

DAILY ROUTINE AND PERFORMANCE TIPPS

by Fulvia Mancini

YOUR OFFICIAL COURSE WORKBOOK

4 Simple Tips To Get The Most Out of This Class:

1. Print this workbook out before starting to listen to the recording so you can write down your notes as you listen.
2. Make sure you've set aside private time for this session (minimum 30 minutes) so you'll be able to focus and fully receive the benefits of the session.
3. Write down all the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the teachings shared in this session.

I hope you'll enjoy it!

Use the space below to write down the three important sentences you have heard from me.

Those will be the important takeaway points from this session.

You should write them slowly and visualize them every day during 7 seconds.

1

2

3

WRITE DOWN WHAT YOU WOULD MAKE FAMILIAR AND WHAT YOU WOULD MAKE UNFAMILIAR IN RELATION TO YOUR PLAYING.

FAMILIAR

I WOULD LOVE IF MY SOUND WERE

I WOULD LOVE IF I COULD PLAY FREELY...

I WOULD LOVE TO PERFORME

UNFAMILIAR

I DON'T WANT TO PLAY WITH TENSED MUSCLES, HAVING PAIN

I DON'T WANT TO BE NERVOUS AND STRESSED WHEN

I DON'T WANT TO WASTE TIME PRACTISING IF

[illegible]

YOUR FEEDBACK AFTER ONE WEEK

(CAN BE REPEATED FOR A SECOND WEEK)

WRITE DOWN EACH TIME YOU FOLLOWED THE INSTRUCTIONS (BREATHING-YOGA POSES AND SOUND'S SEARCH) HOW DID YOU FEEL AND IMPROVED, THAT IS IMPORTANT TO SUPERVISE YOUR PLAYING.

DAY ONE

DAY TWO

DAY THREE

DAY FOUR

DAY FIVE

DAY SIX

DAY SEVEN

Write me anytime your questions and feel free to send me your videos if you wish to get my personal advice!

Enjoy the journey!

