10 Prompts to Diversify Your Approach

If you want to live a rewarding and successful life as a musician, we really, truly, believe that you need to expand your world-view and perspective on how this can be done. There is no single path for everyone, but these prompts aim to get you out of the box and ready to tackle your artistry from many different angles.

1. Write a paragraph about your ideal (enter name of piece, excerpt or solo:) _____
(Example: Peter & the Wolf excerpt)

2. Sing your music - all of it!

Thoughts? What did you notice? Take it back to your instrument and keep that vocal line/ quality / color intact.

3. Find 5 works by diverse/underrepresented composers that interest you:

1.
2.
3.
4.
5.

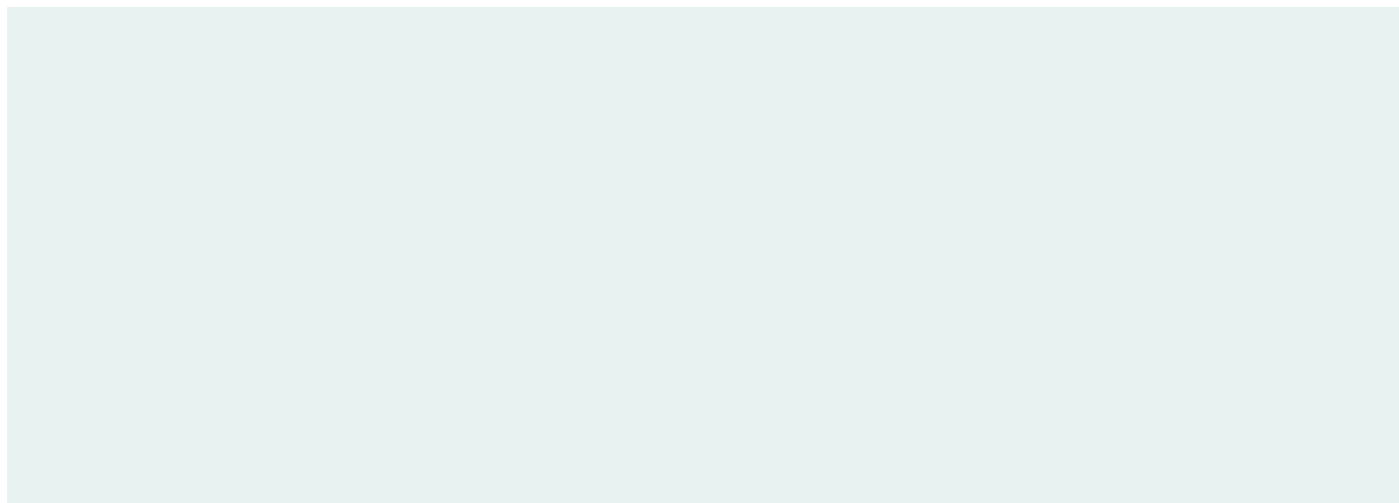**4. Try to get a child to dance to your music (or imagine this)**

Thoughts? What did you notice?

5. Find 10 bold adjectives about a passage of music you're working on.
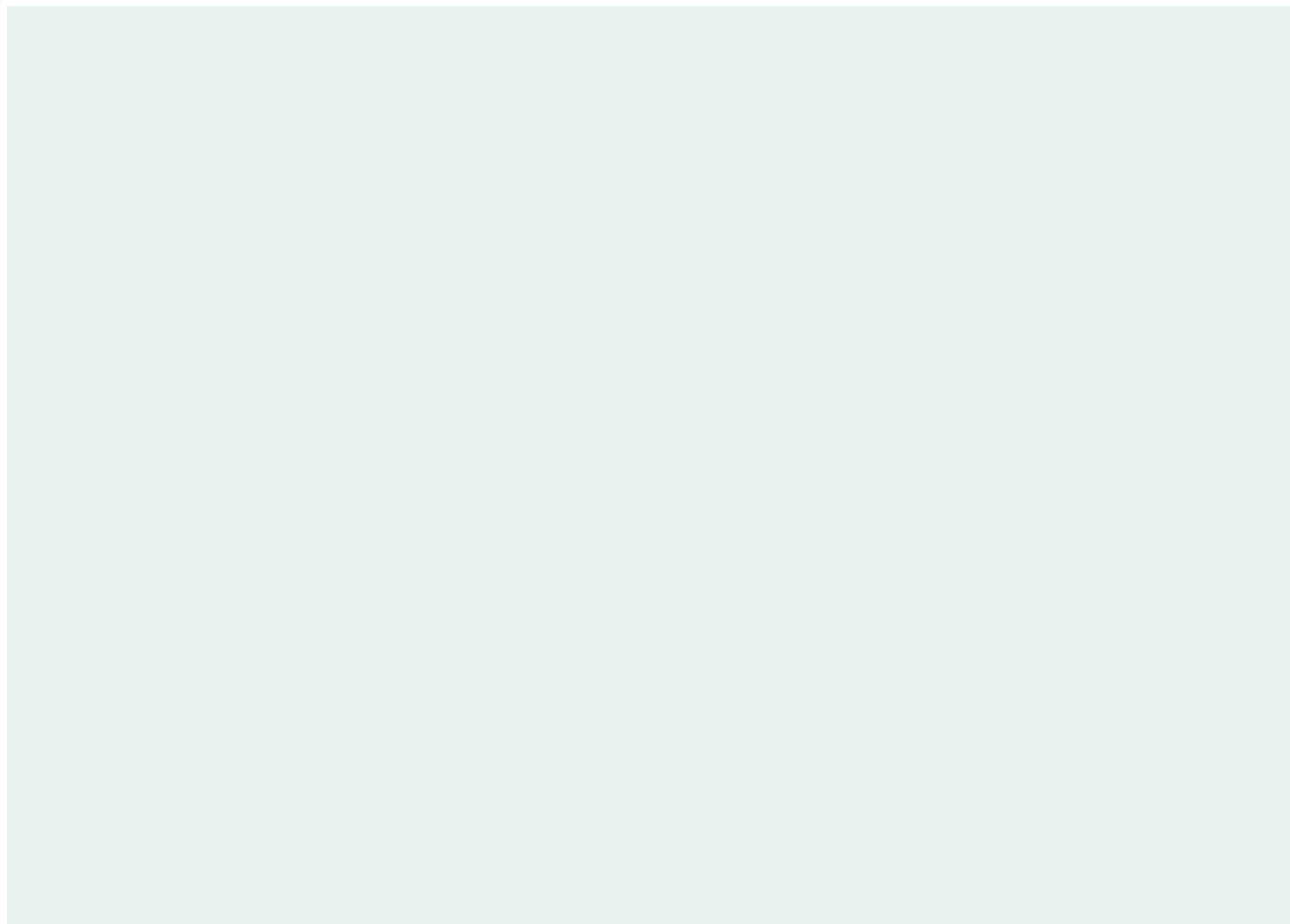
1.

2.

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7.

8.

9.

10.

**6. Watch 5 masterclasses or teaching videos of an instrument not your own.
What did you learn?**

7. Write down your routine for preparing for a concert:

8. Write a story, movie, or play about a piece _____

(Example: Mozart Horn Concerto)

9. Spend a week writing your expectations and outcomes for each practice session.

	EXPECTATIONS	OUTCOMES
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

10. Explore one of the following resources about peak performance:

Gerald Klickstein. The Musician's Way & her <u>website has **MANY** article links</u> – **a great resource!**

Greene, Don. <u>Performing Your Best Under Pressure</u> & Audition Success.

Dr. Noa Kageyama: <u>The Bulletproof Musician</u> videos, blogs, and more!

Cameron, Julia. The Artist's Way: A Spiritual Path to Higher Creativity.

Ristad, Eloise. A Soprano on Her Head.

Pressfield, Steve. Turning Pro, Do the Work, The War of Art.

Godin, Seth. <u>Blog</u>. Linchpin.

Barry, Mick. Stage Fright: 40 Stars tell you how they beat America's #1 fear.

Harris, Sam. <u>Waking Up</u> Meditation and Mindfulness app! If you can't pay for a subscription, they will give you one for free. You just email them.

Harris, Dan <u>10% happier</u> app.