Affirmations & Reflections: Learn Guitar from Scratch

Bonus material for uniquestoremarket.com's "How to Learn Guitar from Scratch" guide. A handout to keep nearby while you work through the six chapters, or to read one per day.

1	**I press just behind the fret wire with the tip of my finger.**	*Reflection:* When a note buzzes or thuds, do I know which fix to try for each?
2	**I check a chord string by string before I strum it.**	*Reflection:* Which string in my chord rings dead, and which finger is causing it?
3	**Strumming a broken chord only practises the broken version.**	*Reflection:* Have I strummed a chord this week that I knew wasn't ringing?
4	**What holds me back is changing between chords, not the chords themselves.**	*Reflection:* Which pair of chords do I hesitate on most?
5	**I move all my fingers at once, as one shape.**	*Reflection:* Which finger lands first when I change, and do the others follow it?
6	**The numbers, not the feeling, tell me whether I'm improving.**	*Reflection:* What was my one-minute count on day one, and what is it today?
7	**Speed comes from removing hesitation, never from moving my fingers faster.**	*Reflection:* At what exact point in a change do I pause?
8	**My strumming hand keeps moving, even when the chord isn't ready.**	*Reflection:* Do I stop my hand at changes, and what happens to the rhythm when I do?
9	**When my tempo drifts, I drop the metronome ten bpm instead of pushing through.**	*Reflection:* Where in the bar do I speed up when I listen to a recording of myself?
10	**I choose songs that use only the chords I already have.**	*Reflection:* Is the song I'm learning now one I can play with chords I own today?
11	**Mistakes are allowed; stopping is not.**	*Reflection:* If I stop at every error, what am I actually practising?
12	**A buzzing F is normal and expected, so I log my attempts instead of judging them.**	*Reflection:* What did I try on F today, and which strings rang?