

The Music Inside

FREE

One Year Plan



Jenny Clift

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(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website www.jennyclift.com .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

Jenny



One Year Plan

Instructions:

1. Write at the top (changing the year as appropriate, of course.):

ONE YEAR PLAN (2015/2016).

2. Divide your long paper into six columns. The first and last can be slightly narrower (see below).

The first column is entitled 'Areas to take action in.' The last is 'One year' and the middle ones are divided into trimesters, starting now.

Here's an example:

ONE YEAR PLAN (2015/2016).

Areas	Oct/Nov/Dec 2015	Jan/Feb/Mar 2016	Apr/May/June	July/Aug/Sept	1 yr
<i>Inner work Tech. skills Experience Auditions Contacts</i>					

3. Starting at the far right of the page, in the final column, decide where you intend to be and what you intend to be doing in each area in order to be *well on your way* to achieving your big goal.

So you may write:

<i>Inner work</i>					<i>Self confidence performing. Feeling cool, calm and connected. Meditating regularly as well as daily tapping.</i>
<i>Technical skills</i>					<i>Vast improvement in my technique and musicality. With new teacher.</i>
<i>Experience</i>					<i>Freelancing regularly with other orchestras.</i>
<i>Auditions</i>					<i>Audition preparation (on and off violin). Do an audition.</i>
<i>Contacts</i>					<i>Business cards. Set up website. Connect with musicians on FB.</i>

4. We are now going to start completing the middle four columns, our four trimesters of the year.

Working backwards complete the chart with ‘likely actions.’

Here are a few examples :

	Oct/Nov/Dec 2015	Jan/Feb/Mar 2016	Apr/May/June	July/Aug/Sept	<i>1 yr</i>
Inner work	<i>Start meditating 15 mins daily. Check out EFT.List my limiting beliefs.</i>	<i>Take an online course in meditating.</i>	<i>Find a coach (EFT?) Have a session. Meditating daily.</i>	<i>EFT and daily meditation. Clearing limiting beliefs.</i>	
Technical skills	<i>Check out Clayton Haslop DVDs. Plan scales and studies. Kreutzer 1st half.</i>	<i>Kreutzer 2nd half. Contact Clayton for a Skype class.</i>	<i>Paganini studies. Start classes with Clayton.</i>		
Experience	<i>Write a CV. Research possible orchestras. Contact.</i>			<i>Freelance work with different orchestras.</i>	
Auditions	<i>Prepare audition excerpts. Choose Mozart concerto.</i>	<i>Audition excerpts to speed. Mozart 1st mov.</i>	<i>Apply for auditions. Work on Audition stuff.</i>	<i>Do at least one audition.</i>	
Contacts	<i>Business cards done. Website-do it myself or find a website builder? Research. Research agents.</i>	<i>Start building website. Make a FB page. Join violin groups.</i>	<i>Complete website. www.jenniferclift.com</i>		

You will find that there are more actions nearer to now and that there are spaces in your plan.

Which is absolutely fine. You are going to update this plan on a regular basis as you start to take action and get feedback on that action.

For now, this is about giving yourself ideas for actions which are directed towards your purpose.

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