

7 DAY STARTER

PRACTICE GUIDE

YOUR FIRST WEEK SINGING



MILWAUKEE MUSIC LESSONS

WELCOME TO VOICE

Becoming a singer doesn't start with big notes or flawless technique – it starts with simple wins that build confidence. In the beginning, any victory is a good victory. Warming up. Breathing with intention. Finding a tone that feels natural. These early steps create the healthy habits that help your voice grow over time. Every singer develops at their own pace, and that's completely normal. Your main job right now is to stick with it. If you don't quit, you don't fail. Make consistent practice your first habit, and we'll shape your sound one step at a time.

What You'll Find In This Guide

- A seven day task list designed to get you into the habit of playing
- Simple warm-up exercises
- Daily skill focus
- Tiny wins to celebrate
- Instrument-specific tasks
- Video demonstrations

If You Need Help Buying An Instrument Or Accessories

You can view our special buying guide which we update on our website every year by clicking this link: [\[CLICK HERE\]](#)



DAY 1 – JUST SHOW UP

Goal – Build the habit by practicing vocal exercises and creating a practice space.

What to Do Today:

1. Set up a practice spot.
2. Do 5 minutes of warm-ups.
3. Focus on breathing techniques.
4. Celebrate the win.

How To Improve Your Breathing

Breathing is the engine of great singing, and the cool part is that anyone can learn it – even if you’ve never had a lesson before. The first big idea to understand is that good singing starts below your throat. When you breathe in, you want your belly and ribs to gently expand like you’re filling up a balloon. This is called diaphragmatic breathing, and it gives you more control, more power, and a smoother sound. A simple way to feel it: one hand on your stomach, one hand on your chest. Take a slow breath in through your nose and try to make the bottom hand move more than the top. That’s your body learning to support your voice the right way.

Once you get that feeling, the next step is learning to use that air slowly and evenly. Try a long, steady hiss (like a quiet leak in a tire) and see how long you can keep it going. Then try gentle “ooh” or “ahh” sounds using the same slow, controlled air. Don’t force it – your goal is smooth and steady, not loud. With a little consistency, this kind of breathing becomes automatic, and that’s when singing really starts to feel easy. Keep showing up, stay patient with yourself, and your voice will grow stronger every week.

DAY 2 – BUILD THE ROUTINE

Goal – Choose a daily practice time and start a streak.

What to Do Today:

1. Pick a consistent time to practice
2. Do 3 minutes of breathing exercises
3. Practice a simple 5 note scale

Your First Scale

Instructions: Practicing with your voice is all about slow, steady work. We want to make sure of two things:

1. What you sing matches the correct pitch.
2. The muscles that control your pitch are strong, steady, and easy to control.

Tip: Sing the ‘Solfege’ lyrics with the scale as you play. It will help your ear associate the changes in pitch with the syllables you sing.

Because every voice has a different range, we’ve prepared demonstrations in multiple keys. If one feels too high or too low, don’t force it – simply switch to a version that fits you better.

To hear the the demonstartion of this excersise: [\[Click Here\]](#)

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1 Do Re Mi Fa 2 Sol 3 Sol Fa Mi Re 4 Do

DAY 3 – FOCUS BEATS LENGTH

Goal – Ten to twelve minutes of focused practice on a small section of song.

What to Do Today:

1. Do 3 minutes of coordination exercises
2. Pick 1-2 measures and focus on performing them really well.

Why Focus Is Better

Playing too much of a song at once can actually slow you down. Repetition is helpful, but short bursts on small sections will get you farther, faster, and with way less effort.

The goal here is simple: see how well you can play just 1-2 measures of a song. When you zoom in like this, your hands learn the movements faster, and later on the full song becomes easier because you already have one section locked in so solidly that it barely needs practice.

Tip: A great way to memorize a passage is to slowly cross out notes as you learn them. For example, if a section has eight notes, play all eight a few times. Then choose one note to memorize, cross it out on your music, and play the passage again. Keep crossing out notes one at a time until the entire section is memorized.

DAY 4 – HEAR IT FIRST

Goal – Try to sing your song. Either out loud or in your head.

What to Do Today:

1. Do 3 minutes of coordination exercises
2. Before practicing your song, you should know what it sounds like before you play it.

Why This Is Important

This idea comes from something called ear training. High-level musicians can often hear what something sounds like before they even play it – including songs, licks, or patterns they come up with on the spot.

It works the same way we read. When you look at a sentence, you first hear the words in your head. Then you say them out loud. Music should work the same way.

But a lot of people skip that step because their instrument “does the talking” for them. They rely only on muscle memory and hope their hands will figure it out.

Just like phonics, ear training is a skill you have to spend time developing. If you avoid it, you’ll eventually hit a wall in your playing and either get stuck or have to go back later and rebuild your ear from the ground up.

DAY 4 – HEAR IT FIRST

Performance Piece – Twinkle Twinkle Little Star

Using simple nursery rhymes and songs in early vocal development can be a great tool. Is it flashy? Will you show it off to your friends? Probably not. But the point is that it is a song you can hear in your head before you perform it.

Use this song to practice the breathing techniques you've been focusing on. If you don't want to sing the lyrics of the original song, then we recommend that you sing the 'Solfege' version instead (Do, Re, Mi, Fa, Sol, La, Ti, Do).

To practice with a recording of the performance: [\[Click Here\]](#)

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1 2 3 4
Twin- kle Twin- kle Li- ttle Star How I Won- der What You Are
Do Do Sol Sol La La Sol Fa Fa Mi Mi Re Re Do

5 6 7 8
Up A- Bove The World So High Like A Dia- mond In The Sky
Sol Sol Fa Fa Mi Mi Re Sol Sol Fa Fa Mi Mi Re

9 10 11 12
Twin- kle Twin- kle Li- ttle Star How I Won- der What You Are
Do Do Sol Sol La La Sol Fa Fa Mi Mi Re Re Do

DAY 5 — THE PRACTICE PYRAMID

Goal – Build a balanced routine that is both fun and structured.

What to Do Today:

1. Do 3 minutes of coordination exercises
2. Before refining your song some more, spend five minutes singing something you already enjoy or experiment and explore for fun!

Why This Is Important

The goal of practice is to push your limits, but that doesn't mean it has to be painful or overwhelming.

One way to keep practice fun is to dedicate part of your session to something familiar — a comfort song, a favorite passage, or even some creative writing time.

Try structuring your session into three parts:

- **Warmups**
- **Work Time**
- **Play Time**

You can do them in any order you like, as long as you stay structured and don't let "play time" take over the whole session.

Tip: Creativity is a huge part of becoming a musician. Just like teachers ask students to "put it in your own words," improvisation and writing does the same thing for music. It reveals what you truly know and helps your brain build stronger connections as you explore new ideas.

DAY 6 — RECORD YOURSELF

Goal – Listen back to yourself in an unbiased way.

What to Do Today:

1. Do 3 minutes of coordination exercises
2. Take out your phone or computer and record a 10–30 second segment of you playing.

Why Recording Yourself Is Important

Just like many people don't like looking at pictures of themselves, a lot of musicians can't stand hearing themselves play. The version of ourselves we think we sound like rarely matches what the recording shows.

But that doesn't have to be a bad thing. Being able to look at yourself honestly is an important part of growing at anything.

For others, the opposite is true — they're overly critical and need to give themselves permission to say, "Hey, that sounded better than I expected."

Recording a short clip of your singing helps with both. It gives you a chance to evaluate yourself clearly while also reminding you not to take things too seriously.

Tip: When you're done reviewing your recording, don't delete it. Add a quick date or timestamp and save it. Weeks or months from now, you'll be able to look back and see real, undeniable progress.

DAY 7 — CELEBRATE + STRETCH

Goal - Choose next week's goal + one dream goal.

What to Do Today:

1. Do 3 minutes of coordination exercises
2. Sing your cleanest section and celebrate the win.
3. Set a goal for next week as well as a big 6-12 month goal.

Why Setting Long-Term Goals Are Important

"Shoot for the stars and you'll land on the moon." Having a big long-term goal gives you focus and clarity on the days when practice feels tough. It's just like driving a car or riding a bike — you don't stare right in front of the tire. You look further down the road so you can move in a straighter, more stable line.

Tip: Don't be afraid to set a wild goal. We call this a BHAG — a Big Hairy Audacious Goal. Having a BHAG doesn't guarantee you'll hit it, but too many people set tiny goals just to avoid failing.

It's much better to fall a little short on a big, exciting goal than to set the bar low and hit something you knew you couldn't fail.

BONUS SONGS AND EXERCISES

More Breathing Exercises: 4-4-4

If you want to build real vocal power, increasing your lung capacity is one of the best places to start. Bigger lungs don't just help you sing louder — they help you sing longer phrases, stay relaxed, and control your sound without pushing. One of the simplest and safest exercises for this is something many teachers call the **4-4-4**. It works because it teaches your body to take in more air, hold it calmly, and release it with control. And you can do it anywhere — at home, in the car, before a lesson, even while warming up backstage.

Here's how it works: breathe in through your nose for 4 seconds, hold that breath for 4 seconds, then release it in a slow, steady stream for another 4 seconds. That's one cycle. Start with 5-6 cycles, take a short break, and then do it again. Over time, you can gently increase the counts — 5-5-5, 6-6-6, or whatever feels comfortable. No straining, no turning red in the face. Just smooth, even breaths that stretch your lungs a little more each week. Stick with it and you'll feel the difference in your singing: longer notes, cleaner phrases, and a voice that feels supported instead of squeezed.

Full Major Scale With Solfege

Listen to a demonstration of this exercise: [\[Click Here\]](#)

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1 Do Re Mi Fa 2 Sol La Ti Do 3 Do Ti La Sol 4 Fa Mi Re Do 5 Do

BONUS SONGS AND EXERCISES

Solfege Arpeggios

Listen to a demonstration of this exercise: [\[Click Here\]](#)

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1 Do Mi Sol Mi Do 2 Re Fa La Fa Re 3 Mi Sol Ti Sol Mi 4 Fa La Do La Fa 5 Sol Ti Re Ti Sol 6 La Do Mi Do La 7 Ti Re Fa Re Ti 8 La Do Mi Do La 9 Sol Ti Re Ti Sol 10 Fa La Do La Fa 11 Mi Sol Ti Sol Mi 12 Re Fa La Fa Re 13 Do Mi Sol Mi Do 14 Ti Re Fa Re Ti 15 La Do Mi Do La 16 Sol Ti Re Ti Sol 17 Fa La Do La Fa 18 Mi Sol Ti Sol Mi 19 Re Fa La Fa Re 20 Do Mi Sol Mi Do 21 Ti Re Fa Re Ti 22 La Do Mi Do La 23 Sol Ti Re Ti Sol 24 Fa La Do La Fa 25 Mi Sol Ti Sol Mi 26 Re Fa La Fa Re 27 Do Mi Sol Mi Do 28 Do Mi Sol Mi Do 29