

Action plan example for week 5

Remember that this is only an example, please arrange the Action Plan so that it fits into your life. And you can use the video example, this example or make your own plan that fits you the best

Same as last week or if you feel you are ready to add new chops into your playing you can stop the metronome game with chops you start becoming comfortable with and add new chops to the Excellerated Learning system

First thing in the morning

7 minutes of excellerated learning system with one of the Economy picking licks. And seven minutes with a sweep picking etude or sweep picking lick

Mid day

10 minutes improvising with one of the Legato licks, the Economy picking lick you practiced earlier today or the sweep picking lick if you practiced it in the morning
30minutes Metronome game

Evening

30 to 45 minutes with an alternate picking drill or just a scale pattern using the metronome game

FINALLY you must at least analyze one song a day and find its key and then try to improvise over it to hear how the scale and key fits the song. This can be done mid day or evening or what ever fits you the best of course(start with easy songs like children songs or pop/rock songs that are made up of just few chords)