



# How to Solve I Have No Motivation

It is very difficult to keep on working and practicing when you are learning a difficult genre like Jazz Guitar. But you also know that you must be consistent and dedicated to book improvements in your playing and develop your skills. If you don't practice you probably will just end up in a vicious circle that will stop you playing all together.

## #1 Make sure your practice is also fun

Seems obvious that we play music for fun. If I had 1 euro for every time people told me, I was lucky to make my hobby my profession I wouldn't need to work ever again.

But it is really important to keep in mind that you also have fun when playing and practicing. If you only think about the goals of your practice session and don't take the time to lean back and enjoy it there is a real chance that you won't.

### **It can be simple things:**

- I enjoy playing chords more than scales
- Speeding up scales like a workout is fun
- I need to Play Music
- It is fun to jam over easy backing tracks

If it keeps you going and having fun then it is important!

## #2 Check out Live Music

I am sure it is important for all genres, but Jazz is really live music and in the moment. A recording however great is only a faded impression of what it really was.

For me seeing a great concert keeps me inspired and motivated for months, and regularly seeing people play is something that is always going to give you new ideas and topics to work on. A new way of playing a song you already know

A bonus to this is also that if you go to concerts you are supporting musicians whether they are local people or huge stars. This will keep the music alive more than anything in this Spotify and Facebook times.

## #3 Track your progress and your work

This a simple tip but it is very useful. A huge part of why you keep practicing is that you can feel that it helps. That is what makes you work on things you find boring, whether it is scales or learning new songs.

The easiest way to do this is to keep a journal of sorts and in that way keep track. Be sure to also include things that you learn and that you feel improved. Putting stuff like that down makes the feeling stronger and will also help you remember when you are less motivated.

## #4 Play with Others

Jazz is for the most part a team sport (and it is not a competition, music is not a competition). Enjoying music and making music with others really help you give meaning to why you practice because it is not only for you but also for the people you play with.

For me playing with others really falls in the category of things that are fun, but I think in general it is a big factor in keeping going and keeping improving. I have especially seen this with students and the massive progress that playing in a band can have. You can seek out jam sessions or find a steady band? What ever works better for you.

## #5 Take Lessons

Having lessons with a good teacher is in many ways touching on a lot of the previous points. In lessons you get to play with the teacher, somebody else helps with evaluating your progress and how your practice routine is formed. Hopefully the playing of the teacher is inspiring.

Hope you find the tips useful!

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