



The Happy Musician Quick Start Guide

First you'll need a few things

- Notebook
- Calendar
- Post it notes or note cards

Make an Action Plan: Before you start this guide, you're going to write down what you want to accomplish before you go to bed. This is the first step to a new habit of writing an action plan in your notebook every night.

Here's an example of an action plan:

I'll spend 40 minutes Practicing/Composing/Arranging then I will take a short break to clear my head and let my body rest. I will spend another 40 minutes Practicing/Composing/Arranging. I will then take another break and eat and drink a healthy snack. I will then review/play through my music for 20 minutes. I will repeat the process again today if needed.

*Definiteness of purpose is the starting point of all achievement
~ W. Clement Stone*



Set Goals: write down 3 music related goals you need or want to complete.

1. _____
2. _____
3. _____

Set Your Deadline: write the actual date you want to complete these goals. (the date may need to change, and that's OK but you're going to do your best to stick to our deadline)

- Goal Deadline 1.** _____
- Goal Deadline 2.** _____
- Goal Deadline 3.** _____

Break it Down Great! You have done the most important part. Now let's get more specific and break your goals down. This is where those post it notes or note cards come in handy. They will remind you what you're focusing on, so you don't get overwhelmed. Write down on the post it note one thing you're going to focus on from the list below, and keep it in front of you during your sessions.

Goal 1. To get closer to my goal I need to work on these things:

- a. _____
- b. _____
- c. _____
- d. _____

Goal 2. To get closer to my goal I need to work on these things:

- a. _____
- b. _____
- c. _____
- d. _____



Goal 3. To get closer to my goal I need to work on these things:

- a. _____
- b. _____
- c. _____
- d. _____

Schedule Your Sessions: Grab a calendar and write down the day and time you will work on each goal. Its up to you if your going to work on each goal everyday. To start, I suggest a 3 day rotation. Using a calendar allows you to view your daily schedule and be realistic about your time management.

Note: if your using an electronic calendar make sure to set a reminder the day before and 1 hour before your scheduled session.

If you want to take it a step further you can even write on your schedule what you're going to focus on.

Calendar Example

Monday Jan 1 - Exercise 8am - Dr. Appt 10am - Practice 12pm-2pm (focus on fingering and intonation see post it note) - Conference call 2:30pm

I have learned over the years that when one's mind is made up, this diminishes the fear.

~ Rosa Parks



Quick recap, you have:

- **Made an Action Plan**
- **Set Goals**
- **Set Your Deadline**
- **Broken Down Your Plan**
- **Scheduled Your Sessions**

I'm proud of you for getting this far and making the commitment to keep happiness in your art. Now you can move on to the easy part.

Journal: Write down in your notebook with your action plan what you enjoyed about your session. It can be as short or as long as you like. Do this after every session.

Example Journal Entry 1:

Monday January 1st 2017

I finally made it through measure 22 without stopping.

Example Journal Entry 2:

Monday January 1st 2017

I was able to recommit to a composition I have been putting off. I added 2 whole pages and added a new part for the cellos that will allow violins to carry the melody all on their own.

You must expect great things of yourself before you can do them
~ Michael Jordan

Reward Yourself: As you meet each goal remember to reward yourself for what you have accomplished. Maybe get tickets to a show, share your talent with someone less fortunate, indulge in your favorite candy. It can be anything!

Goal 1 Reward: _____

Goal 2 Reward: _____

Goal 3 Reward: _____



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Bravo!

Give yourself a hand and take a bow, you have completed The Happy Musician Quick Start Guide. I'm so happy for you!

Feel free to reprint this or use it as guide to set up your journal.

Stay Happy !
Candace