

How To Practice: Bite-Sized Bits

We've actually illustrated this *Bite-Sized Bits* strategy in every other How To Practice video, but there's a powerful quote I want you to hear to back it up!

Q. What's the best way to consume 1kg of Mars Bars?

Well in real life you probably shouldn't do this because it could make you sick. But hypothetically I recommend taking it one 'Fun Size' bar at a time. This 'break it down into smaller goals' approach works for consuming Mars Bars, practising music and just about any other ambition you possess. Here's how the *Big Goals, Little Steps* Choiceology podcast episode summarised Olympic champion Shannon Miller's many accomplishments:

"For Shannon Miller, goal increments (small steps) were key to her success in everything from her Olympic routines, to answering mountains of fan mail, to sticking with gymnastics in the face of injury, to beating cancer. Each of those goals might have seemed insurmountable had Shannon not taken them little by little, identifying the smaller steps she should focus on in order to make meaningful progress. Fortunately for the rest of us, this strategy works in all sorts of less dramatic situations."

And that's it! Smarter – and definitely more athletic – people than me agree that finding ways to break your big goals down into smaller, achievable ones is the way to go! Check out the *Bite-Sized Bits* lesson in the Video Directories page of my website [MusicLessonsWithMrTaylor.com](https://www.musiclessonswithmrtaylor.com) to see how I apply this strategy to master challenging new music.

The Choiceology episode interviewing Shannon Miller and analysing how she achieved her goals [can be heard HERE](#) as of August, 2021.