

Consistency, Habits & Motivation

7 LESSONS · ALL LEVELS

Welcome to Consistency, Habits & Motivation. I help you build a practice habit that survives a busy year, not just a motivated week.

- ☐ **01 Finding Inspiration & Motivation**
I start with what actually sparks motivation, since habits are hard to build without it.
June 21, 2022 · 58m · Practice Tips

- ☐ **02 How to Get Better — Five Simple and Powerful Ways to Instantly Improve Your Piping Now**
Now I give you five simple ways to see real improvement right away, so that spark turns into momentum.
April 25, 2023 · 55m · Practice Tips

- ☐ **03 It's Groundhog Day! Strategies to Keep Your Piping Varied, Interesting, and Motivating**
I show you how to keep that momentum going once your practice starts to feel repetitive.
February 2, 2024 · 46m · Practice Tips

- ☐ **04 Start the Year Off Right: Create Your Own 12-Week Plan for Piping Success**
I turn all of this into a concrete 12-week plan so you have a structure to follow.
January 5, 2024 · 20m · Practice Tips

- ☐ **05 Starting the Year Off Right**
I use this session to help you set the year up properly around that plan.
December 22, 2023 · 18m · Practice Tips

- ☐ **06 Strategy & Goal-Setting for the Off-Season**
I go deeper on goal-setting here for the quieter parts of the year, when it's easiest to lose the thread.
September 4, 2025 · 57m · Practice Tips

- ☐ **07 The Discipline of Doing: How the Terminator Mindset Can Transform Your Life**
I close with the mindset that ties it all together — showing up and executing daily, no matter what.
February 18, 2026 · 9m · Practice Tips