

## 12 Tips to get past the plateau

From this list, pick something way out of your comfort zone rated 3 or 4. Begin working on it today and continue for a week (or more).

1. Record and review your playing daily.
2. If you sit in a chair when you're playing, put a strap on, stand up and practice in front of a mirror. Don't just stand there. You can play air guitar. Right? Make it real. Play as if you're entertaining an audience. \*
3. If you usually practice with a metronome, practice with a drum machine, drum loops, or a drum app. Really listen to the drums and play with them. Don't just play a stiff, clock like beat. Listen to the kick and snare and "lock in" to the groove.
4. Write and record a song with a melody and lyrics.
5. Download a [digital audio workstation](#), purchase an [audio interface](#), and learn the basics of digital recording. It's okay to wait for the arrival of the audio interface before beginning your week.
6. Already there? Learn something about the DAW (digital audio workstation) that you've wanted to know how to do for a long time like applying effects or creating a drum track. For example, learn to use a plug-in like [EZDrummer 2](#) or emulate guitar sounds with a plug-in like [Bias FX](#).
7. Not a shredder? Take a shred lesson.
8. Work with tab all the time? Learn part or all of a song by ear. It's incredibly difficult the first time but it becomes easier with practice. Use the DAW to slow it down to half speed.
9. If you sit very still and practice parts to perfection, let go. Listen, feel, and move with the rhythm of the music. \*
10. If you don't try to play anything with super accuracy, try to learn something difficult. Be accurate with perfect technique.
11. Bonus points: You're not a dancer? You've heard the suggestion, "Dance like nobody's watching." Try it. Playing music is a dance. Watch yourself dance in a mirror while listening to your favorite music. Your significant other will be proud. Plus, you'll learn a lot about music composition. Make 'em dance. Don't just shuffle your feet. You play air guitar. Right? You beat out drum parts with your hands don't you? Feel the rhythm and get started. \*
12. If you don't use **Guitar Pro**, [buy the app](#), and learn the fundamentals. There are many online resources to help get you started. **Guitar Pro** is owned and sold by Arobas Music.