



29

Days

to

Div a

THE WORKSHEETS

Listening to Your Body

29 Days to Diva | #29DTD | Day 15

IDENTIFY YOUR POTENTIAL TROUBLE SPOTS

How are you paying attention to your physical health, mental health, and overall well-being? What areas are you avoiding?

How does anxiety manifest in your experience?

Physical experience:

Psychological experience:

Emotional experience:

Where are the places that you've experienced physical discomfort in relation to your music-making?

How can you work on your posture, alignment, and body functionality?

Which alternative treatments might be a good addition to your general health?

Do you have good nutritional habits? Y/N

Do you regularly film yourself and watch for often hidden areas of tension? Y/N

How can you deepen your commitment to avoiding stress, getting enough sleep, exercising regularly and improving your negative self-talk?