Are you practicing right now?
No
Yes
WHY NOT?
I already practiced 3-4 hours today
I don't feel motivated/ I don't need to.
I don't feel like it/I'm tired/I'm sick
I have schoolwork to do
Get over it
If you're sick, go to the doctor
SUCCESS!
I have to go to work
Finish your work
When are you going to practice?
Social activity/video games/TV/ reading a book/etc
Stop wasting your time and go practice
Not today, get off my back/ I just have so much going on right now/my life is so hard
I don't know, later sometime
Right after Hell freezes over
Specific, regularly scheduled time today
FAILURE