

The First 30 Days with Your Guitar

A Gentle Beginner's Path
Designed for Calm Consistency



Imperfect Beats Idle. Show Up Every Day.

KNOW YOUR BUDDY!

I'm a regular person — probably more like you than you'd expect.

I've always struggled to stay focused on just one thing. My interests change often, and for a long time, that felt like a weakness. While others seemed to move steadily in one direction, my path kept shifting.

Over the years, those shifts led me to work across different fields and collaborated with organizations like **National Geographic**, **Amazon**, **TrekupIndia**, and several local travel agencies. Each experience taught me something practical — not just about work, but about learning itself.

To stay grounded across such different spaces, I slowly developed my own way of learning: a simple, intentional approach focused on building useful skills in the shortest possible time, without burnout or pressure.

Right now, my focus is on music.

Here, I'm sharing the same grounded approach that helped me learn across disciplines — now applied to my newest passion, the guitar. This isn't guidance from a master, but from someone learning honestly, one step at a time.

If you've ever felt scattered or unsure of your pace, you'll feel at home here.



You'll connect with me if you

- struggle to focus on just one thing
- start strong but lose momentum
- feel overwhelmed by “too much” guitar advice
- want calm progress, not pressure
- are okay being imperfect but consistent
- learn better with structure, not chaos
- prefer honesty over hype
- want to grow alongside someone, not beneath them
- have quit before and are trying again

How to Utilize This eBook



- **Read only one page a day.**

This journey is meant to be slow, intentional, and lived—not rushed.

- **There is no hurry, no finish line.**

Progress reveals itself through consistency, not speed.

- **Understand and feel before you play.**

Let the idea settle in your mind and body before touching the strings.

- **Do not copy blindly—adapt consciously.**

Your fingers, breath, and rhythm are unique. Let the practice shape itself around you.

- **Trust the process, even on difficult days.**

Showing up matters more than sounding good.

Inspiration

Every journey has a quiet beginning. Not dramatic. Not heroic. Just a moment where you decide to try.

Today, the guitar may feel foreign. Too big. Too heavy. That is not a sign to stop. That is the sign you have started.

You are not here to impress anyone.

You are here to begin.

Practice Path

Sit with the guitar. Don't rush to play.

Let it rest on your leg. Adjust until it feels stable.

Notice your shoulders. Let them drop.

Pluck one open string.

Wait until the sound fades completely.

Do this for all strings. Slowly.

Now place one finger behind a fret and pluck again.

Listen carefully. No fixing. No judging. Just listening.

Reflection

Write one line:

“How did it feel to simply sit with the guitar?”

Inspiration

Awkwardness is the doorway.

Everyone who ever played passed through it.

Your hands don't know what to do yet.

That's not failure. That's where learning begins..

Practice Path

Warm your hands gently. Shake them. Rotate wrists.

Turn on a metronome at 60 BPM.

Choose one string.

Pluck once per click. Count out loud.

If you miss, continue. Don't restart.

Now place fingers on frets 1–2–3–4, slowly.

One note at a time.

Stop before frustration arrives.

Reflection

Did you rush today, or did you stay patient?

Inspiration

This is where doubt enters quietly.
“Is this supposed to hurt?”

Yes. A little.

Pain is your body adapting, not rejecting you.

Practice Path

Repeat the 1–2–3–4 drill on one string.
Slower than yesterday.

Focus on minimum pressure.

Now lightly strum all strings without forming chords.
Feel movement, not sound.

Rest your hands when needed.

Reflection

Rate discomfort from 1–5.

No judgment. Just awareness.

Inspiration

Your first chord will not sound like music.
But it *is* music — unfinished, raw, honest.

Every guitarist has stood here.

Practice Path

Learn the Em chord.

Place fingers carefully.

Pluck each string individually.

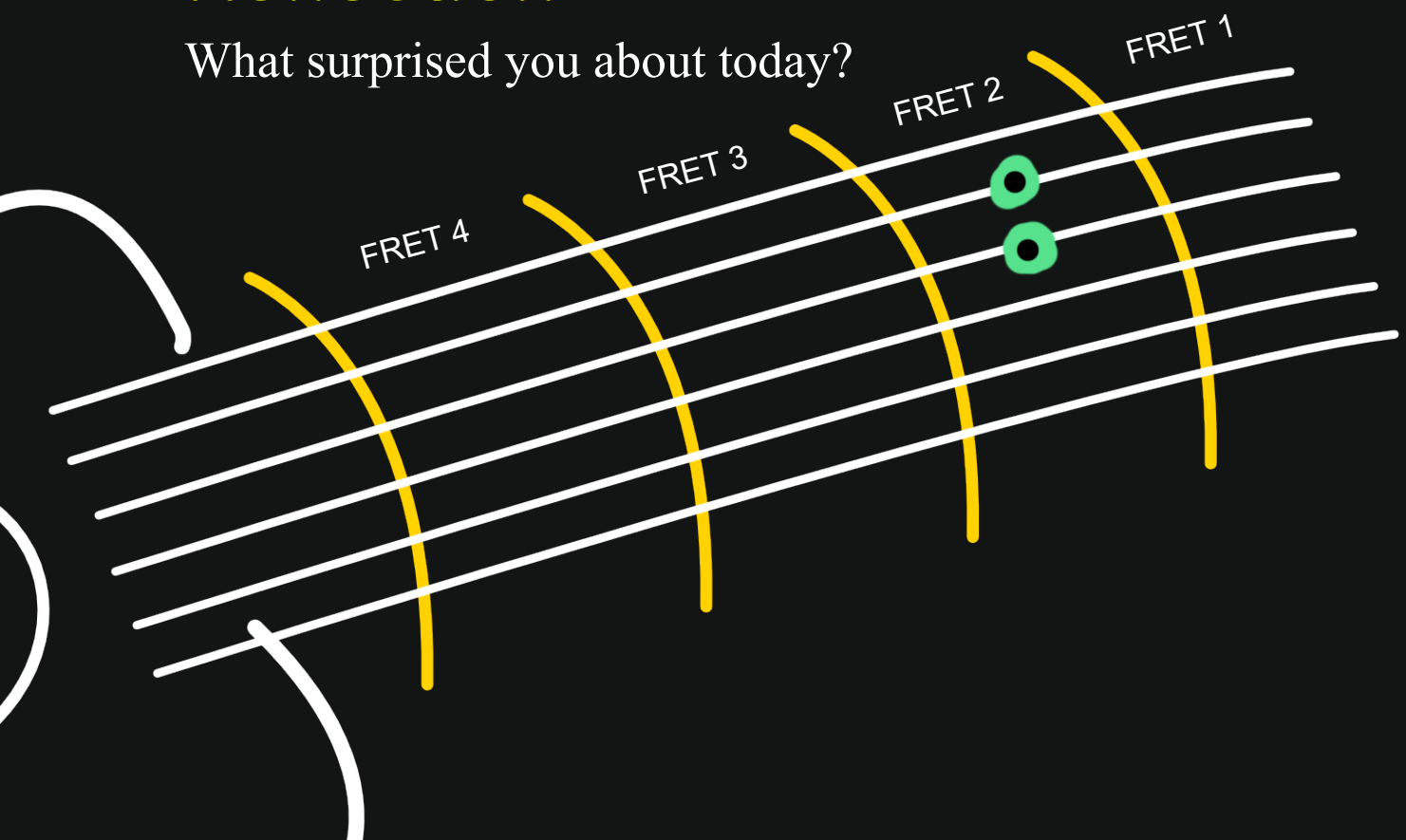
Adjust until buzzing reduces.

Strum once. Let it ring.

That sound is yours.

Reflection

What surprised you about today?



CONFUSION IS NORMAL

Inspiration

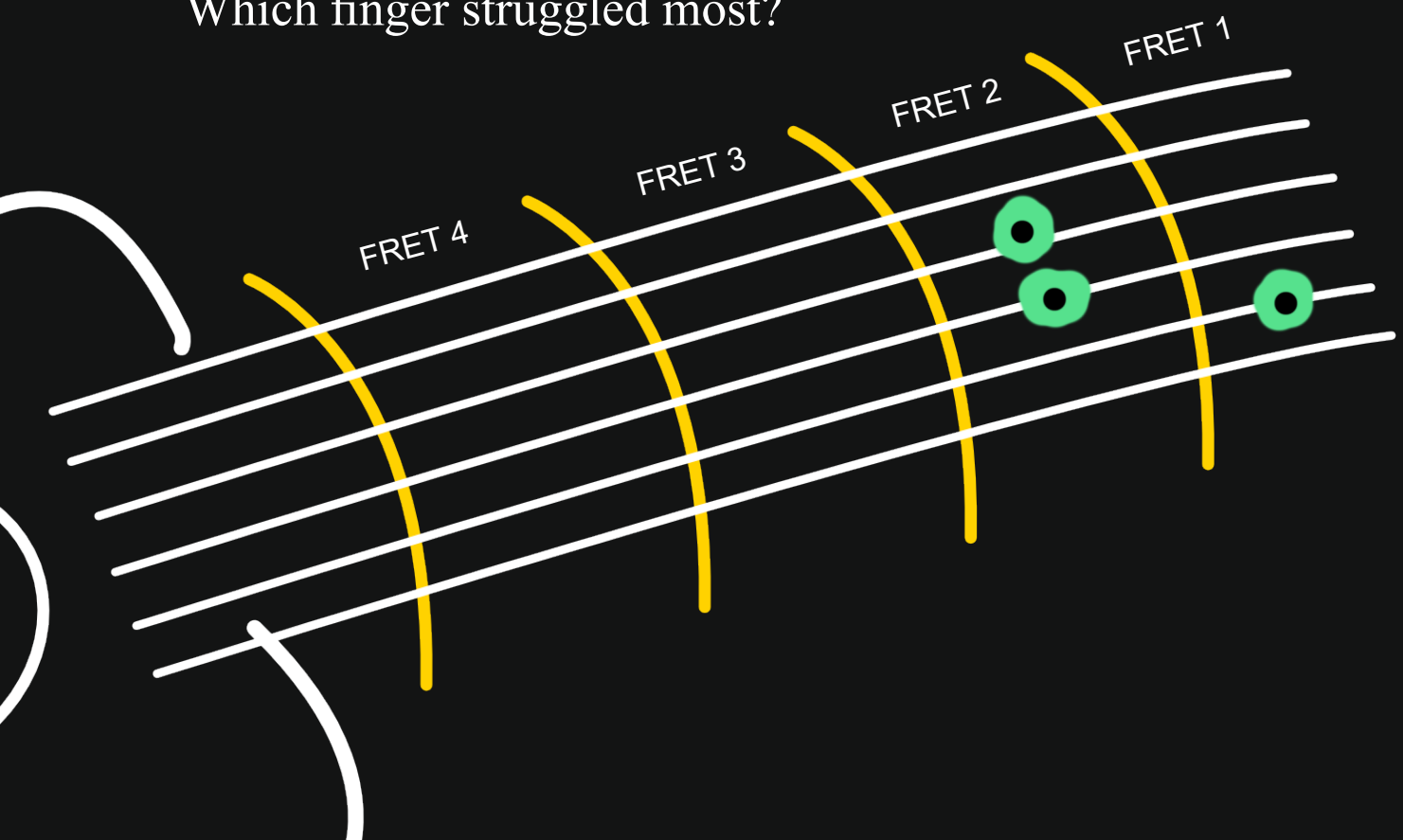
Your fingers will forget yesterday.
That doesn't mean yesterday was wasted.
Learning loops before it climbs.

Practice Path

Learn the Am chord.
Pluck each string slowly.
Now switch: Em → stop → Am.
No speed. Just placement.

Reflection

Which finger struggled most?



Inspiration

Some days feel heavy.
Progress hides on these days.
Stay anyway.

Practice Path

Repeat Em → Am with one slow strum each.
Shake hands between attempts.
End early if needed.

I used to freak out every time I tried this exercise, mostly I would confuse which one was A minor(Am) and which was E Minor(Em)!

Reflection

Did you respect your limits today?

Inspiration

Most people quit before looking back.

You didn't.

That matters.

Practice Path

Play open strings.

Play finger drills.

Play Em and Am.

Record 30 seconds of your playing, if possible

This single habit of just recording my own works, changed my life in ways I couldn't have imagined!

You should seriously try it as well if you aren't already doing that.

Reflection

What changed since Day 1?

Inspiration

Some chords feel unfair.
C is one of them.

Unfair doesn't mean impossible.

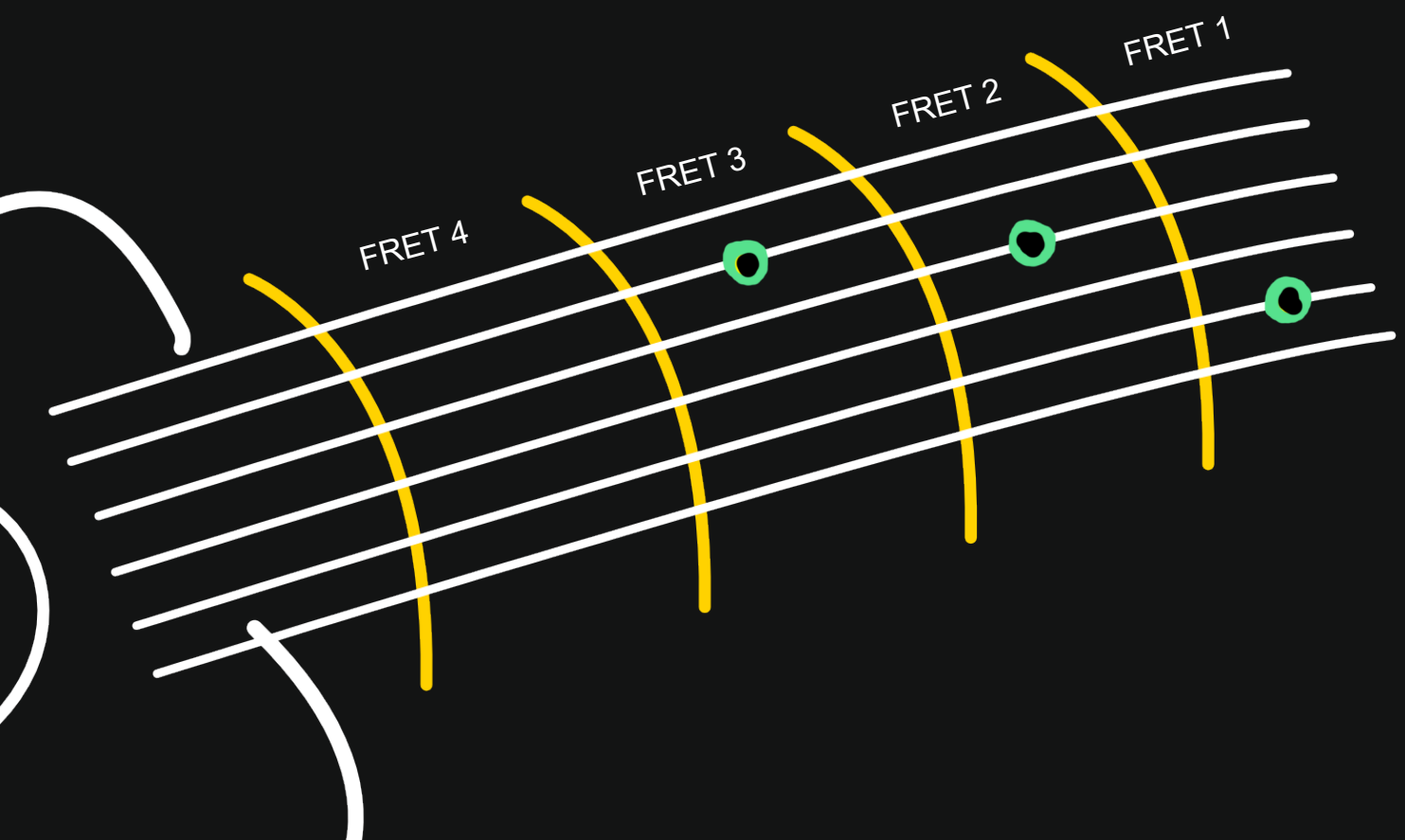
Practice Path

Learn C slowly.

Pluck each string individually.
Don't strum until ready.

Reflection

What felt hardest?



Inspiration

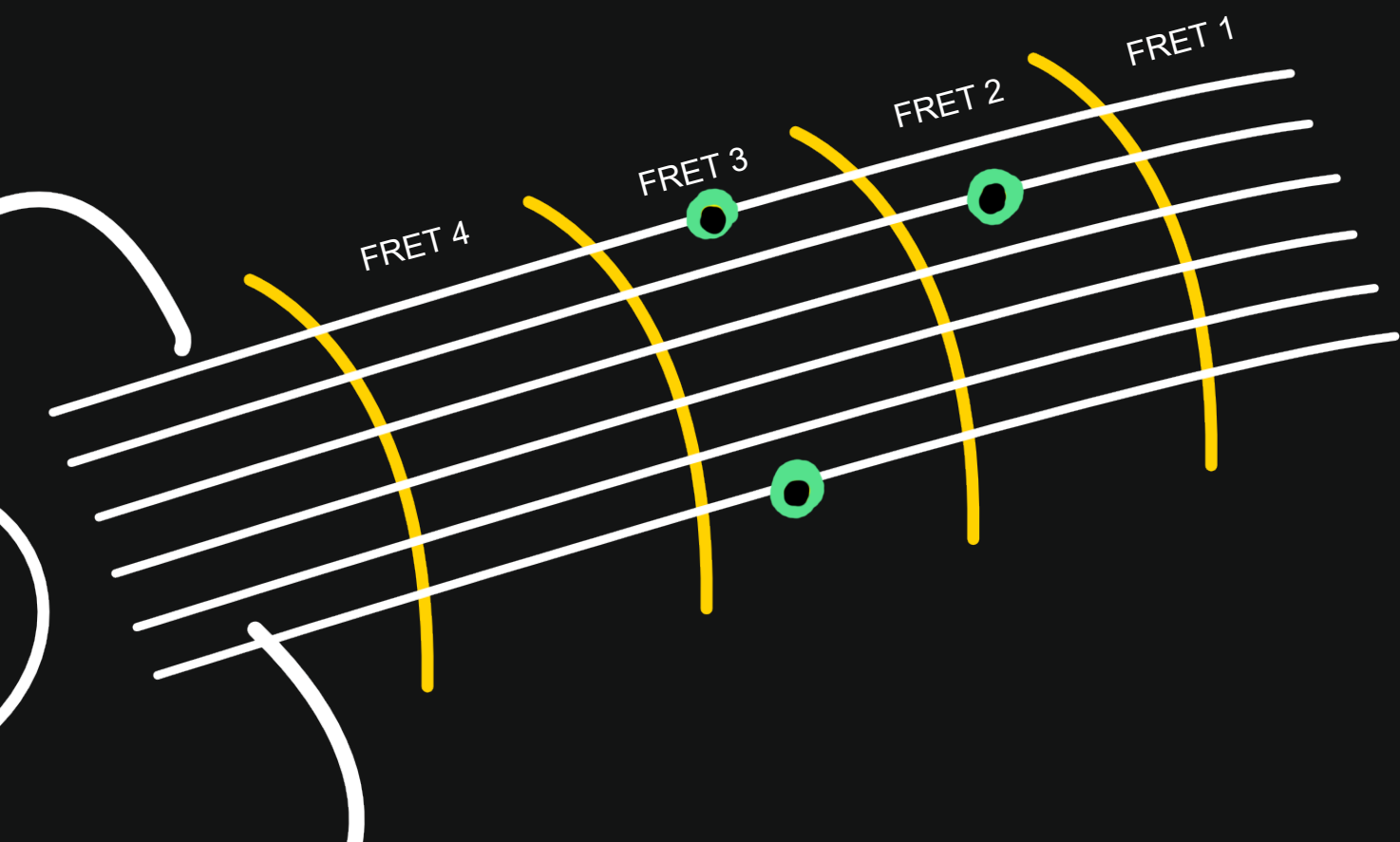
Stretching doesn't mean weakness.
It means growth.

Practice Path

Learn G.
Adjust thumb position.
Breathe between attempts.

Reflection

Did relaxing help?



Inspiration

Small shapes demand patience.

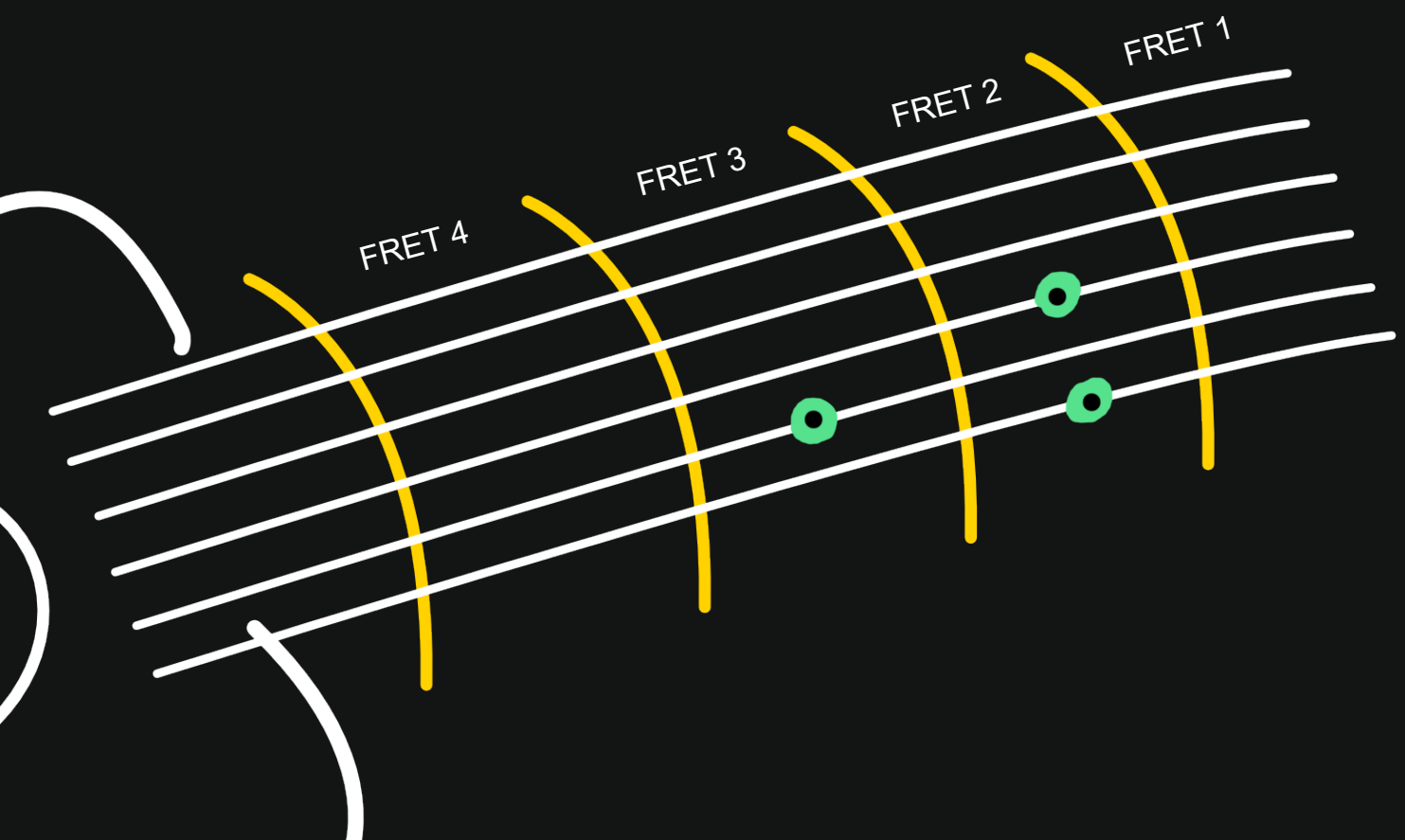
Practice Path

Learn D.

Pluck slowly. One string at a time.

Reflection

What improved when you slowed down?



Inspiration

Music lives between shapes.

Practice Path

Practice C → G.

Stop between changes.

Place fingers silently before strumming.

My fingers used to revolt against me! They would never move and change chords as I wanted them to!

Reflection

What slowed you down today?

Inspiration

Timing matters more than perfection.

Practice Path

Downstrokes only.

Metronome at 60 BPM.

Ignore mistakes. Keep time.

Tip: Download [GuitarTuna](#) on your phone and use the metronome there, it's easy and free!

You will find it very difficult to play along with metronome, especially in lower beats per minute (BPM). But try to stay in rhythm as much as you can. This develops your **body clock**, which differentiates between casual and pro players later!

Reflection

Did rhythm feel grounding?

Inspiration

Your hands are learning quietly.
Trust them.

Practice Path

Place chords without looking.
Accept mistakes.

The first time you close your eyes and try to put fingers on the notes, you'll find yourself **CLUELESS!** As if you don't know anything about the guitar.

But, within 2 days (10 minutes practice/day) You will be much more familiar with the fretboard.

Takeaway: If you master this, you can play without looking at your guitar, imagine how **cool** that would be!

Reflection

What surprised you?

Inspiration

You're no longer guessing.
You're practicing.

Practice Path

Play C, G, D slowly.
Record a minute if possible.

The goal is to move smoothly from one chord to another while playing a song/melody. In musical terms this changing of chords is referred to as **Chord Progression**.

At first, place your fingers at the notes of the C chord, strum 4 times. Then slowly move finger by finger and place them on the notes of G chord, strum 4 times. Do the same for D chord as well.

Now just play it over and over again:-

C → G → D → C → G → D → C → G → D → C → G → D

Reflection

What improved without effort?

FIRST STRUM PATTERN

Inspiration

Music lives in the body.

Practice Path

Down, down-up pattern.
Tap foot gently.

This is where you merge your learning from previous 14 lessons, especially lesson from [Day 12](#) + [Day 14](#).

Here's what you do for the day:

- You set your metronome to 60 bpm (slow it if you need more time to switch chords, which is absolutely **FINE!**)
- Hold the C chord → Strum Down ↓ once while tapping your foot on the ground with each beat of metronome(+ 🦶)
- Without moving your fingers → Strum Up ↑ once + 🦶
- Without moving your fingers → Strum Down ↓ once + 🦶
- Without moving your fingers → Strum Up ↑ once + 🦶
- Then repeat the SAME pattern while holding the G chord
- Then (yet again!) repeat the SAME pattern while holding the D chord

Reflection

Did your body move?

Inspiration

Pauses give music breath.

Practice Path

Practice muting strings intentionally.

What is muting? I am sure you know better than me (You often Mute your phone!). Well in guitar we mute when we don't want certain strings to make a sound. And we do that by either **NOT** plucking a string while strumming, or, we lightly place the flesh part of our closest finger on that string.

Let me make it simpler: Remember the C chord? Well in most cases while holding the C chord, the 6th string is muted.

You can do that in two ways:-

1. You don't strike the 6th string at all while strumming the chord (which is difficult and often doesn't work for beginners)
2. You hold the guitar neck closely with your palm, that frees up the thumb tip. Slightly rest the thumb tip on the 6th string. Now when you strum all the strings, you can be sure that the 6th string won't make a sound!

And congratulations! You just **UNLOCKED** a crucial skill that you will need a ton in future.

Reflection

How did silence feel?

Inspiration

Emotion comes from emphasis.

Practice Path

Accent beat one.

Feel groove, not speed.

Whats that? Well it is the first real doorway for beginners like you and me. We are learning so that we can play stuff as we like, make and learn music as the heart desires.

Here's what we do:- We play [this groove](#) (or any other groove) on YouTube and try to strum on the major beats. After some time, you'll see your body reacting to your playing, you'll sway!

Fun part? Remember that metronome and Chord Progression lesson? That practice unlocked this ability. Now we simply change chords $C \rightarrow G \rightarrow D$ in the major beats from the above groove! And voila, you are playing an actual piece of music in **Real time!**

Reflection

What felt musical?

Inspiration

Life doesn't pause for transitions.

Neither does music.

Practice Path

Change chords mid-strum.

Accept messiness.

Today we step up and improvise! We pull our learning from Day 15 and modify it slightly. But yes, this is going to feel difficult and you are going to mess up (just like ALL MUSICIANS did).

- You set your metronome to 60 bpm (slow it if you need more time to switch chords, which is absolutely **FINE!**)
- Hold the **C chord** → Strum Down ↓ once while tapping your foot on the ground with each beat of metronome(+ 🦶)
- Without moving your fingers → Strum Up ↑ once
- Hold the **G chord** → Strum Down ↓ once + 🦶
- Without moving your fingers → Strum Up ↑ once
- Hold the **D chord** → Strum Down ↓ once + 🦶
- Without moving your fingers → Strum Up ↑ once

Reflection

What scared you today?

Inspiration

You are part of music now.

Practice Path

Play with a simple backing track.

Stay in time.

We are stepping up each day. Today we go WILD on our learning. Remember the lesson from Day 17? We will notch it up now.

Here's what we do:-

- We find some faster grooves online (I created [this album](#) specifically for this lesson)
- We strum with the beats, Upstrokes ↑ and then downstrokes ↓
- Our goal is to be able to change chords quickly enough before each major beat and strum alternatively (↓ & ↑)

This exercise sharpens at least 4 areas:

- Flawless chord changing
- Time sense (body-clock)
- Independent hand movements
- Chord muscle memory

Reflection

How did it feel to belong?

Inspiration

Listening teaches faster than playing.

Practice Path


Record yourself.

Listen without judgment.

20 days of some honest practice and some fundamental learning brought you here today. In this lesson, we face our monsters (literally).

Up until now, we were just learning and playing, but today we are performing:-

- Pick up your phone/camera or anything that can record a video.
- Set it up facing you
- Start playing.

Play something simple, a simple chord progression (C → G → D) + alternate strumming +  tap on major beats.

🌟 I need you to see your recorded session over and over again, however uncomfortable you feel. This will make you stronger in so many directions **subconsciously** that I can't even fit those in this page!

📌 From this day onward, record and analyse every day. This is the major **SECRET** sauce that will make your learning faster than everybody who is just playing in a corner. (**Work Smarter**)

Reflection

What scared you today?

Inspiration

You are beginning to sound like someone who plays.

Practice Path

Play freely for 10 minutes.

21 days huh? Now, without knowing, you have done something **80% of the people all over the world couldn't do**. The 21 day challenge!

In these 3 weeks, you've:-

1. Made a habit of playing consistently
2. Showed up despite other life problems
3. Trained your subconscious mind
4. Accepted your weaknesses
5. Recorded your progress to see it after years that you tried to learn
6. Prepared your mind to take up a 21 days challenge in ANY field
7. Built a robust self-confidence in a new field (music in this case)
8. Improvised on whatever little knowledge you have on guitar
9. Strengthened your muscle memory
10. And made me **bloody proud** among other things

Reflection

What feels different now?

Inspiration

Simple songs teach courage.

Practice Path

Choose a very simple song.

Listen to it once.

Enough of technicalities! Now we play something we find amazing. You are able enough now to visit YouTube and learn some songs!

Here's a cool one for starting: [Easy Acoustic Guitar Songs](#) (Marty Music)

I remember my first song, it was Knockin' on Heaven's Door by Bob Dylan!

I played it on my first concert, and also it was my first cover song! I made the cover when I was still learning that song!

[Knockin' on Heaven's Door | A Film About Letting Go](#)



Reflection

Why did you choose it?

Inspiration

Small sections build big confidence.

Practice Path

Practice intro only.

This is where it gets real. **Real songs**, real structures and real masterpieces. Today we are going to learn how the legendary songs are structured.

These are the major parts that build up most song structures:-

- Intro (sets the tone)
- Verse (narrative)
- Pre-chorus (builds anticipation)
- Chorus (main, memorable message)
- Bridge (contrasting section)
- Outro (conclusion)

For now, pick any song of your choice. **Listen** to it over and over again, try to focus on the music rather than the lyrics. Listen beyond the words of the songs. Then try to learn the intro from free Youtube videos.

Reflection

Did repetition help?

Inspiration

Progress hides in repetition.

Practice Path

Practice verse slowly.

You have already listened to the music for a good number of times in the previous lesson, that was **hugely important!!**

I cannot exactly guide you on how to learn that song you've picked, but I can certainly break down the learning process.

While learning the verse part, it is paramount for you to break down the verse in little fragments and then learn.



For example, in the above bit of tabulature:-

- You first learn only the **pink** part. Master it first.
- Then move on to the **red** part.
- Once you learn the 4 parts individually, try to play all the fragments one after the next.

Reflection

What clicked today?

Inspiration

Energy grows with familiarity.

Practice Path

Practice chorus.

Stay relaxed.

The same principle from yesterday applies here!

The thing that matters is not how well you can play it now. You are learning, and it is supposed to be **messy**, **confusing** and filled with innocent **mistakes**. Be patient with yourself.

Different people learn differently. Some learn all the parts at once, some prefer to go by each line. I find it very easy to learn stuff when I break those down in extremely small fragments. You are wise enough and free to choose your learning method at your own pace and style.

● I beg you to **record** these learning sessions. You don't know that yet, but it is one of the most beautiful things to visually feel how you learn things. It's great for memories as well!

Reflection

Did confidence rise?

Inspiration

Music becomes real when it flows.

Practice Path

Intro → Verse → Chorus.

No stopping.

Today we merge our learning. ✨

We have been learning the bits of songs step by step, **focusing** solely on each part at a time.

Now we just try to play it all together, bit after bit, in the right rhythms of the song. This is where all the practice up until now comes down to. **Hand independence, muscle memories, body-clock, strumming, muting**, and every other little things you picked up on the way.

Even though you learned the whole song bit by bit, you'll find it difficult to **recall** them in the right order while playing. Feel free to see and play, or play while listening to the actual song. This is where you will feel **choked**, you will **forget** notes, even **misplay** sometimes. But deep down, your mind will learn to understand your actions relentlessly.

After a few trials, your own body and mind will sync and you will be able to play it much smoothly (this phase takes 1-2 days to kick in)

The difference in these 1-2 days is so surprising that you'll find yourself in awe when you **review** your learning session from these two particular days.

Reflection

Where did it break?

TOUCHING THE BARRE

Inspiration

You're stronger than you think.

Practice Path

I am afraid of this chapter as well. This is about barre chords! By definition, **Barre chords** are guitar chords where one finger (usually the index) presses down multiple strings across a single fret, acting as a movable nut or capo. And it is a feared one among all beginners. You'll see why in time.

So here's what you do:- You remember the E major Chord?

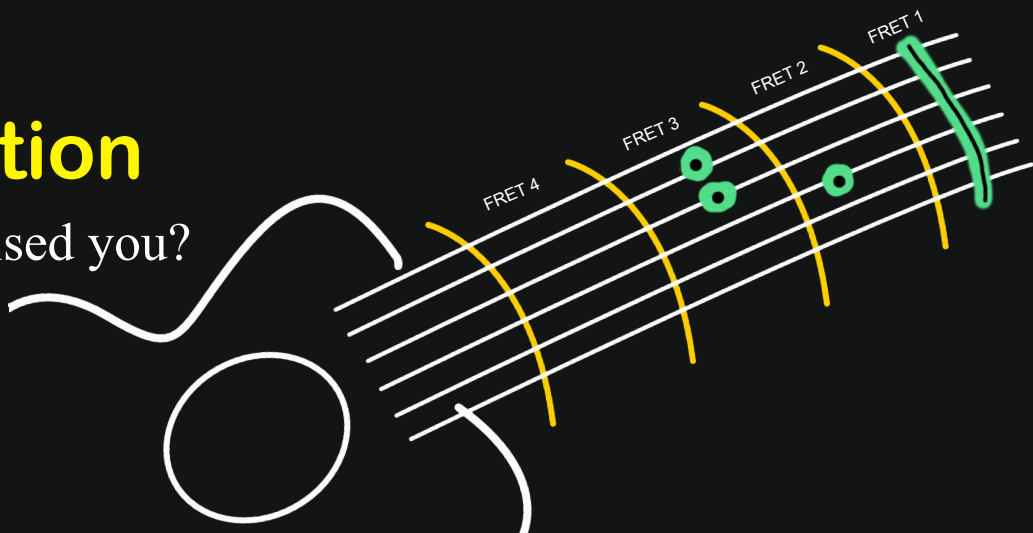
1. If we move the entire pattern of E maj chord by one fret and
2. Put our whole index finger across fret 1, we get a F major chord!

First thing, break it down. Just put your index finger across all the strings in fret 1, press down hard (use your thumb at the back of the neck to gain strength). Now you slowly pluck each string. You'll see, some strings are not ringing (muted), it is very likely that all the strings might get muted (happened to me on my first try). Just try, try to push and hold the position for about 10 sec. Do it over and over again, It will hurt, trust me.

Here's a suggestion: Try to understand the posture of the chord from [this video](#).

Reflection

What surprised you?



Inspiration

Stopping is the real mistake.

Practice Path

Play whole song without stopping.

Its philosophical. But I truly believe that the moment you become perfect, you stop learning at that point. And when that happens you become stagnant, turning yourself into a living, breathing **dead** person. That is so **ANTI-MUSIC**, so **ANTI-ART!**

So I urge you to not stop. Take breaks, **LONG** breaks if you must, but don't give up. Practice that heinous barre chord, maybe that complex song you love, if not playing, maybe go online and learn something new, its not about guitar or music anymore, learn **ANYTHING!**

There's seldom success or peace when you don't find fun in little things, the simpler joys in life.

Reflection

Did you keep going?

Inspiration

Trust the work you've done.

Practice Path

Record final version.

Well my friend, you've learnt enough. Enough theory, enough tutorials, even hours for a beginner. Now you show up.

I hope you you learn a song, at least a part of it. Also I hope you picked up a few new chords and strumming patterns along the way. Now I request you to record a full performance!

Maybe on your porch, balcony, bedroom, rooftop, backyard, staircase, anywhere...record your playing and just POST IT! There's no real growth until you put yourself out there to be ridiculed by the masses.

If you found this catalogue to be of any help: Please tag me on your video, I would love to see it!

You can find me here: [@thewildretina](https://www.instagram.com/thewildretina)

Reflection

What are you proud of?

Inspiration

You didn't just learn guitar.

You learned how to stay when things feel uncomfortable.

That skill will outlive this instrument.

Practice Path

Play once. Slowly. Fully.

I have to give you this today, if you “have faithfully come this far, then you're either ahead of the other learners, or are willing to be. In either case, we move on from this little ebook.

The first month is generally more exciting and filled with passion than the rest. In the coming time, life will catch up to you, you'd want to learn more complex music, you'll be laughed at online and offline, you'll want to give up. And if that happens, I want you to look back at all the recordings you made while learning lessons from this ebook. If not magically, theoretically it should make you feel lighter.

I love you.

Reflection

- Who were you on Day 1?
- Who are you now?

A	B	C	D	E	F	G
DATE	PRACTICE TIME (min)	NOTES	SATISFACTION	PRACTICE TIME (hr)	CUMULATIVE hr	% of 10K hr
05-11-25	10	All day Procrastination	<input type="checkbox"/>	0.17	0.17	0.000017
11-11-25	15	started learning Old Phone - Ed Sheeran	<input type="checkbox"/>	0.25	0.42	0.000042
12-11-25	10	All day Procrastination	<input type="checkbox"/>	0.17	0.58	0.000058
13-11-25	15		<input type="checkbox"/>	0.25	0.83	0.000083
14-11-25	20		<input type="checkbox"/>	0.33	1.17	0.000117
15-11-25	25	finger ex + bohemian rhapsody	<input type="checkbox"/>	0.42	1.58	0.000158
16-11-25	15		<input type="checkbox"/>	0.25	1.83	0.000183
17-11-25	30	finger exercises	<input checked="" type="checkbox"/>	0.50	2.33	0.000233
18-11-25	30		<input checked="" type="checkbox"/>	0.50	2.83	0.000283
23-11-25	30		<input type="checkbox"/>	0.50	3.33	0.000333
24-11-25	15		<input type="checkbox"/>	0.25	3.58	0.000358
29-11-25	15		<input type="checkbox"/>	0.25	3.83	0.000383
30-11-25	15		<input type="checkbox"/>	0.25	4.08	0.000408
02-12-25	15	Tried to learn barre chords	<input checked="" type="checkbox"/>	0.25	4.33	0.000433
03-12-25	40	Recorded practice after a long time	<input checked="" type="checkbox"/>	0.67	5.00	0.000500
04-12-25	30	Practised on rooftop	<input checked="" type="checkbox"/>	0.50	5.50	0.000550
05-12-25	30		<input type="checkbox"/>	0.50	6.00	0.000600
06-12-25	30		<input checked="" type="checkbox"/>	0.50	6.50	0.000650
07-12-25	40		<input type="checkbox"/>	0.67	7.17	0.000717
08-12-25	30		<input type="checkbox"/>	0.50	7.67	0.000767
09-12-25	15		<input type="checkbox"/>	0.25	7.92	0.000792
13-12-25	30	Learning Guitar from Gita	<input checked="" type="checkbox"/>	0.50	8.42	0.000842
15-12-25	40		<input type="checkbox"/>	0.67	9.08	0.000908
16-12-25	30	Learning Guitar from Gita	<input checked="" type="checkbox"/>	0.50	9.58	0.000958
17-12-25			<input type="checkbox"/>	0.00	9.58	0.000958
			<input type="checkbox"/>	0.00	9.58	0.000958
			<input type="checkbox"/>	0.00	9.58	0.000958

FREEBIES

While Learning, I often track my progress using a simple excel sheet. I just log the minutes I practiced, and it calculates the total hours I've put into practice. It just gives me confidence whenever I feel like I'm not good enough! You can download it for free. [Click Here!](#)

As it happens, I LOVE to sip coffee while making all the content for you to learn and enjoy. If you want to help me a bit, you can [buy me a coffee!](#) Thank you in advance!

I often create music, edit reels, and other freelance gigs to get my bread. If you ever need one of those services (and/or freebies), you can visit my website - <https://thewildretina.in/>