



# HOW TO CRUSH COMPLEXITY... ... SO THAT MUSIC COMES EASILY

## Part 1: Tackling General Complexity

### 1. Vision and Goals

- Define your "Big Picture Vision" i.e. what "Musical Success" means to you:

*Imagine yourself 5 years from now if everything has gone perfectly with your musical training.*

*What does your musical life look like? What things are you doing then that you aren't able to do now? What skills do you have, what activities do you do, what have you achieved in your musical life?*

*Write it all down in as much detail as you can - a paragraph or two, not just a few words or a sentence.*



- **Set a MAGIC goal:**

- M** Musical *Does this goal feel as fun and exciting as music is?*
- A** Attainable *Can I really see myself achieving this goal in a reasonable amount of time ?*
- G** Growth-Oriented *Will reaching this goal help me grow into the kind of musician I dream of being?*
- I** Interesting *Am I actually interested in reaching this goal?*
- C** Clear *Is my goal clear enough that I will know with certainty whether I've reached it yet or not?*

### Example 1

Without MAGIC: *"I want to play by ear."*

With MAGIC: *"I want to play the simple tunes of the folk songs I love by ear on my violin and rarely make mistakes."*

### Example 2

Without MAGIC: *"I want to sing in tune"*

With MAGIC: *"I want to be able to reliably match pitch with the other singers in my choir and be confident enough to sing a solo in rehearsal."*

### Example 3

Without MAGIC: *"I want to produce better songs"*

With MAGIC: *"I want to develop my 10-band EQ skills so that I can always tell which frequency band needs adjusting when I'm mixing my next album."*

## 2. Planning

- **Making a plan:**

- **5 steps**, leading gradually towards your goal.
- **6-8 weeks**.



- **Include instrument, music theory, musical ears.**
- **Daily, 15+ minutes** per day.
- **Fixed schedule**, be consistent.
- **Don't overdo it!**
- **Get help.**

## 3. Progress Tracking and Support

- **Track Progress with:**
  - **Practice log** (writing down how you used each practice session).
  - **Streaks** (ticking off each day you practice).
  - **Record yourself** (and listen back).
  - **Make a commitment** (e.g. 3 months)
  - **Keep a Progress Journal** (keeping your eye on the big picture).
- **Team-mates:**
  - Help you keep music a **priority**.
  - Provide **encouragement**.
  - Provide **accountability**.
- **Coach:**
  - **Identifies your strengths and weaknesses.**
  - Helps you **set goals**.
  - Provides **honest feedback**.
  - Helps you to **keep going** when you feel like giving up.
- **Where can you find a community of team-mates or a coach?**
  - **Option 1:** You have them already.
  - **Option 2:** Find them in real life.
  - **Option 3:** Find them online.



- **Carefully evaluate the "support" provided with a product**

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