



# Your Practice Space

The goal really is to be able to practice anywhere, but we all know how nerve racking it can be when you are starting out and want your privacy. So, before we even get started singing, picking out a place you are going to practice is super important, or it just won't happen. My suggestion is to plan on practicing in this space once or twice a week. Singing in your car and in the shower is ok but you need at least one real vocal session with your full focus. Remember this is time dedicated to you. Below are some suggested tools to have in your space.

Water



A Mirror



Your Facebook Live Warm Up Class



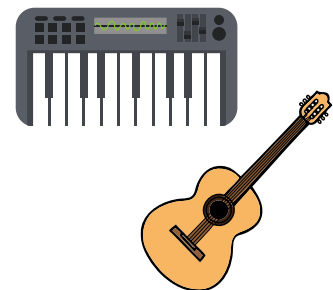
A phone or computer to play backing track/accompaniment



Your sheet music



Your Instrument i(if you play one)



A comfortable room



[Ideal locations to set up your practice space:](#)

- A bedroom
- A walk-in closet
- A basement room
- A spare room



# Letting Go

Getting lost or becoming disconnected with ones voice doesn't just happen over night, nor would reconnecting. This whole process is about forgiving others and ourselves, learning and reacquainting ourselves with our body, implimenting time for ourselves that no one can take away and getting rid of ideas and old habits that no longer serve us. It can be a challenging process and for some can take years but we can learn to enjoy the process of self discovery and begin to have trust in ourselves again. It just takes one step at a time.

What are some disempowering thoughts I am having about my singing and how can I "upgrade" those thoughts?

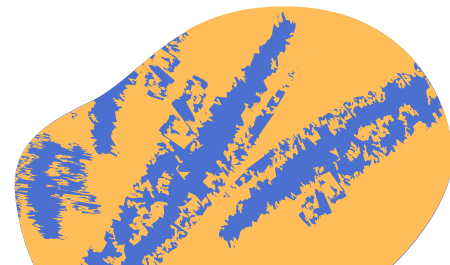
*Old Habits*

*New Habits*

*New Action  
(The Plan)*

*My Affirmation*

<i>Old Habits</i>	<i>New Habits</i>	<i>New Action (The Plan)</i>	<i>My Affirmation</i>





# Inspiration Time

Let's spend sometime with the things that bring you joy! Fill out the questions below and keep them in your practice area to inspire you. Want to do more? Create a vision board!

What is your favorite thing about singing?

Who is your favorite singer(s)? Why?

Name a time when you sang for fun with friends/family that always makes you smile when just thinking of it.

Name 3 things you love about your voice!

- 1.)
- 2.)
- 3.)

Name your top 3 favorite songs to sing

- 1.)
- 2.)
- 3.)

"It's never too late to be what you might have been." – George Eliot  
Find a quote or proverb or bible verse that inspires you and reminds you to keep singing.

Extra Credit: Make a playlist of all the songs that make you happy.

