

SINGING GOAL SETTING WORKSHEET

Part 1

Part 1: Congratulate Yourself With Two Questions. It's good to start by acknowledging your accomplishments. If we only look at goal setting for the future we are working out of a deficit mentality - i.e. what we haven't done yet. I find that we come to our best goal setting when we start with a hefty pat on our backs. Your answers to #1 and #2 may overlap. That's ok

1) List 3 (or more) vocal habits or skills that I acquired in 2020.

Some example answers include: I started voice lessons; I practiced vocal exercises most days; I learned how to isolate my head and chest voice; My voice became stronger; I learned to enjoy listening to myself and accept compliments; I found out about straw phonation and it's helping.

Think specific, think small, think accomplishment.

2) List 3 (or more) musical achievements I created/manifested in 2020?

Some example answers include: I recorded an album; I performed live for the first time; I played at 10 open mic events; I started learning piano; I wrote a song; I jammed with friends; I learned the harmony part to a favorite song; I invested in a new microphone/other technology.

Think actions taken, think big and small, think markable.

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Part 2

Part 2: Set Goals for the Coming 6-12 Months. Here we go! Use these two questions to help guide your goal setting for singing this year. Goal setting is primarily to help keep us motivated and focused in our practice. Your answers to #1 and #2 may overlap. That's ok

1) List 3 (or more) vocal habits and skills I would like to tackle in 2021.

Some example answers include: Practicing 5 times/week; Learning 2 new songs in February; Recording myself in GarageBand (or similar DAW); Strengthening my head voice; Learning how to do growl in a rock song; Improving my Italian diction.

Think actionable, think concrete, think desired outcome.

2) List 3 (or more) musical projects or products I would like to achieve in 2021.

Some example answers include: I want to form a band; I want to prepare a set list for open mic nights; I want to learn guitar; I want to learn how to scat; I want to audition for a musical; I want to feel confident about my voice,

Think broadly, think boldly, think a year out.

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Part 3

Part 3: How Can I Build a Support Network to Help Me Achieve My Goals? Friends, family, and teachers are all invested in your growth. Use the space below to draft specific ways you can ask them to help you. List as many items as you can and put them into place.

Some example answers: find a voice teacher; post my practicing to social media for accountability to myself; reach out to friends who have similar goals and start a study group; tell my spouse/partner that I'm going to be practicing; create a space to practice that has all my favorite tools and comforts (cup of tea, nice lighting, tuner, picks, phonation straw, stereo, etc.).