

## **Finding Hope**

Doesn't mean ignoring the negative emotions or painful parts of life. A way of moving forward even in difficult situations.

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| <b>Ways to Cultivate Hope</b> <ul style="list-style-type: none"><li>• Gratitude journal</li><li>• Watch the way you interpret events (are you talking in absolutes?)</li><li>• Schedule worry time</li></ul> | <b>What is a hope I've lost over the past year?</b>        |
|  | <b>What is something I still hope for?</b>                 |
|  | <b>What steps am I taking to make that hope a reality?</b> |

# Facing Fear

Fear is a natural response to a real or perceived threat. Fight, Flight, Freeze, Appease.

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| <b>Ways to Cope with Fear</b> <ul style="list-style-type: none"><li>• Accept that fear is ok</li><li>• Recognize tendencies to avoid it</li><li>• Face fear with support and baby steps</li></ul> | <b>What is one thing I fear?</b>                                      |
|   | <b>How am I currently addressing (or not addressing) my fear?</b>     |
|   | <b>What is an easy, reasonable step I could take to face my fear?</b> |

# Embrace Your Creativity

Music is about creating, creating opportunities and exploring possibilities.

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| <b>Ways to Embrace Creativity</b> <ul style="list-style-type: none"><li>• Morning pages</li><li>• Schedule an artist date</li><li>• Asking instead of telling</li></ul> | <b>What are the thoughts and beliefs I've grown up with regarding creativity? What blocks my creativity?</b> |
|   | <b>What is an area of life where I haven't considered a possibility?</b>                                     |
|   | <b>What is one thing new I could try on the dulcimer?</b>  |

# Know Your Why

Our purpose drives our music. Our purpose provides the foundation for our performance.

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| <b>Know Your Why</b> <ul style="list-style-type: none"><li>• Reflect on your purpose in playing</li><li>• Take time to remember the important moments of your life. Are there similarities?</li><li>• Know what blocks you from fulfilling your purpose</li></ul> | <b>Why do I want to play music?</b>                          |
|   | <b>What am I obsessed with?</b>                              |
|   | <b>What are the things I loved to do as a child?</b>         |
|   | <b>What's keeping me from really living into my purpose?</b> |