

# JULY 2017

## INSPIRATION CALENDAR

SUN	MON	TUES	WED	THUR	FRI	SAT
GOALS:						1 Set new, specific goals, and print out a new Practice Tracker*
2	3 Movement Warm-Up: <i>The Movement Fix: "Move Every Joint"*</i>	4	5 E-mail Yourself Your Reasonable Practice Schedule for Tomorrow Before Going to Bed	6	7 Practice Intention: <i>I will ground myself before bringing the instrument to playing position</i>	8
9 Listen to pieces you love and play along with recordings!	10	11 Movement Warm-Up: <i>Try a Cardio Warm-Up before your instrumental warm-up!</i>	12	13 Practice Intention: <i>I will invite my lower body into my awareness as I play.</i>	14	15 <i>Halfway Mark!</i> Evaluate whether your actions reflect your goals.
16	17 Practice Intention: <i>I will notice the top of the spine and balance of the head while I play.</i>	18	19 Pause and Find Ease with <i>The Art of Freedom for Musicians'</i> "The Cycle" Video*	20	21 Try singing your phrases before playing them!	22
23/30 Create your Holy Grail Practice Packet*	24/31	25 Try Lisa Garner-Santa's Finger Exercises for Coordination and Dexterity*	26	27 Watch a TED Talk from the list linked on the original blog post*	28	29 Practice Intention: <i>I will always implement a musical intention before beginning.</i>