



APRIL 2017

INSPIRATION CALENDAR

SUN

MON

TUES

WED

THUR

FRI

SAT

GOALS:

1 Reflect on the previous month and set new, specific goals for the month ahead

2

3 Make a list of things you would like to do every day (but aren't), and plan to implement them

4

5 Manage your time while practicing using the Pomodoro Technique*

6

7 Practice Intention: I will give the weight of my arms to gravity

8

9

Come up with or update your Fundamentals Workout Plan

10

11 Watch *Stop Chasing Pain's Tension Release Secret* and roll a golf ball under the feet*

12

13 Practice Intention: I will bring awareness to my knees while I play

14

15 *Halfway Mark!*
Evaluate whether your actions reflect your goals.

16

17 Share your music in a new way! Play for friends, your community, or online!

18

19 Watch an inspiring TED Talk that applies to your journey*

20

21 Practice Intention: I will practice and play with gratitude

22

23/30

Read a post by *The Whole-Hearted Musician**

24

25 Identify a technique or style that seems impossible, and begin proving yourself wrong*

26

27 Explore Rob Knopper's Resources on *Audition Hacker**

28

29 Practice Intention: I will play with elegance