

INSTRUCTIONS

- Use these journal prompts in your daily journal practice. I recommend 2-3 pages of stream of consciousness writing every day, and then 2-3 prompts/exercises per week. These should get you started!

PROMPTS

- What do you love about your voice? List everything you can think of. If your brain fights you on this, take the negative statement's it gives you and turn them into positives. For example, "I can't control the break in my voice" could turn into "the break in my voice offers me some great stylistic choices and makes me sound unique."
- Make a list of your "enemies" – anyone, all the way back to childhood – who said, did, or even implied something that made you feel inadequate as a singer or artist. List as many as you can think of, and write down briefly what they said or did.
- Pick at least one enemy from your list and write a letter telling them off. This letter is not meant to be sent! Repeat for every enemy, if it feels good.
- Make a list of your "champions" – anyone who has ever helped, taught, or encouraged you in your singing journey. Make it as long as your memory allows.
- Choose at least one champion and write a letter of gratitude. This can be sent, and it feels great to do that! But you can absolutely keep it to yourself if you'd like.
- Spend a few minutes with your eyes closed and focus on your breath. When you open your eyes, write about how that felt. Calming? Anxious? Deep? Shallow? Now close your eyes and picture yourself breathing through a performance of a song you know well. Write about how and if the feeling changed. What was different? Which felt better?

PROMPTS (PG 2)

- Brainstorm ideas for taking your calm, meditative breathing with you to singing practice and performance.
- Think about your favorite performance ever. To the best of your ability, write down every detail, start to finish. What was the anticipation like? Was the performance flawless, or is there another reason you really loved it? What mistakes did you make? What did you do VERY well? How was the energy from the audience (even if it was just your mom and grandma on the living room couch)? How about the post-show reception? Hugs, high fives, compliments? How did it FEEL? All of it?
- If you're preparing for another performance, take the previous exercise and rewrite it as if it is the current performance. Keep all of the amazing feelings of your past performance, but plug in all of the details that will be true of your upcoming performance – the songs, costumes, people you're working with, friends and family who will be at the show, etc. Now, read this story every day before you begin your practice.
- Write a letter to yourself when you were first starting to sing. What do you wish you had known then? What can you give yourself to look forward to? How have your dreams for yourself changed since then?
- Write a letter to yourself one year from now. What are your hopes, dreams, and goals for the next year? Be specific. Don't use words like, "I hope you are..." but instead write as if you know you have achieved those goals. CONGRATULATE yourself for getting there.