

Balance - Change - Making a difference and sticking with it.....

Myths of lack of commitment

- Discipline/will power - we have been told that those who lack the power to change a pattern or commit to a project or program lack discipline or will power. Will power alone will not cause change.
- Motivation - we think we can instigate lasting change and positive patterns through motivation, self-help books, TED talks, quick YouTube fixes (every day a different diet, gyms full of motivated and well intentioned fitness newbies in January)
- Education/information - Just educate more and people will change. Give them facts and statistics to promote lasting change. People know they shouldn't smoke but.... Education is not the catalyst for lasting change.

So what can you do to create deep personal change/commitment and a culture of transformation in the School of Music?

BEHAVIOR TYPES

A - Automatic (unconscious, automated or conditioned response) example can be checking your phone at every opportunity

B - Burning (aware of destructive patterns but unable or powerless to stop) example can be Netflix binge, drug and alcohol addiction, rage, checking out

C - Common motivational (things people do repeatedly and consciously - they might wish they were patient enough for dinner or motivated enough to go for a run but they don't, they keep snacking on the couch because its a common and patterned behavior that is difficult to change)

Stepladder - incremental small steps towards future planned change - This is not intuitive. Life by the inch is a cinch, life by the yard is hard... (Wiff Rudd).

We still set goals that are way too big (recital programs, auditions success, Dean's list, competition recognition).

Highly competitive goals do not happen overnight.

There is no magic pearl of wisdom, video, pedagogical secret, mouthpiece, lead pipe, individual program or group practice method that will instantly transform your playing. Your faculty are not holding out on you!

There is a process - A time honored practice of apprenticeship, work, study, deep practice and trial and error. This process is time honored and your faculty have been trained by some of the best in the world.

The most important part of this process involves buying in - do you believe? Do you trust? If so, how do you show this here at Baylor?

3 months is not a step - its still a dream

1 month is not a step - its just a goal

1 week is big step - do it right for one week and then do it right again and you are well on your way to your dreams.

Quantify small and implement it today. Example - Im going to practice from 1:00 PM to 1:37 PM under that tree every MWF after BSO.

Type "C" behavior people - place your running shoes by the door, take your trombone out of the case and look at it, make a practice binder with a daily breakdown of stuff to play.

Community - better as a group than the individual can do on his/her own.

Cult - get people to do things they wouldn't do on their own. We want to be different than other people yet we are often influenced by the whole more than our own ability to be self empowered.

This can be a positive tool or highly destructive. A positive example is a highly successful practice group or chamber ensemble. A negative example is a group of frequent users/abusers.

Peer Role Models - In drug treatment centers the most powerful catalyst for change are senior peer role models. Those who have overcome, trained, engrained, had a spiritual experience, reached out and invested in the community of rehab.

A senior peer group is vital in cultivating commitment, positive change, a culture or practice and high art and establishing an ethos, mission and vision for the future. Rely on your senior peers here in the Baylor School of Music.

Important - losing weight, quitting smoking, exercise, learning, spiritual maturity, service - Is it important to you?

You must buy in and sign on and recruit in your effort to build a powerful School of Music or future sphere of influence.

You must have a transcendent cause - the belief that you are in service to something much greater than yourself.

Once the behavior change begins, the motivation will kick in.

Environment - know your tribe! Who is in the tribe? You have the ability to change your environment and the forces acting on it.

Trader Joe's - gave customers the "power" of fewer options and made it simple - keep it simple stupid.... customers bought in.

Pick a gym that is within walking distance - place the book by your bed - surround yourself with the people you want to be like -

Talk to people - try leaving your phone at home for a day and meet some new friends.

Neurohacks - quick mental short cuts “cntrl-alt-dlt” reset & reboot

The mind follows the body - behave correctly and the mind/feeling will follow. If you wait to feel motivated, wait for your teacher to say the right thing or only practice a technique following a trip down the YouTube worm hole, you have waited too long.

The body teaches the brain. “I practiced this and can play this well - I already did this in 131 - I can do it in 121 and will do it in Roxy in front of people soon.”

Running - put your shoes on and start “The Courage to Start” John Bingham

Myth - we have to be inspired to change and play our best

Cycling, giggling, practice - throw your hat over the fence! Buy in to the process and dive in - your mind will follow. Engagement comes from doing -

“Ready are you? What know you of ready? For eight hundred years have I trained Jedi. My own counsel will I keep on who is to be trained. A Jedi must have the deepest commitment, the most serious mind. This one a long time have I watched. All his life has he looked away... to the future, to the horizon. Never his mind on where he was. Hmm? What he was doing. Hmph. Adventure. Heh. Excitement. Heh. A Jedi craves not these things. You are reckless.”

Captivating - the idea is simple. People will keep doing things if they feel rewarded for doing them. It is also matters what kind of reward. There must be a captivating element of sticking with it.

The reward may give some people the sense of feeling powerful or indispensable (example - heavy duty gamers). The reward may give others the sense of being in touch or highly visible and popular (example - average American spends 4.7 hours a day on social media).

Captivating is different than rewarding - it is the difference between doing something once and feeling compelled to do it again, and again, and again.....

It's like airline miles - it's not about earning the points, it's about imagining what you can do with those points...

Engrained - the process the brain uses over repeated attempts to create lasting patterns

Engrams are essential to mastery of any art. This frees your mind to create and convey art because the task of “learning” and “executing” have already been patterned. This is why you should memorize music for a performance at least once in your career.

Consider the following change for the next week:

Resist the urge to pick up your phone - instead; read, listen, talk, walk, bike, draw, play a sport, cultivate a hobby, practice one small thing, think deeply, get together with others and talk about something with deep meaning (avoid the couches - nothing deep is ever discussed there) wait, give pause, reflect, breathe, pray, pray and be still.

**Stepladder
Community
Important
Environment
Neurohacks
Captivating
Engaging**

BP and your Baylor Brass Faculty - suggested reading

