

## Inspiration

... I cast this spell: I know I can open this door and show you something unforgettable and transforming, and I'm determined to take myself there and to take you with me. –Jeffrey Kahane

To be inspired, to breathe in life... in a way inspiration is always a wonderful surprise that we are given. Just as we breathe in life every second, we have the opportunity to be inspired by life every second. How open are we to being inspired? How well do we know what inspires us? **It is a good idea to know what inspires you and to continue to nurture that your whole life.** We all need to find time for noticing and being inspired. **Let's do it today!**

### INSPIRATION

What makes you feel alive and loving life?

What inspired you today?

A person, A feeling, A piece of art, A piece of music, A teacher

Are you in need of finding inspiration? Where can you find it?

Look in your Book to help you remember?

Find new ways to inspire yourself.

Ask a friend, family, teacher,mentor for guidance.

**Is it?:** Sound

Music, live performances, soloists, bands, orchestras, opera, nature sounds, a voice, a poem being recited, chanting...

Image

A painting, sculpture, photography, mountain, architecture, a beautiful color, colors, shapes, people...

### Kinesthetic

Writing something out by hand, the feel of silk, water, sand, a hug.

Visual

Image of beauty for you?... landscape, art, nature, person, the image of someone achieving something great...Making art...

Fragrance

Do you appreciate your sense of smell? Roses, perfumes, delicious food, pine trees, a person, essential oils, the ocean...

Dreams

Do you have dreams you remember that inspire you? Write them down and let them unfold in new ways... Or dreams for your own life that you want to have happen in your waking life?

People

People that you love, that you admire, that motivate & inspire you, that you want to be like some part of them, that you see, hear, and like something about them? Interview people you want to learn about. See my article Dreams and Goals/ Inspirational Interviews.

A Book

Something you read, a quote, or a poem, or lyrics from a song...

**More Ideas:** Collect inspirational, music, images and quotes and put them in a book, or your computer to look at daily.

**Listen:** Jacqueline du Pre, Cello **CP:** Concerto, Elgar

**Look:** Jacqueline du Pre - A Celebration of her Uniqueness

## Motivation

Try not to become a person of success but rather to be a person of value... - Albert Einstein

High achievement always takes place in the framework of high expectation. - Charles Kettering

People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents. –Andrew Carnegie

**Are you doing the things you Value?**

**Do you have high expectations for yourself?**

**Value x Expectation = Motivation**

The more you **Value** what you do ( (practice,study, perform, teach) and **Value** the outcome and the experience of doing this, the greater your **Expectation** is for doing this and the more **Motivation** you will have for doing it.

Here are some things to consider about Motivation:

What do you **value** about yourself, others & music?

What kind of **expectations** do you have and create for yourself about doing the things that you **value**?

In short: **V x E = M**

What is **Motivating** you?

$$V \times E = M$$

What is your **Motivational Score**?

V: \_\_\_\_\_ E: \_\_\_\_\_ M = \_\_\_\_\_

Let's say you love this music piece! **value = 10**

Your **expectation** is to give beauty to world = **10**

You are then **excited, happy to practice & share it with people and to have a positive experience doing it!!**

**Score = 100**

How do you Rev up your Motivation?

Learn what is **valuable** to you. Do things that **increase** your **value** and what you **value**. Be in an **environment** that **supports** the what you **value**. Set goals that are a little beyond you right now, but in your **learning zone**. Now, give yourself **positive experiences** doing these things. These kinds of experiences will give you **high expectations** and create **value**.

All of this will boost your Motivation and your **V x E = M**, **Motivational Score**.

**More Ideas:** On Course: Strategies for Creating Success in College and in Life, by Skip Downing. **Listen:** Gil Shaham, Violin **CP:** ed universe **Look:** Brahms, Violin Concerto, Gil Shaham