

# DEVELOP INTENTIONAL MUSIC HABITS IN THE DIGITAL AGE



## MUSICAL MINDSET & MUSIC IDENTITY

Discover and reflect on your current music identity. Reshape the mindset (self image and self judgements) into positive identity you can grow into.



## MAKE IT EASY

You don't need motivation once you've started the behaviour. Put into action the automated first step, things will then progress! Don't wait for motivation to strike, take control of your habit by designing your first easy steps!

## MAKE IT HAPPEN

Find the decisive moment where and when your habit should live.

I will [behaviour] at [time] in [location]

-J.Clear



## MODIFY THE ENVIRONMENT

Science supports the environment can significantly impact one's behaviour. Make the "cue" in the habit loop obvious. Sprinkle the triggers of your habit throughout your surroundings.



## MAKE IT ATTRACTIVE

New habits often feel good with a reward. Celebrate and get some adrenaline pumping! Bundle your habit with something you love.

I will only [habit want to do] when I [habit need to do]

-J.Clear

