



FREE GUIDE

7-Day Piano Starter Plan

What to learn, what to practice, and how to play a real song in just 7 days.

Most beginners quit in the first year because they are given children's songs and nursery rhymes. They sit down, get frustrated, and drift away.

This 7-day plan gets you playing *a song you actually like* fast. By the end of this week you will know the keys, know the chords, and play a real song you actually recognize.

Follow each day in order. Don't skip ahead.



How to Use This Plan

- Each day has three parts: WHAT (what you're doing), WHY (why it matters), DO THIS NOW (the exact task).
- Check the box at the bottom of each day once you've hit the completion marker.
- Do each day before moving to the next. The order matters.

Continue to the next page...

DAY 1 Set the Mindset

Today's Mission: Write your Letter to Your Future Self.

WHAT

Fender found that 90% of new musicians quit in the first year — not because it's too hard, but because they talked themselves out of it. Today we fix that before it starts.

WHY

When you write a vivid, specific vision of who you want to become, your brain treats it as a destination — not a dream. This isn't a feel-good exercise. It's a proven psychological tool.

DO THIS NOW

Take out paper (or open your phone). Write a letter to yourself, 90 days from now. Describe what it feels like to sit down and play something beautiful after a long day. Make commitments: I showed up. I learned songs I love. I didn't quit when it got hard. Then: tape it to your mirror. Put it on the piano. Set a daily phone reminder to read it. Don't skip this. It's the most important thing you'll do all week.



Done when: Letter is written and placed somewhere you'll see it every day.

DAY 2 Schedule Your Practice

Today's Mission: Block your practice time in your calendar for the full week.

WHAT

Motivation comes and goes. A calendar appointment stays. Today you turn the intention to practice into a commitment that's already been made.

WHY

Students who schedule practice in advance are far more consistent than those who rely on finding the time. Even 20 minutes, four times a week, is enough to make real progress. One student wakes up 20 minutes earlier every morning before work — that's it. His progress has been remarkable.

DO THIS NOW

Open your calendar right now.
Block at least four 20-minute practice slots this week.
Label each one: Piano Practice. Treat them like appointments you cannot cancel.
Bonus: pick the same time each day. Routine builds habit faster than willpower.



Done when: Four practice sessions are blocked in your calendar.

DAY 3 Learn the Keys

Today's Mission: Find every note across the keyboard using the black key landmarks.

WHAT

The musical alphabet has just seven letters: A, B, C, D, E, F, G. Then it repeats. That's the whole thing. The black keys are your map — they come in groups of two and three, all the way across the piano.

WHY

Once you know how to find any note by sight, everything else — chords, songs, patterns — becomes dramatically easier. This is the foundation. Don't skip it, and don't use letter stickers as a shortcut. Stickers teach your eyes to read labels, not your brain to know the keys. Take them off.

DO THIS NOW

Look at the black keys. Find every group of TWO black keys — the white key just left of them is C. Find every group of THREE black keys — the white key just left of them is F.

Now: find every C on the piano and play each one. Then every D. Then E. Work through the full alphabet.

Go slowly. There's no rush. You're teaching your eyes a new language today.



Done when: *You can find any note on the keyboard without looking at labels.*

DAY 4 Learn Your Finger Numbers

Today's Mission: Memorize the finger numbering system you'll use for the rest of your life.

WHAT

In piano, fingers are numbered 1 through 5. Thumb = 1. Index = 2. Middle = 3. Ring = 4. Pinky = 5. Both hands use the same system.

WHY

Every lesson, chord chart, and exercise you'll ever encounter uses finger numbers. Learning them now means you'll never have to stop and think about it later. It takes five minutes — and pays off forever.

DO THIS NOW

Hold up both hands. Say out loud: 1, 2, 3, 4, 5.

Wiggle one finger at a time and name it before it moves.

Quiz yourself: close your eyes, wiggle a finger, then say the number before you open them.

Do this for five minutes. You'll have it for life.



Done when: *You can name any finger instantly without thinking.*

DAY 5 Learn Your First 4 Chords

Today's Mission: Get comfortable with C major, G major, A minor, and F major.

WHAT

Right hand plays the full chord. Left hand plays fifths — the root note and the fifth, with the middle note left out. C: C+G. G: G+D. Am: A+E. F: F+C.

WHY

These four chords are behind thousands of songs: Let It Be, I'm Yours, Someone Like You, No Woman No Cry, With or Without You. Traditional teachers make you wait years to get here. You're starting here on Day 5.

DO THIS NOW

Learn C major first: right hand plays C, E, G. Left hand plays C + G.

Then G major: right hand G, B, D. Left hand G + D.

Then A minor: right hand A, C, E. Left hand A + E.

Then F major: right hand F, A, C. Left hand F + C.

Don't rush to play all four together yet. Get each shape comfortable on its own first.

Goal: your hand knows where to go without you having to count the keys.



Done when: You can find and play all four chord shapes with both hands.

DAY 6 The Chord Ladder

Today's Mission: Move cleanly from chord to chord — no pausing, no fidgeting.

WHAT

Take each chord shape and walk it up the piano, one position at a time. Right hand first. Then add left hand with fifths. The whole hand moves together — not one finger at a time.

WHY

You can know all four chords perfectly sitting still. But the moment a song requires you to move between them in real time, that's where most beginners fall apart. Today you fix that before it becomes a habit. This is how muscle memory is built.

DO THIS NOW

Start with C major. Walk the chord shape up the piano with your right hand, position by position.

Do the same for G, Am, and F. Then add the left hand: play both hands together through all four ladders.

If you're fidgeting — fixing one finger, then another — slow down even more.

Painfully slow and clean beats fast and sloppy. Every time.

Fill your full 20-minute session with this. It might feel repetitive. That's exactly the point.



Done when: You can move through all four chords with both hands, no stopping to adjust.

DAY 7 Play a Real Song

Today's Mission: Play I'm Yours by Jason Mraz using the four chords you just learned.

WHAT

Go to ultimate-guitar.com and search for I'm Yours by Jason Mraz (or [click here](#)). A chord chart shows you the chord names sitting right above the lyrics — so you always know which chord to play and exactly when to switch. No sheet music. No reading notes.

WHY

The chords in I'm Yours are C, G, Am, F — the exact four chords you learned this week. That's not a coincidence. These four chords are everywhere in popular music. This is the Song-First Method in action: you didn't drill exercises for months. You learned the tools and went straight to real music.

DO THIS NOW

Open ultimate-guitar.com. Search: I'm Yours Jason Mraz. Open the chord chart.

Read through the lyrics and find where each chord appears above them.

Start slowly — just find each chord and move to the next one cleanly. No rhythm yet.

Once that feels okay: play each chord once per beat and let it ring until the next one arrives.

It doesn't have to be perfect. The goal is to prove to yourself: I can do this.

Because you can. You just did.



Done when: *You played a recognizable song on the piano. All the way through.*

Continue to the next page...

A quick note before you go:

You're not behind. You're not too old.

The reason piano hasn't felt joyful in the past isn't you. It's that nobody handed you the right tools. These five patterns are some of those tools.

Every PIANOLY student started right where you are now.

Ready to See the Full Roadmap?

These five patterns are just one piece of the puzzle. If you want to see exactly how we take students from zero (no experience, no music background) to playing the songs they've always loved, I put together a [free training](#) that walks you through the whole path.

You'll see the exact method, the order we teach everything, and why it works so much faster than traditional lessons.

Felix watched it in retirement and decided to join. He now plays every Sunday and Wednesday for his church prayer group and performs with the worship team once a month.

Marc had tried traditional lessons for years and gotten nowhere. After going through the training and joining the program, he surprised his wife by playing their wedding song.

Results vary depending on time invested and starting experience. But what these stories show is that with the right system, progress happens faster than most people expect.

[→ Click here to access the free training and see the full roadmap. ←](#)



Learn the songs you've always loved. Finally.

@PIANOLY.OFFICIAL