

Music Student Goals Manifestation Project

Write your Top 3 musical goals for the next 90 days now.

Goal 1.

Goal 2.

Goal 3.

Next, I want to take you through a simple process to help you see your specific challenges and opportunities for musical growth in each area of your musical life. The distinctions you make now will lay the foundation for your long-term success.

Step 1: For each item below, rate your level of satisfaction in each area of your musical life. (Use a scale of 1 to 10.)

1 = I am very dissatisfied.

10 = I am very satisfied with my results!

Step 2: What 3 actions can you take to improve in each area.

MUSICAL AREA #1: Your level of Motivation and Inspiration to practice, study and learn music.

Level of Satisfaction:

Now, What 3 actions can I take over the next 90 days to significantly improve my level of satisfaction in this area of my musical life?

1.

2.

3.

MUSICAL AREA #2: Your current amount of dedicated music practice and study time.

Level of Satisfaction:

What 3 actions can I take over the next 90 days to significantly improve my level of satisfaction in this area of my musical life?

- 1.
- 2.
- 3.

MUSICAL AREA #3: Your practice effectiveness (the results you are getting from your practice time).

Level of Satisfaction:

What 3 actions can I take over the next 90 days to significantly improve my level of satisfaction in this area of my musical life?

- 1.
- 2.
- 3.

MUSICAL AREA #4: Your ENJOYMENT of Being a Musician (playing, practicing, studying, creating, etc.)

Level of Satisfaction:

What 3 actions can I take over the next 90 days to significantly improve my level of satisfaction in this area of my musical life?

- 1.
- 2.
- 3.

Awesome!

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Now we're going to explore the most powerful element in attaining your goals....Your Reasons. Success begins with the power of the reasons behind your goals.

Every truly great musician (in fact every great person in any area of life) had powerful and compelling reasons to reach their goals. This fact is just as true today as it has been over all of music history.

Let's go back to your Top 3 90-Day goals you shared with me on Day #1.

Take as much time as you need to do today's assignment, but you must finish the assignment TODAY!

Just click reply and tell me AT LEAST 5 reasons why you want to reach each goal. That means 5 reasons for EACH goal (15 reasons total).

I know this is a lot harder to do than the last 2 assignments. But I would not ask you to do this if I wasn't 100% confident this exercise brings BIG results!

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Next, we're going to discover the top 5 things which are holding you back from reaching your maximum potential right now.

I want to ask you, "What burdens you." In other words, "What things are holding you back or dragging you down?"

Burdens are things (incomplete tasks, actions, relationships, mentalities) that you endure and have not overcome for one reason or another.

These burdens drain your energy and make you unfocused.

Although the truth may be hard to accept, most burdens are a choice, only a few are out of our complete control.

We can better manage the burdens which are out of our control when we reduce or eliminate the ones that we can.

So, now is the time to make a list of at least five burdens which are holding you back from reaching your fullest musical potential.

- 1.
- 2.
- 3.
- 4.
- 5.

Look at your list and pick one thing you can begin to improve today.

Now let's focus on your commitment.

Most of us have moments when we feel totally committed to reach our goals....

And we also have other moments when we feel uncommitted.

The key to empowering and enduring commitment is to identify and manage the reasons or causes behind our level of commitment.

What I want you to do now is to make 2 lists.

For the first list, identify 5 reasons or causes which make you feel totally committed.

- 1.
- 2.
- 3.
- 4.
- 5.

For the second list, identify 5 reasons or causes which make you feel uncommitted.

- 1.
- 2.
- 3.
- 4.
- 5.

After you have identified these reasons and causes, your next step is to begin to manage them.

For each list, ask yourself two simple questions...

1. "What would have to happen for me to reduce or eliminate the reasons or causes behind a lack of commitment?"
2. "What would have to happen for me to maximize the reasons or causes behind my commitment in order to feel empowered most of the time?"

Once you have answered these questions, the next step is to actually "do it".

Taking these steps will have a powerful impact on your ability to reach your goals.

You might want to allow your teacher to view what you have written this may influence what you will learn and do in future lessons.

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