

AUGUST 2017

INSPIRATION CALENDAR

GOALS:

SUN	MON	TUES	WED	THUR	FRI	SAT
		1 Reflect on the previous month and set new, specific goals for the month ahead	2	3 Awareness Question: <i>"Do I perceive the keys/ strings under my fingers?"</i>	4	5 Observe your thoughts while performing on-camera, and take notes.
6	7 Practice Intention: <i>I will use peripheral awareness to notice the length of both arms while I play.</i>	8	9 Warm-up along with a beat track! Try scales, intervals, and improvising!	10	11 Awareness Question: <i>Does my breathing change when I bring the instrument to playing position?</i>	12
13 Halfway Mark! Evaluate whether your actions reflect your goals.	14	15 Watch Amy Cuddy's TED Talk on <i>Power Posing</i> to encourage audition-day confidence*	16	17 Practice Intention: <i>Channel a feeling of love, joy, and kindness while playing.</i>	18	19 Try Rob Knopper's "Stress" ideas to learn to adapt to distractions during performance.*
20	21 Practice Intention: <i>I will notice the length of the spine while I breathe and play.</i>	22	23 Utilize a drone such as <i>The Tuning CD</i> during each part of your practice*	24	25 Practice Intention: <i>I will notice and feel my feet grounding my whole body while I play.</i>	26
27 Practice Intention: <i>I will allow the abdominal muscles to be free.</i>	28	29 Create a pre-audition playlist that inspires joy, positivity, and freedom!	30	31 Share a photo or video of something you've discovered this month!		

