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## Practice for Tomorrow? Why Judgement is Stupid

If you think about it honestly, I suspect we all experience this:

Whatever I'm working on is not going too well. Then ***immediately***, we pass judgement. I can't do this. I'm baffled and frustrated. I've tried everything and it doesn't work, etc...

Of course all of that is negative and doesn't really solve anything.

Frustration overcomes joy.

I have a suggestion though. When I am practicing, I'm actually setting up "tomorrow," or maybe even setting up later in that same day.

Therefore, judgement is not only damaging, it is not logical.

If I can manage to assess whatever weak area I may have, whether it's temporary or long term, and with a positive attitude pay the dues to address it, and most importantly, NOT judge what comes out of the bell in the moment, but rather trust the process, I have found time and again that the real payoff is "tomorrow."

Articulation issues, lyric playing soft control, you name it. Do TODAY what I need to do, patiently, well paced, and with a good thought, and almost inevitably whatever was worrying me is better tomorrow.

Put many sessions together back to back over time, and you'll do fine.