

for Downbeat Times

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The POWER of our UPBEAT!

When a conductor gives the upbeat (preparatory) beat for the piece of music, the conductor already envisions the sound, articulation, dynamics, and tempo *before* the downbeat happens.

The conductor **imagines** what they want the piece of music to sound like and then they lead the musicians to create what they have already imagined.

The conductor **chooses** the upbeat and the upbeat affects the downbeat.



The upbeat is the preparation for any event.

The way the ensemble walks onto the stage is the upbeat to the performance.

The attitude you **choose** upon waking is the upbeat to your day.

The attitude you choose to bring to a situation either FUELS you up or DEPLETES YOUR ENERGY.

Your Thoughts are the Upbeat to your Actions.

Your **Attitude** is the Upbeat to any Situation.

You **Choose** your Thoughts and your Attitude.

You **Choose** your Upbeat!

Challenge #1: How can **your** thoughts and actions make a positive impact on your classroom or ensemble? _____.

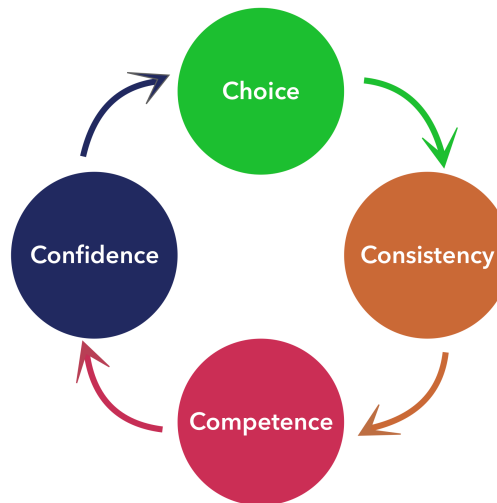
Challenge #2: Who has had an impact on you and why? Let them know that they have made a difference in your life. _____.

The POWER of HABIT

We create habits from repeated actions and behavior.

Making a difference and making a change begins with creating a new habit of thought.

You can even change your self-belief and your self-confidence by intentionally creating new habits.



Confidence - Competence Loop

Strategies to **POWER-UP** your Habits

- **Choose** something small and do it repeatedly.
- **Be consistent.**
- Get past the "I don't wanna's."
- Celebrate forward progress, even if you don't achieve your goal of a formed habit quickly.
- Through consistency and repetition, you will grow your **competence and develop a habit**.
- **As your competence grows, your confidence will grow.**

Challenge #1: To create new habits, we need to step outside of our comfort zone. We grow when we push ourselves beyond the familiar and comfortable. What new habit(s) would you like to create?

_____.

Challenge #2: Be committed to your new habit. What are you willing to do to develop and build this new habit?

_____.

The COURAGE of POSITIVITY

In this world, it is easy to be negative, but it takes COURAGE to be positive.

When we choose to be positive, we are able to be more creative, to be a better team player, and to be a solution-finder.

When we are negative, our focus narrows, but when we are positive, our field of vision expands, and we are able to see productive possibilities that were clouded before.

In a positive frame of mind, our prefrontal cortex and neocortex are stimulated, flooding our brain with good chemicals, such as dopamine, serotonin, endorphins, and oxytocin. This helps us to be at a higher level in intelligence, physical fitness, energy, and immunity.

Have the COURAGE to be a solution-finder rather than going down the negative rabbit hole.

Have the COURAGE to look for possibilities rather than dwelling in negativity.

What does it mean to be SOLUTION-ORIENTED? _____.

Strategies to **INSPIRE** by being Courageously Positive

- RECALL moments in your life when you overcame a challenge or worked through a particular struggle or crisis. Know that you are capable of being persistent and resilient in the present moment.
- Rather than focusing on what is wrong, BROADEN your focus to think of possibilities and solutions.
- Ask yourself, "How can I TRANSFORM this challenge into an opportunity?" ACT on it.
- Choose to BROADCAST a positive attitude and a "yes, we can" mindset to INSPIRE others to RISE UP.



Challenge #1: Find Solutions

One challenge I see in my life in the coming week is _____.

A possible solution to this challenge from my best self could be _____.

Challenge #2: Be Courageous

Share your enthusiasm for the positive aspects of your music classes.

When you return to school, how will you be intentional about sharing positivity with your music students?
_____.

The POWER of G.E.T.

What are you **grateful** for in your life NOW? (people, pets, situations, things) _____.

When you focus on the present, your awareness levels rise and you are able to find more **enthusiasm** for what you GET TO DO.

You can **choose** to bring enthusiasm to almost any situation.

What are you enthusiastic for in your life NOW? _____.

When you bring appreciation and enthusiasm to a moment in the present, you will find that you **treasure** what you GET TO DO.

What do you treasure in your life NOW? _____.

What do you G.E.T. to do today?

The Power of **G.E.T.**TM

G = Gratitude

E = Enthusiasm

T = Treasure

Challenge #1: Make a list of what you need to do this weekend to prepare for next week. Begin each bullet point with "I get to."

1. I get to _____.
2. I get to _____.
3. I get to _____.

Challenge #2: Use the words "get to" in sentences in your mind, while speaking out loud, and while writing much more often.

Super-CHARGE your Morning

How you begin your day sets up the trajectory for the rest of your day.

Strategies to JUMP-START your Morning

1. Plan ahead for your morning routine the night before.
2. Set your alarm clock (phone) away from your bed so that you need to walk to turn it off.
3. Change the way you perceive of your alarm clock and begin to call it and think of it as your OPPORTUNITY CLOCK!
4. When your 'opportunity clock' sounds, FOCUS on something that brings you JOY, GRATITUDE, or COMFORT, or WHAT YOU ARE LOOKING FORWARD TO THAT DAY.
5. Focus on a POSITIVE THOUGHT FOR 17 SECONDS so that it becomes a STICKY THOUGHT.
6. STICKY THOUGHTS attract other thoughts that are similar. This keeps your mind in the POSITIVE REALM - giving you ENERGY for the MORNING.
7. Drink a lot of WATER upon waking. Set a cup or glass next to your sink so that you can drink 12-16 ounces of water to hydrate your brain and body.
8. MEDITATION - focus on your breath - nonjudgmental - notice thoughts and return to breath
9. Include MOVEMENT or EXERCISE in your morning routine to get your body FIRED-UP for the day.

Challenge #1:

Sticky thoughts - Sticky Notes

Write two positive things you want to remind yourself of first thing every morning for the next month.



1. _____.

2. _____.

Put them on sticky notes when you have a chance and put them on your bathroom mirror.

Challenge #2: Plan your Morning

What are some things you can do to make a morning routine easier for you? (Like setting out running shoes and workout clothes next to the bed, or pouring a full glass of water to drink upon waking up)

1. _____.

2. _____.

MINDFULNESS

Being present in the moment and fully listening, honoring, and valuing others raises your ENERGY and INSPIRES others.

To be mindful means to BE AWARE of the present moment.

Show compassion to yourself and to others.

To be mindful means to be SELF-REFLECTIVE and aware of your thoughts, but without passing judgment.

To be mindful means to choose your RESPONSE rather than reacting without thinking.

Mindfulness includes focusing on your breath while MEDITATING or practicing deep breathing exercises.

When we are stressed, anxious, angry, or frustrated our BREATHING gets fast, shallow, tight, irregular, and loud. However, when we are in a peaceful, calm, relaxed state, our breathing becomes deep, slower, soft, and regular. Rather than focus on changing your emotions, intentionally slow your breath down.

FOCUS BREATH: Inhale in the nose for 4 counts. Exhale out the nose for 4 counts.

SERENITY BREATH: Inhale in the nose for 4 counts. Hold for 7 counts. Exhale out the mouth for 8 counts.

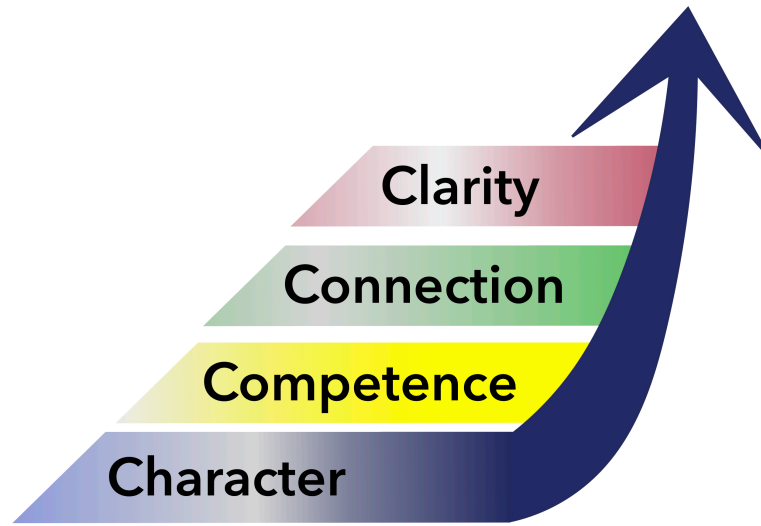
TRIANGLE BREATH: Inhale in the nose for 3 counts. Hold for 3 counts. Exhale out the mouth for 3 counts.

BOX BREATH: Inhale in the nose for 4 counts. Hold for 4 counts. Exhale out the nose for 4 counts. Hold for 4 counts.

GRATITUDE BREATH - LEVEL 1: Inhale the thought of what you are grateful for in your nose for 4 counts. Exhale out the mouth stress and negativity for 8 counts.

GRATITUDE BREATH - LEVEL 2: Inhale the thought of what you are grateful for in your nose for 4 counts. Exhale out the mouth for 8 counts what you want to give to the world.





The 4 C's of Upbeat! Leadership

Character

Leaders with a strong character have **integrity**. They build **trust** by following through with what they say they are going to do. They are responsible, reliable, and accountable for their actions.

Competence

Your competence is the level of your **skills and abilities**. Your competence is not etched in stone and it can be grown and developed continually. There is **no limit to your potential**.

Connection

In order to lead others, you must be able to connect with them and build **trusting relationships**. Take the initiative and **reach out** to make a new connection. Do not wait for someone else to take the first step.

Clarity

Have a **clear vision for your goals** and the direction you would like to lead. The clearer your vision the easier it is to motivate, inspire, and lead others.