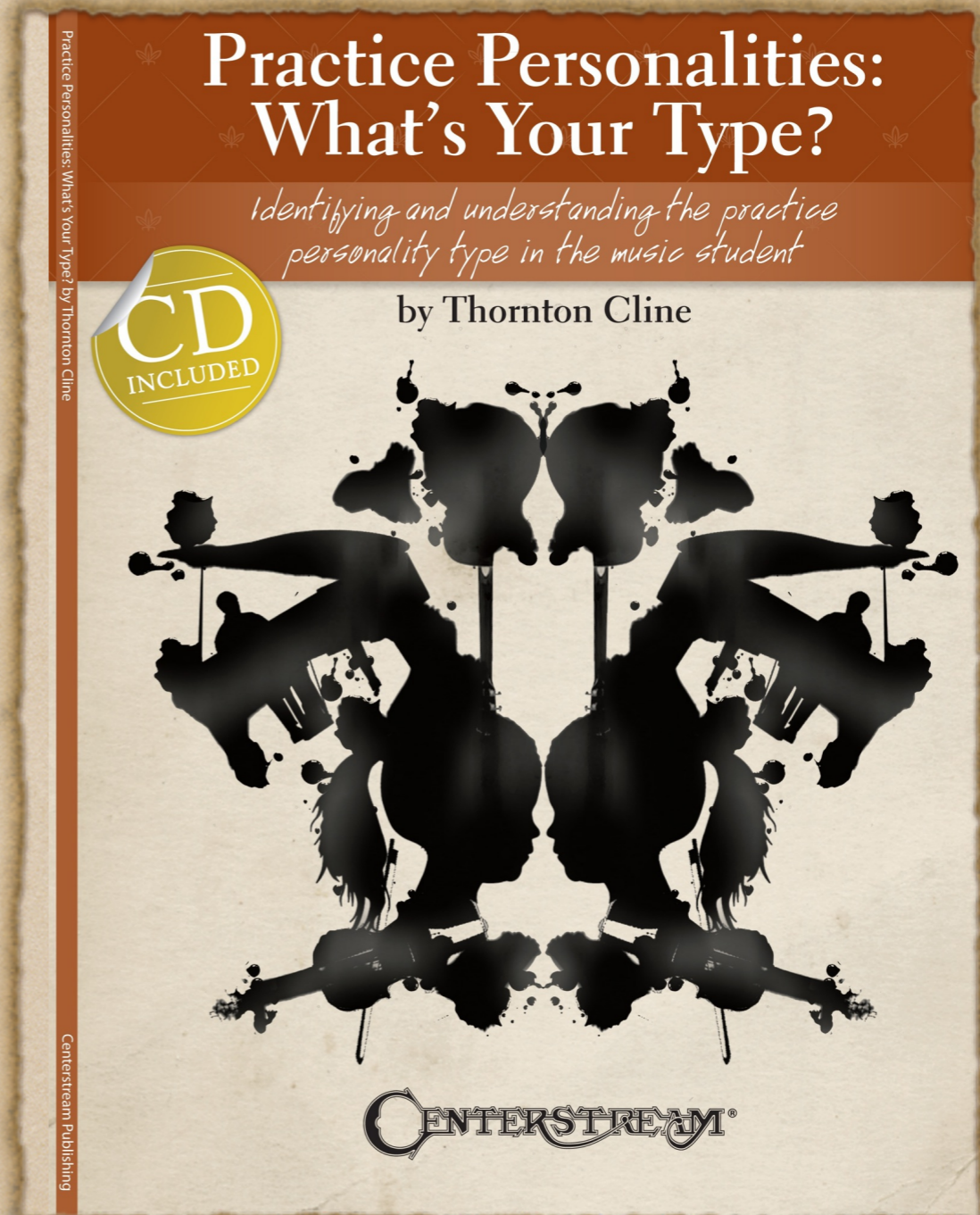


# Practice Personalities: What's Your Type?

effective and  
efficient ways to  
practice  
according to  
personality



# **The Challenges of Correct Practice:**

**Busyness of life/  
distractions**

**technology**

**lack of motivation**



# The Benefits of Correct Practice:



- ◆ **Confidence and self-esteem**
- ◆ **Seven times principle building synapse/myelin**
- ◆ **Time management and efficiency**
- ◆ **Self discipline**
- ◆ **Minimal stage fright**

Identifying  
Practice  
Personalities:

**1.) Perfectionistic  
type**

**Video clip 1**

## **2.) Not-So-Detailed Type**

**Video clip 2**

# 3.) Unmotivated Type

Video clip 3

# **5.). Fragile, Easily Discouraged Type**

Video clip 4

# **5.) Overscheduled, Way-Too-Busy Type**

video clip 5



## 6.) Dramatic Type

# 7.) Excuse Making, Blaming Type





**8.) Over-Exuberant, Highly  
Confident Type**



## 9.) Build Your Own Type

# Effective strategies tailored for each Practice Personality

