

Music Simply Music Simply Music, Inc. Reports

You DO Have Time to Practice!

Each day consists of 1440 minutes. Over the course of 7 days, that equates to 10,080 minutes a week. Every person, young and older alike, have the same 10,080 minutes per week.

Sleep

A young person certainly needs time to sleep. Let's give our hypothetical 10 year old 8 hours a day. That's 480 minutes a day, or 3360 minutes a week. If you subtract the 3360 sleeping minutes from the 10,080 total minutes per week, you are left with 6720 minutes for non-sleeping activities. And there are many of them!

School

Let's take into account school, it's important and it takes a lot of time. Given travel time and academic time, I've allotted 7 hours per day, 5 days per week. That's a grand total of 2100 minutes per week of academic, in-school learning. Subtract that from our remaining 6720 minutes and you are left with 4620 minutes for non-academic in-school activities.

Music Simply Music Simply Music, Inc. Reports

You DO Have Time to Practice!

Homework

Yet, there is another out of school academic activity that occurs, homework. Let's allot our 10 year old with a heavy daily homework load, 3 hours. But, let's only give it to him for 6 days a week. That equals 1080 minutes of homework per week, subtracted from our remaining 4620 minutes and you are left with 3540 minutes.

Sports

Okay, there could be an after school activity that bites into our weekly minutes. Although school sports are not a likely after school activity for a 10 year old, let's add it in assuming he is in a very progressive district that creates sports stars by starting their training young. 1.5 hours per day. That's 5 days a week for a weekly minute sports total of 450 minutes. Subtract this from the 3540 minutes and we still have 3090 minutes left in our week.

Nourishment

Okay, children need to eat (my daughter constantly reminds me that I need to feed her 4 meals a day, breakfast, lunch, dinner and... dessert!). Let's give our hungry 10 year old 1.5 hours per day for food consumption. Since we have to feed them 7 days a week, that's a grand total of 630 minutes per week, subtracted from our remaining 3090, we are left with 2460 minutes.

Socialization

Children must be social, 2 hours a day for playing with friends. At 7 days per week, that's 840 minutes per week of playtime. 2460 minutes minus 840 equals 1620 minutes left over.

Music Simply Music Simply Music, Inc. Reports

You DO Have Time to Practice!

Television

Television seems to be an addicted evil in American society. Too much kills brain cells, so we will only allot 1.5 hours a day (in my opinion that's entirely too much, but let me be liberal). That's 7 days per week, again for a total of 630 minutes per week taken away from our 1620 minutes, we are left with 990 minutes.

Goofing Off

Let's goof off a little a day. How about 1 hour, 5 days a week? That's 300 minutes of goof off time per week. 990 minus 300 equal 690 minutes left.

Spiritual Development

Many students take some form of religious education. 1 hour, 2 days a week seems fair for spiritual development. That's 120 minutes per week total. Subtract that from our 690 minutes left and you are now left with 570 minutes.

It's Practice Time

I think I have accounted for everything. Let's see; breathing doesn't take time, bathroom time can be rolled into eating and goofing off. Yep, I'm satisfied with my allocations. That leaves us with **570 minutes a week** to practice the piano! Let's assume you really want to improve quickly and decide to practice for 1 hour a day. I know that's a lot, but let me dream big for a minute! That would be a total of 60 minutes a day, 6 days a week (I'm assuming you are not practicing on your lesson day). That's 360 minutes per week. Take that away from the 570 minutes and you still have **210 minutes per week** (3.5 hours!) to do with whatever you choose!

Music Simply Music Simply Music, Inc. Reports

You DO Have Time to Practice!

So you see, practicing is not about if you *have* the time, but more about if you are willing to *make* the time! We all have 1440 minutes a day, 10,080 minutes a week to do with whatever we choose. Simply decide that piano practicing, or more importantly, *positive piano progress* is important to you and you will find the time to practice.

Copyright © 2002 Nicholas Ambrosino.. All rights reserved. Permission is granted to reproduce, copy or distribute Music Simply Music, Inc. Free Reports so long as this copyright notice and full contact information about the author is attached. The author of this report is Nicholas Ambrosino and he may be contacted at: <mailto:director@musicsimplymusic.com> or reached by telephone at 631-863-2069.