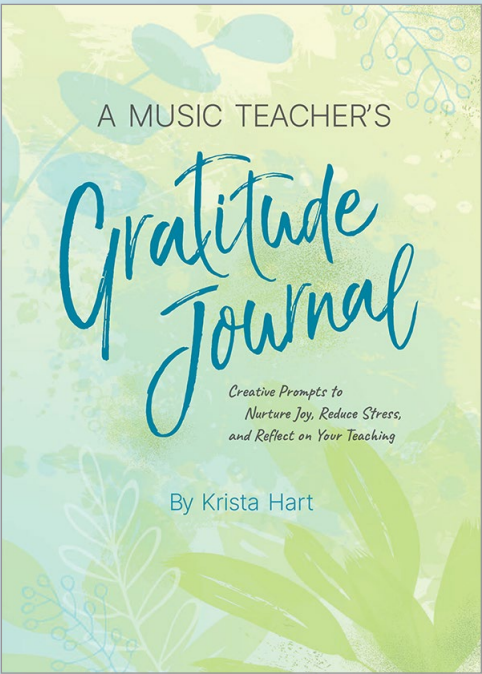


Nurture Joy, Reduce Stress, and Reflect on Your Teaching




The ability to experience thankfulness and joy can be developed, and the practice of keeping a gratitude journal will help. This guided process of self-reflection invites educators to focus on the positive aspects of being a teacher, musician, and human being. The flexible format allows for entries on any schedule or frequency. It's a personal resource that will remind you what's truly important and inspire positive change in your life and work.


A Music Teacher's Gratitude Journal includes:

- Inspiring quotes
- Habit trackers for gauging progress
- Simple yet insightful writing prompts
- Journaling tips
- "Song of Gratitude" guided composition


Journal (00-49400).....\$24.99




 This week, I'm grateful I had the opportunity to

 List three reasons to be excited about the future.

1.
2.
3.

 Write about something you have worked hard to achieve.





Musical Moment

What personal musical achievement are you most proud of from this year?

.....

.....

.....

.....

.....

.....

.....

.....

Teaching Reflection

Describe a time when you witnessed a
“light bulb” moment for one of your students.

.....

.....

.....

.....

.....

.....

HABIT

[illegible]

NOTES

"Music Teacher is a sacred profession. It's as sacred as it gets . . . You are now an important guidepost on the landscape of your students' lives forever."

— WYNTON MARSALIS

“The purpose
of life is to
discover your gift.
The work
of life is to develop it.
The meaning
of life is to give
your gift away.”

— DAVID VISCOTT

Songs of Gratitude. CONTINUED

STEP 4 Write a Melody

Your melody can be designed for any instrument. If not composing for voice, consider your vocabulary and rhythmic poem to be inspiration. Perform the poem out loud with emotion. Notice where your voice naturally rises and falls; a tune might already be implied. Think about how the shape of a melody can garner meaning. Most memorable tunes are built with question/answer (or antecedent/consequent) phrases. The answer usually ends on the tonic, and the question on another scale degree, such as the dominant. The two phrases should relate to one another. Allow yourself creative space to improvise freely, crafting a tune to match your rhythm and intent. Notice what key your naturally are drawn to—that's probably the one. Provide the instrument name, clef, key, and time signature—and then notate your melody.

Tools: Notate your melody using composition software such as *Finale* or the *Compose* app in *SmartMusic* (free at smartmusic.com).

INSTRUMENT: _____

Item # 107189

