

Psychological Flexibility Practice Tracker for Pianists

Based on the work of Todd Kashdan

How to Use This Tracker

- Print it or use it digitally.
 - Use one sheet per week.
 - Fill it in at the end of each practice session – it takes less than 3 minutes.
 - Over time, you'll see patterns in how you handle discomfort and which strategies help you the most.
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Section 1 – Session Overview

Date: _____

Piece(s) Worked On: _____

Duration of Practice: _____ minutes

Section 2 – Discomfort Awareness

Before starting:

- Predicted discomfort level (1–10): _____

After finishing:

- Actual discomfort level (1–10): _____
 - Main type of response today:
 - ☐ Avoided (skipped or stopped early)
 - ☐ Accepted (kept going despite discomfort)
 - ☐ Harnessed (used discomfort as energy/focus)
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Section 3 – Key Moments in Practice

1. Most uncomfortable passage or exercise today:
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2. What I did in response:
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3. Result:

Section 4 – Reflection & Next Step

- One thing I handled well today:

- One thing I'll try differently next time:

Section 5 – Exercise Log (*tick all that you used today*)

- ☐ “Play It Anyway” Minute (*Acceptance*)
- ☐ Discomfort Scale Log (*Self-awareness*)
- ☐ Harness the Nerves Drill (*Harnessing*)
- ☐ Reverse Comfort Zone (*Acceptance + Harnessing*)
- ☐ Three-Speed Challenge (*Harnessing*)

Section 6 – Weekly Summary (*fill in at week's end*)

- Which response was most common this week? ☐ Avoid ☐ Accept ☐ Harness
- One strategy that worked well: _____
- One challenge to focus on next week: _____

Tip: Psychological flexibility is built over time. Avoidance might drop, acceptance might rise, and harnessing may appear more often. The aim isn't perfection – it's noticing, adjusting, and playing on.