

FALL IN LOVE WITH SCALES!

SCALE MAP
TOOL



KELSEY LEE CATE



IS IT TIME
TO
FALL IN
LOVE WITH
PRACTICE ?

Yep, you read that right!

When was the last time you sat down at the piano to practice scales...with no other agenda than to simply look at the formula unfolding in different patterns of black and white, and appreciate the beautiful and predictable rise and fall of the notes? Have you recited and played through the scale formula with a smile? :) Did you know that you can practice away from the piano??

I imagine that you very well may be looking at this page with a blank stare...perhaps even with a little scowl. Is Kelsey really talking about scales as something FUN?

YES!! Read on, Friend!

BUT FIRST...IF WE'RE JUST MEETING...

My name is Kelsey Lee Cate, and I'm a pianist and composer in the Seattle, WA area.

If you'd like to read more about me, you're welcome to visit my bio on my website, KelseyLeeMusic.com/about. BUT for the purpose of this short space, I just want to tell you that:

#1: I'm so happy you're here!

This means that you'd like to take your musical skill AND creativity to the next level! I'm guessing that you'd like to fall in love with practice again, or at least perhaps you'd like to understand how to look at scales differently than maybe you've seen before. :) I'm excited for you!!

And #2: I'd love to be your piano friend! :)

A question I'm often asked when I'm performing in public is if I teach. I used to teach for years, but nowadays, I prefer to be a piano / creativity *coach.* What I would love to do for YOU is encourage you along your way...to musically hold up your water bottle as you lift those weights, and yell "one more rep!" and "you've got this!" :D

Over the years, I personally have had several one-off piano coaching sessions from various pianists and teachers, in addition to a long history of classical piano lessons too. I've benefitted from having input from many wonderfully wise individuals, and in fact, I can point to a few unique sessions that were mind-blowing for me in how I think about music theory, artistic expression, practice habits, etc! *In return, I'd now love to be one of those voices for you.*

*"The measure of
intelligence is the
ability to change"*

Albert Einstein



Chances are, you likely already have some past experience with piano lessons, or perhaps you're currently in lessons, or you're following a self-directed piano teaching method, or even MORE likely, you're dabbling with a number of different YouTube videos, Instagram/TikTok accounts, online programs, and phone apps.

I think that's AWESOME, because we all learn in different ways, and at different paces! I highly encourage "cross training" because it helps us to think out-of-the-box. :)

I created this deceptively-simple SCALE MAP TOOL for you to be able to print out and use over and over in your practice. It's a great daily musical workout.

I want to encourage you to get creative with this exercise and see how it can help boost your musical inspiration AND productivity! Check out the extra tips I include too.

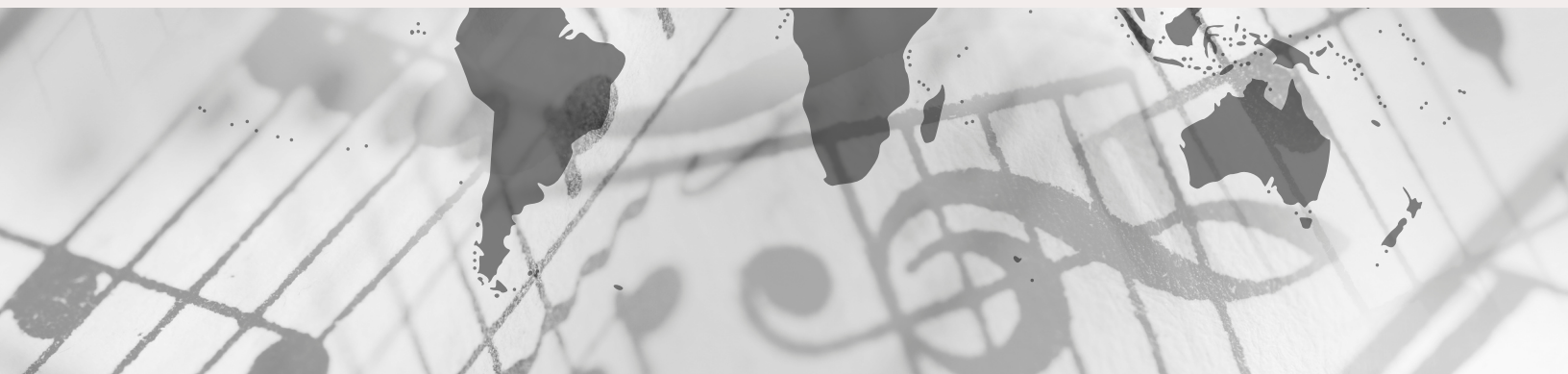
I'd LOVE to know how it works for you!

Last thought before we start -- FRIENDS share with FRIENDS!!

Can you think of someone you'd like to try this free tool with? :D



Pop a can of seltzer, (or blackberry kombucha for me), and let's dive in!



HOW THIS SCALE MAPPING TOOL WORKS

STEP 1: Write the scale formula on the space provided.

Did you know that you're building a scale using tetrachords? :)

(Google "tetrachord" if you're curious! Lots of great articles come up!)

If you're just starting out, and would like some help knowing how to do this scale formula with a major scale, check out my YouTube video, called "Play Any Major Scale on the Piano!"

STEP 2: Color in the scale on the keyboard!

The black keys are grayed-out so that you can have an easier time seeing the topography of the scale. Color in as many scale notes as you can on the keyboard! SEE the pattern you're drawing with fresh eyes.

STEP 3: Write out the scale in the grand staff.

Don't forget to put the key signature in before you spell out the notes in your scale! Do as many octaves as you can!

PRACTICE IDEAS

Here's the REALLY COOL part, my Friend. Did you know that you can practice away from the piano when you use this tool?? Take this with you on a business trip, or a jaunt to your favorite coffee house! You could even print one of these for all major scales, and make your own book!

Research suggests that practicing something in your mind can help you get better at it in real life. When you imagine doing something, your brain thinks you're actually doing it, and the same parts of your brain get activated. This can help improve skills like sports, surgery, cooking, etc. So, practicing in your mind before doing something in real life can help you perform better!

This is called mental practice or visualization.

Just IMAGINE the possibilities you have with the ability to develop *thinking in different keys!*

Hmm...perhaps that will be a topic for another day... 😊 I gave you lots of room on the staff paper to write! Try also writing in some basic arpeggio patterns and the main I-IV-V chords in that key!

FINAL THOUGHT:

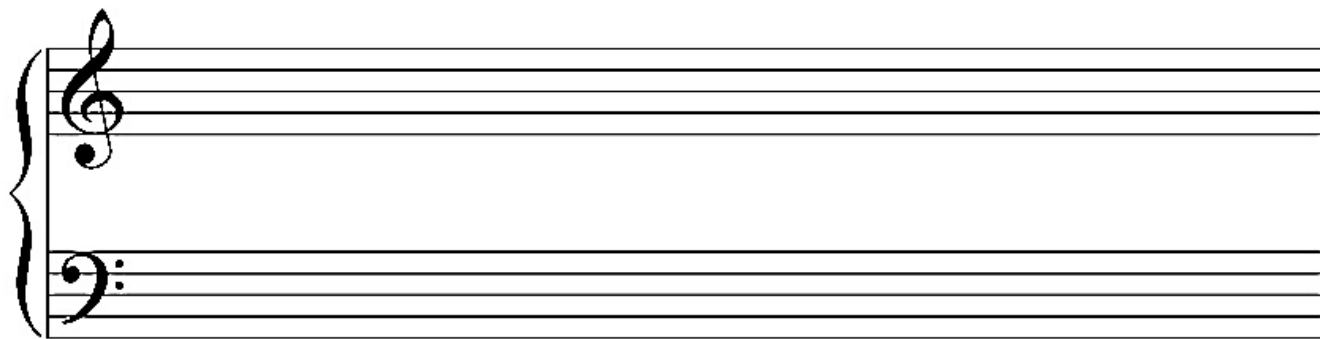
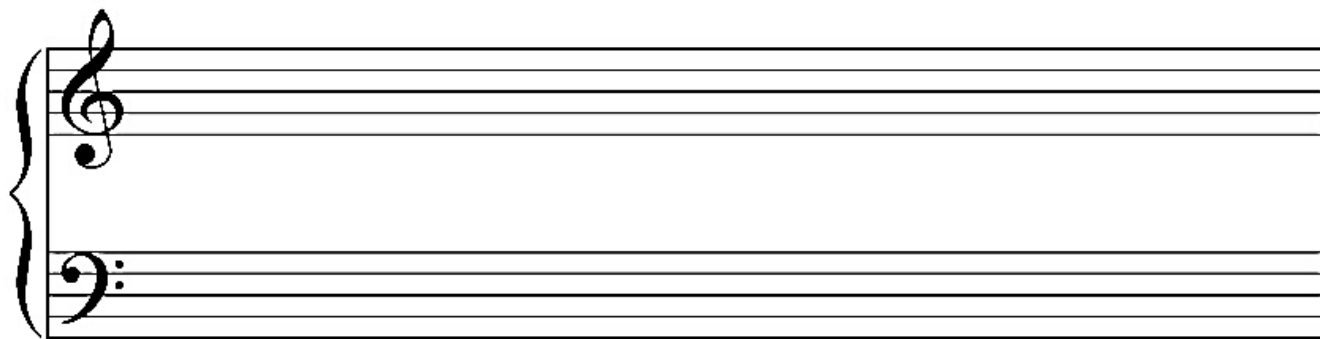
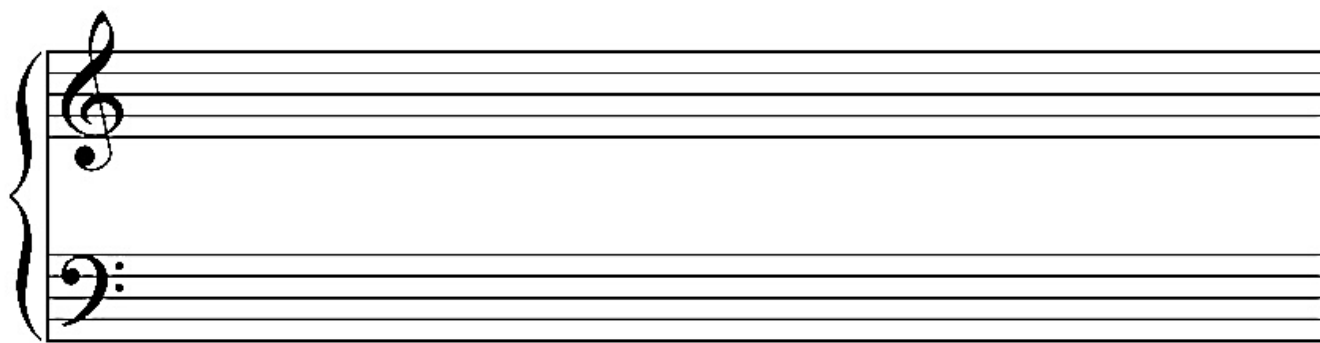
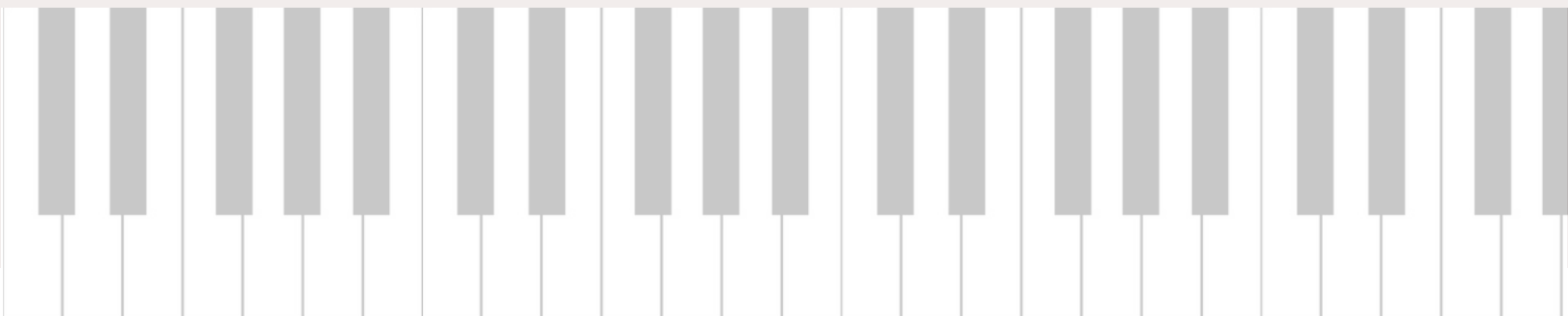
I recommend getting your own scale book for new ideas about how to practice scales, chord patterns, etc!

I use *The Complete Book of Scales, Chords, Arpeggios & Cadences* by Alfred's.

Key of _ _ _

SCALE MAP TOOL

SCALE FORMULA: _____



GREAT WORK!

You did it! You opened up the PDF, and you made it here!

BUT, have you printed it out yet? :) If not, that's your next step! You can't color in those scale notes if you don't have that paper in your hand!! I recommend printing out multiple copies of the tool to use anywhere, anytime!

*"If you always do what you
always did, you'll always
get what you always got."*

Henry Ford

Remember,

If you do what you always have
done, you won't see the GROWTH
you want in how you play.

Time to TAKE ACTION
so you can
CREATE LIKE YOU!



By the way, please feel free to reach out anytime if you have questions! You can connect with me via email on my website, or send me a DM via social media. I also often share creative encouragement over social media, my YouTube channel and my e-newsletter, so **stay plugged in if you're inspired!!**