



12 Essential Practices



A WORKBOOK FOR THRIVING IN ART AND LIFE





Hello! I'm Gina.

I'M THRILLED TO JOIN YOU ON YOUR PRACTICE JOURNEY! AS A SINGER AND VOICE TEACHER, MY GOAL IS TO GIVE YOU THE TOOLS TO SHARE YOUR VOICE - INSIDE AND OUT - WITH CONFIDENCE AND INTEGRITY IN ART AND LIFE.

Life is a series of practices. Make them intentional.

THE PRACTICE PARLOUR IS A PODCAST ABOUT THE PRACTICES THAT SHAPE ARTISTS LIVES ONSTAGE AND OFF. THIS WORKBOOK HIGHLIGHTS 12 ESSENTIAL PRACTICES THAT ENABLE WORLD-CLASS ARTISTS TO THRIVE. APPLY THESE PRACTICES TO YOUR OWN LIFE AND DISCOVER HOW YOU CAN GROW AND SERVE WITH PURPOSE.





SELF-AWARENESS

PRACTICE SELF-AWARENESS

SELF-AWARENESS REQUIRES FREQUENT REFLECTION AND LEADS TO CLARITY OF PURPOSE. IT MEANS KNOWING WHAT MATTERS MOST TO YOU, WHAT MOTIVATES YOU, WHAT INSPIRES YOU, WHAT IS FUN TO YOU, AND HOW YOU TEND TO THINK AND BEHAVE. SOME OF MY FAVORITE TOOLS FOR CULTIVATING SELF-AWARENESS INCLUDE JOURNALING AND READING ABOUT FRAMEWORKS, SUCH AS THE ENNEAGRAM AND THE FOUR TENDENCIES. SELF-AWARENESS LEADS TO MEANINGFUL ACTION AND CONFIDENCE IN YOUR DECISIONS. LEARN HOW TO WALK IN PURPOSE WITH BECCA BRUNELLE IN [EPISODE 32 OF THE PRACTICE PARLOUR](#).

WAYS TO PRACTICE SELF-AWARENESS

JOURNAL

WHAT ELSE?

SIT IN QUIET

DO A BODY SCAN

LEARN YOUR TENDENCY

LIST YOUR FAVORITE MOVIES AND WHY

DISCERN YOUR VALUES

FIND YOUR ENNEAGRAM NUMBER

NOTICE WHAT MOVES YOU TO TEARS



QUESTIONS FOR REFLECTION

WHAT DO YOU LOVE MOST ABOUT YOURSELF?

WHERE DO YOU HOLD TENSION, AND WHAT CAN YOU RELEASE?

WHAT ACTIVITIES BRING YOU THE MOST JOY?

WHO INSPIRES YOU AND WHY?

WHEN DO YOU FEEL THE MOST FREE?



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FAITH

PRACTICE FAITH

FAITH IS A MUSCLE THAT NEEDS EXERCISED, AND IT MAY OR MAY NOT INCLUDE RELIGION. FAITH IS ABOUT MAINTAINING HOPE, STAYING OPTIMISTIC, AND TRUSTING THAT THINGS WILL BE OKAY. IT IS THE CONFIDENCE THAT COMES FROM LISTENING TO YOUR INTUITION, TUNING INTO A DEEP SENSE OF KNOWING, AND TRUSTING IN THE GOODNESS OF BOTH YOURSELF AND SOMETHING GREATER THAN YOURSELF. FAITH IS BELIEVING IN POSITIVE POSSIBILITIES. LEARN ABOUT CREATIVE CONFIDENCE WITH KEISHA GILLES ON [EPISODE 27 OF THE PRACTICE PARLOUR](#).

WAYS TO PRACTICE FAITH

<input type="checkbox"/> PRAY	WHAT ELSE?
<input type="checkbox"/> NAME THE POSITIVE POSSIBILITIES	<input type="checkbox"/> _____
<input type="checkbox"/> MARVEL AT NATURE	<input type="checkbox"/> _____
<input type="checkbox"/> TEND TO A GARDEN	<input type="checkbox"/> _____
<input type="checkbox"/> ENJOY A DAY OF REST	<input type="checkbox"/> _____
<input type="checkbox"/> UNPLUG	<input type="checkbox"/> _____
<input type="checkbox"/> INVEST IN SOMETHING MEANINGFUL THAT HAS NO GUARANTEE	<input type="checkbox"/> _____
<input type="checkbox"/> ASK FOR HELP	<input type="checkbox"/> _____



QUESTIONS FOR REFLECTION

WHAT IS BRINGING YOU THE MOST FEAR OR ANXIETY RIGHT NOW?

WHAT ARE SOME POSITIVE POSSIBILITIES FOR THE OUTCOME?

RECALL A TIME WHEN EVERYTHING WORKED OUT FOR THE BEST:

HOW HAVE YOU HANDLED DIFFICULT SITUATIONS IN THE PAST?

WHAT DO YOU KNOW TO BE TRUE?



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WELLNESS

PRACTICE WELLNESS

PUT YOUR OXYGEN MASK ON FIRST SO THAT YOU CAN HELP OTHERS. SELF-CARE INCLUDES MOVEMENT, NUTRITION, MINDSET, REST AND SO MUCH MORE. TRY SPRUCING UP YOUR MORNING AND EVENING ROUTINES, SCHEDULING YOUR DOCTOR APPOINTMENTS, TAKING A YOGA CLASS, LISTENING TO A GUIDED MEDITATION, OR SIMPLY GRANTING YOURSELF GRACE. YOUR NEEDS INEVITABLY WILL CHANGE BASED ON THE DAY OR SEASON. GIVE YOURSELF WHATEVER YOU CRAVE TO FEEL WHOLE AND WELL IN MIND, BODY, AND SPIRIT. LEARN ABOUT CREATIVITY IN THE KITCHEN WITH BRAD GARDNER ON [EPISODE 26 OF THE PRACTICE PARLOUR.](#)

WAYS TO PRACTICE WELLNESS

ENJOY THE MORNING SUNSHINE

WHAT ELSE?

TAKE A WALK

GO TO BED EARLY

DRINK WATER INFUSED WITH A FAVORITE FRUIT

EAT SLOWLY AND DISTRACTION FREE

TAKE YOUR VITAMINS

SWEAT IT OUT

FIND A MOMENT OF LAUGHTER



QUESTIONS FOR REFLECTION

DOES YOUR MIND, BODY, OR SPIRIT NEED THE MOST TLC RIGHT NOW?

WHAT SELF-CARE ANCHOR ACTIVITIES CAN YOU DEPEND UPON?

HOW DO YOU MAINTAIN AND REFUEL YOUR ENERGY?

HOW CAN YOU PRIORITIZE YOUR WELLNESS THIS WEEK??

HOW CAN YOU HOLD YOURSELF ACCOUNTABLE FOR FOLLOWING THROUGH??



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TIME MANAGEMENT

PRACTICE TIME MANAGEMENT

TIME IS YOUR MOST PRECIOUS NON-RENEWABLE RESOURCE. YOUR LIFE STORY IS WHAT YOU CHOOSE TO DO WITH THAT TIME. THERE ARE ALWAYS OPPORTUNITIES TO OPTIMIZE YOUR HOURS AND TO MAKE THE MOST OF THE TIME YOU ARE GIVEN. YOUR PURPOSE DETERMINES YOUR PRIORITIES, AND YOUR PRIORITIES DETERMINE YOUR PLANS. CAREFULLY CHOOSE WHAT PROJECTS, PEOPLE, AND EXPERIENCES HAVE YOUR ATTENTION. WHERE ARE YOU INVESTING YOUR LIFE? ARE YOU SPENDING YOUR TIME ON WHAT TRULY MATTERS? LEARN MORE WITH ALYSSA DANIELLE JONES ON [SELF-CARE FOR SINGERS EPISODE 6 OF THE PRACTICE PARLOUR.](#)

WAYS TO PRACTICE TIME MANAGEMENT

- | | WHAT ELSE? |
|--|--------------------------------|
| <input type="checkbox"/> DO A BRAIN DUMP | |
| <input type="checkbox"/> ELIMINATE NONESSENTIALS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> DELEGATE A RECURRING TASK | <input type="checkbox"/> _____ |
| <input type="checkbox"/> IDENTIFY YOUR 80/20 | <input type="checkbox"/> _____ |
| <input type="checkbox"/> DO SOMETHING TODAY THAT WILL SAVE YOUR FUTURE SELF TIME | <input type="checkbox"/> _____ |
| <input type="checkbox"/> IDENTIFY A DAILY HIGHLIGHT | <input type="checkbox"/> _____ |
| <input type="checkbox"/> TRY THE POMODORO TECHNIQUE | <input type="checkbox"/> _____ |
| <input type="checkbox"/> PROTECT TIME IN YOUR CALENDAR FOR WHAT'S MOST IMPORTANT | <input type="checkbox"/> _____ |



QUESTIONS FOR REFLECTION

WHAT DISTRACTIONS ARE EATING YOUR TIME?

WHAT ACTIVITIES MEAN THE MOST TO YOU? SCHEDULE THEM!

WHICH ACTIONS TRULY MOVE THE NEEDLE FORWARD?

WHAT CAN YOU DELEGATE TO SOMEBODY ELSE?

WHICH TASKS CAN ONLY YOU DO?



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PRESENCE

PRACTICE PRESENCE

WE LIVE IN A WORLD FULL OF DISTRACTIONS. PUT DOWN YOUR PHONE AND LOOK PEOPLE IN THE EYE. TAKE A DEEP BREATH AND TUNE INTO THE MOMENT. THE PAST ALREADY HAPPENED AND THE FUTURE IS YET TO COME. ALL WE HAVE IS NOW. FOCUS ON YOUR SENSES. WHAT DO YOU SEE, HEAR, TOUCH, TASTE, AND SMELL? LIZZIE MARKSON SHARES ADDITIONAL EXERCISES FOR PRACTICING PRESENCE ON [EPISODE 23 OF THE PRACTICE PARLOUR.](#)

WAYS TO PRACTICE PRESENCE

<input type="checkbox"/> BREATHE DEEPLY	WHAT ELSE?
<input type="checkbox"/> NOTICE HOW YOU FEEL	<input type="checkbox"/> _____
<input type="checkbox"/> LOOK SOMEONE IN THE EYE	<input type="checkbox"/> _____
<input type="checkbox"/> MEDITATE OR SIT IN QUIET	<input type="checkbox"/> _____
<input type="checkbox"/> TUNE INTO YOUR SENSES	<input type="checkbox"/> _____
<input type="checkbox"/> PLACE YOUR HAND ON YOUR HEART	<input type="checkbox"/> _____
<input type="checkbox"/> FOCUS ON THE NOW	<input type="checkbox"/> _____
<input type="checkbox"/> PAY ATTENTION TO YOUR BODY	<input type="checkbox"/> _____



QUESTIONS FOR REFLECTION

DO YOU FIND IT CHALLENGING TO BE PRESENT? WHY OR WHY NOT?

WHAT DISTRACTS YOU FROM STAYING FULLY PRESENT?

HOW MIGHT YOU EMBRACE MORE SILENCE IN YOUR LIFE?

HOW COULD YOU BE A BETTER LISTENER?

TUNE INTO YOUR ENVIRONMENT - WRITE DOWN EVERYTHING PURPLE THAT YOU SEE:



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REACHING OUT

PRACTICE REACHING OUT

BE THE INVITATION. GET COMFORTABLE APPROACHING PEOPLE AND STARTING CONVERSATIONS. TELL PEOPLE WHEN THEY'VE INSPIRED YOU, MOVED YOU, OR CHANGED YOU. ASK QUESTIONS. SHARE YOUR CURIOSITIES AND IDEAS FOR COLLABORATION. LET PEOPLE KNOW THAT YOU NOTICE THEM AND THAT THEIR PRESENCE MATTERS. ON EPISODE 13 OF THE PRACTICE PARLOUR, CARLY VALANCY SHARES HOW TO CREATE YOUR OWN REACH OUT PRACTICE.

WAYS TO PRACTICE REACHING OUT

- | | |
|--|--------------------------------|
| <input type="checkbox"/> TELL SOMEONE WHEN THEIR WORK MOVES YOU | WHAT ELSE? |
| <input type="checkbox"/> WRITE A THANK YOU NOTE | <input type="checkbox"/> _____ |
| <input type="checkbox"/> CALL AN OLD FRIEND | <input type="checkbox"/> _____ |
| <input type="checkbox"/> OFFER TO HELP | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SEND AN EMAIL WHEN SOMETHING MAKES YOU THINK OF SOMEONE | <input type="checkbox"/> _____ |
| <input type="checkbox"/> HOST A GROUP DISCUSSION | <input type="checkbox"/> _____ |
| <input type="checkbox"/> PLAN AN EVENT OR GATHERING | <input type="checkbox"/> _____ |
| <input type="checkbox"/> JOIN LUNCHCLUB | <input type="checkbox"/> _____ |



QUESTIONS FOR REFLECTION

WHO WOULD YOU LIKE TO RECONNECT WITH?

WHICH TYPES OF PEOPLE WOULD YOU LIKE TO MEET?

WHOSE WORK HAS POSITIVELY IMPACTED YOU?

WHAT IDEAS DO YOU HAVE FOR COLLABORATION?

WHAT ARE YOU CURIOUS ABOUT?



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INCLUSION

PRACTICE INCLUSION

THIS YEAR HAS ILLUMINATED THAT THE WORK IS NOWHERE NEAR FINISHED IN PRACTICING ANTI-RACISM, ACCESSIBILITY, EQUITY, AND BELONGING. WHETHER YOU CHOOSE TO INCLUDE A LONELY NEIGHBOR IN A FAMILY CELEBRATION OR TO CHALLENGE SYSTEMIC INEQUITIES, INCLUSION IS A VITAL PRACTICE FOR HELPING PEOPLE TO FEEL SEEN, HEARD, VALUED, AND WELL REPRESENTED. WE CAN ALWAYS DO MORE TO LIFT PEOPLE UP. ON EPISODE 7 OF THE PRACTICE PARLOUR, KENNETH OVERTON SHARES HIS PASSION FOR ILLUMINATING BLACK VOICES.

WAYS TO PRACTICE INCLUSION

- | | |
|--|--------------------------------|
| <input type="checkbox"/> SHARE YOUR PRONOUNS | WHAT ELSE? |
| <input type="checkbox"/> INVITE A QUIET VOICE TO SPEAK | <input type="checkbox"/> _____ |
| <input type="checkbox"/> READ AN ANTIRACISM BOOK | <input type="checkbox"/> _____ |
| <input type="checkbox"/> EXAMINE YOUR OWN BIASES | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SEEK OUT STORIES OF EXPERIENCES DIFFERENT THAN YOUR OWN | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SUPPORT BUSINESSES OWNERS FROM MARGINALIZED COMMUNITIES | <input type="checkbox"/> _____ |
| <input type="checkbox"/> ADD ACCESSIBILITY FEATURES TO YOUR CONTENT | <input type="checkbox"/> _____ |
| <input type="checkbox"/> VOTE FOR POLICIES THAT PROMOTE INCLUSION | <input type="checkbox"/> _____ |



QUESTIONS FOR REFLECTION

WHAT PRIVILEGES DO YOU HAVE?

WHAT ASSUMPTIONS DO YOU CATCH YOURSELF MAKING ABOUT PEOPLE?

RECALL A TIME WHEN YOU FELT INCLUDED AND HOW IT MADE YOU FEEL:

WHO CAN YOU MAKE AN INTENTIONAL EFFORT TO INCLUDE?

WHICH MARGINALIZED VOICES COULD YOU AMPLIFY AND HOW?



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GRATITUDE

PRACTICE GRATITUDE

EVEN IN THE DARKEST OF TIMES (HELLO PANDEMIC!), THERE IS SO MUCH TO BE GRATEFUL FOR. GRATITUDE IS NOT MERELY A FEELING, BUT RATHER THE EXPRESSION OF A FEELING. ON [EPISODE 18 OF THE PRACTICE PARLOUR](#), EFT COACH JENNY CLIFT LED US THROUGH A TAPPING EXERCISE ON GRATITUDE. SHE ALSO SHARED HER PRACTICE OF GOING THROUGH THE ALPHABET AND FINDING ONE THING TO BE GRATEFUL FOR THAT CORRESPONDS WITH EACH LETTER. FOR MORE IDEAS, CHECK OUT THE BLOG POST [11 WAYS TO PRACTICE GRATITUDE](#).

WAYS TO PRACTICE GRATITUDE

- | | WHAT ELSE? |
|--|--------------------------------|
| <input type="checkbox"/> WRITE A THANK YOU NOTE | |
| <input type="checkbox"/> REFLECT ON YOUR AHA MOMENTS AND LEARNINGS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SAY I LOVE YOU | <input type="checkbox"/> _____ |
| <input type="checkbox"/> COUNT YOUR BLESSINGS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> WRITE 3 THINGS TO BE THANKFUL FOR BEFORE GOING TO BED | <input type="checkbox"/> _____ |
| <input type="checkbox"/> JOURNAL ON A FAVORITE MOMENT OF THE DAY | <input type="checkbox"/> _____ |
| <input type="checkbox"/> NOTICE WHO SUPPORTS YOU | <input type="checkbox"/> _____ |
| <input type="checkbox"/> RECORD A FAVORITE MEMORY OF THE PREVIOUS WEEK | <input type="checkbox"/> _____ |



QUESTIONS FOR REFLECTION

NAME A DISCOVERY, ACCOMPLISHMENT, THING, AND EXPERIENCE (DATE) YOU'RE GRATEFUL FOR TODAY:

WHAT IS GOING ESPECIALLY "RIGHT" IN YOUR LIFE?

WHAT HARDSHIPS ARE OTHERS FACING NOW THAT YOU ARE NOT?

WHO CAN YOU COUNT ON FOR ENCOURAGEMENT AND SUPPORT?

WHO CHALLENGES YOU TO BE AND DO BETTER?



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GENEROSITY

PRACTICE GENEROSITY

YOU ARE UNIQUELY QUALIFIED TO CONTRIBUTE AND TO SERVE. PERHAPS YOU HAVE EXTRA FUNDS TO DONATE OR TIME TO GIVE. MAYBE YOU HAVE IDEAS TO SHARE OR CAN OFFER A SHOULDER TO CRY ON. THE MORE YOU PRACTICE GENEROSITY, THE EASIER IT BECOMES. IT IS ONE THING TO GIVE WHEN WE FEEL ABUNDANT. IT IS MORE DIFFICULT WHEN RESOURCES ARE SCARCE. BUT WE ARE EACH ADVANTAGED IN OUR OWN WAY. WHERE DO YOU NEED TO SET BOUNDARIES AND WHERE CAN YOU FIND A LITTLE EXTRA ROOM TO GIVE? ON EPISODE 20 OF THE PRACTICE PARLOUR, JEN WALDMAN TALKS ABOUT HOW TO BUILD CHARACTER SO THAT YOU CAN GENEROUSLY SERVE THE PEOPLE YOU SEEK TO HELP.

WAYS TO PRACTICE GENEROSITY

- | <input type="checkbox"/> TELL YOUR STORY | WHAT ELSE? |
|---|--------------------------------|
| <input type="checkbox"/> TEACH SOMEONE WHAT YOU'VE LEARNED | <input type="checkbox"/> _____ |
| <input type="checkbox"/> TREAT A FRIEND OR FAMILY MEMBER TO COFFEE OR DINNER | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SHARE YOUR GIFTS AND YOUR STORY IN SERVICE | <input type="checkbox"/> _____ |
| <input type="checkbox"/> FILL A BAG WITH ITEMS TO DONATE | <input type="checkbox"/> _____ |
| <input type="checkbox"/> OFFER A STRANGER A RANDOM ACT OF KINDNESS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SPEND TIME WITH SOMEONE WHO IS LONELY | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SET UP AUTOMATIC DONATIONS (MONTHLY/YEARLY) TO CHARITY | <input type="checkbox"/> _____ |



QUESTIONS FOR REFLECTION

WHAT GIFTS DO YOU HAVE TO SHARE?

WHO CAN YOU HELP BY SHARING THEM?

WHAT DO YOU KNOW LONGER USE THAT SOMEBODY ELSE MIGHT APPRECIATE?

WHAT RESOURCES DO YOU HAVE TO SPARE?

WHAT SMALL ACT OF SERVICE CAN YOU COMMIT TO DOING TODAY?



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CREATIVITY

PRACTICE CREATIVITY

CHALLENGE YOURSELF TO CONNECT THE DOTS IN ALL DIRECTIONS. LEARN HOW TO THINK OUTSIDE-OF-THE-BOX AND TO ARTICULATE YOUR IDEAS AND UNIQUE POINT OF VIEW. IT'S IMPORTANT TO GET YOUR THOUGHTS OUT OF YOUR HEAD AND INTO THE WORLD. EVERYBODY IS CREATIVE. FOR SOME, THIS MAY LOOK LIKE SINGING, DRAWING, OR COOKING. FOR OTHERS, IT MAY MEAN INVENTING A NEW GADGET, FINDING A NEW WAY TO PLAY WITH YOUR CHILDREN, OR STARTING A COMPANY FROM SCRATCH. WHAT CAN YOU CREATE THAT WAS NOT THERE BEFORE? STEVE PACEK SHARES THE IMPORTANCE OF PLAY ON [EPISODE 6 OF THE PRACTICE PARLOUR](#).

WAYS TO PRACTICE CREATIVITY

SING A SONG!

WHAT ELSE?

TELL A STORY

COLOR

TRY A NEW RECIPE (OR
MAKE ONE UP)

CREATE A VIDEO

TAKE A PHOTO WALK

WRITE A POEM

BRAINSTORM 15 POSSIBLE WAYS TO
DO SOMETHING. TRY ONE!



QUESTIONS FOR REFLECTION

WHEN DO YOU FEEL THE MOST CREATIVE?

WHAT RESISTANCE DO YOU HAVE AROUND CREATIVITY?

WHAT CREATIVE ENDEAVORS HAVE YOU BEEN WANTING TO TRY?

WHAT CREATIVE ACTIVITIES DID YOU LOVE AS A CHILD?

WHAT POSITIVE CHANGE COULD YOU PERSONALLY MAKE HAPPEN?



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YOUR CRAFT

PRACTICE YOUR CRAFT

PREPARATION LEADS TO CONFIDENCE. WHATEVER YOUR ART, TRADE OR SKILL, PRACTICING YOUR CRAFT MEANS HONING YOUR SYSTEMS. GET MORE SPECIFIC WITH YOUR TECHNIQUE. GO DEEPER WITH YOUR RESEARCH AND APPLICATION. FIND GREATER CONSISTENCY, BOLDER CHOICES, AND NEW WAYS TO RISK. EXPERIMENT AND SEEK FEEDBACK. EXPAND YOUR VERSATILITY AND DELVE INTO YOUR SPECIALTY. JULIA RADOSZ DISCUSSES TECHNICAL FOUNDATIONS OF SINGING ON [SELF-CARE FOR SINGERS EPISODE 6 OF THE PRACTICE PARLOUR](#).

WAYS TO PRACTICE YOUR CRAFT

	WHAT ELSE?
<input type="checkbox"/> SCHEDULE TIME FOR IT	
<input type="checkbox"/> STRETCH YOUR SKILLS IN A NEW DIRECTION	<input type="checkbox"/> _____
<input type="checkbox"/> RECORD YOURSELF	<input type="checkbox"/> _____
<input type="checkbox"/> CAPTURE AHA MOMENTS	<input type="checkbox"/> _____
<input type="checkbox"/> WRITE OUT YOUR WORKFLOW	<input type="checkbox"/> _____
<input type="checkbox"/> GET TECHNICAL	<input type="checkbox"/> _____
<input type="checkbox"/> RESEARCH YOUR CURIOSITIES	<input type="checkbox"/> _____
<input type="checkbox"/> ASK FOR SPECIFIC FEEDBACK FROM A TRUSTED MENTOR	<input type="checkbox"/> _____



QUESTIONS FOR REFLECTION

WHAT SKILLS ARE YOU MOST PROUD OF?

WHERE CAN YOU IMPROVE?

WHICH STEPS ARE VITAL TO YOUR PROCESS?

WHAT WOULD YOU LIKE TO LEARN MORE ABOUT?

WHERE MIGHT YOU IMPLEMENT MORE STRUCTURE, RISK, OR PLAY?



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LETTING GO

PRACTICE LETTING GO

LETTING GO REQUIRES TRUSTING THAT BETTER THINGS ON ARE THEIR WAY. AS YOU TRANSITION INTO EACH SEASON, LET GO OF WHAT NO LONGER SERVES YOU. WHAT CAN YOU PURGE FROM YOUR LIFE TO LIGHTEN YOUR LOAD AND MAKE SPACE FOR ALL OF THE NEW AND WONDERFUL TO COME? FROM UNUSED ITEMS IN YOUR HOME TO PERSONAL GRIEVANCES AND UNHEALTHY HABITS, THERE IS SO MUCH FREEDOM IN LETTING GO. JERYL CUNNINGHAM TALKS ABOUT HOW STRONG AND WRONG CAN HELP YOU TO MOVE FORWARD ON [EPISODE 3 OF THE PRACTICE PARLOUR](#).

WAYS TO PRACTICE LETTING GO

- | <input type="checkbox"/> FORGIVE | WHAT ELSE? |
|--|--------------------------------|
| <input type="checkbox"/> ACKNOWLEDGE WHAT IS OUTSIDE OF YOUR CONTROL | <input type="checkbox"/> _____ |
| <input type="checkbox"/> CHOOSE TO MOVE FORWARD FROM DISAPPOINTMENT, MISTAKES, OR REGRET | <input type="checkbox"/> _____ |
| <input type="checkbox"/> FOCUS ON INTEGRITY AND ALIGNMENT RATHER THAN APPROVAL | <input type="checkbox"/> _____ |
| <input type="checkbox"/> ACCEPT WHAT IS | <input type="checkbox"/> _____ |
| <input type="checkbox"/> GET RID OF SOMETHING GOOD TO MAKE SPACE FOR SOMETHING GREAT | <input type="checkbox"/> _____ |
| <input type="checkbox"/> SIMPLIFY YOUR HOME | <input type="checkbox"/> _____ |
| <input type="checkbox"/> DITCH PERFECTIONISM AND SHIP IT! | <input type="checkbox"/> _____ |



QUESTIONS FOR REFLECTION

WHAT IS A SMALL, PERSISTENT PAIN POINT THAT YOU CAN RELIEVE?

WHERE ARE YOU COMPARING YOURSELF NEGATIVELY TO OTHERS?

WHAT DO YOU NEED TO ACCEPT, AND HOW CAN YOU MOVE ON?

WHERE CAN YOU MAKE MORE ROOM IN YOUR LIFE?

HOW CAN YOU SPEND MORE TIME AROUND THOSE WHO LIFT YOU UP?





TAKING ACTION

ON A SCALE OF 1 TO 10, HOW WELL DO THESE PRACTICES CURRENTLY SHOW UP IN YOUR LIFE?
STAR THREE PRACTICES THAT YOU WOULD LIKE TO FOCUS ON IN THIS SEASON.

<input type="checkbox"/> SELF-AWARENESS	_____
<input type="checkbox"/> FAITH	_____
<input type="checkbox"/> WELLNESS	_____
<input type="checkbox"/> TIME MANAGEMENT	_____
<input type="checkbox"/> PRESENCE	_____
<input type="checkbox"/> REACHING OUT	_____
<input type="checkbox"/> INCLUSION	_____
<input type="checkbox"/> GRATITUDE	_____
<input type="checkbox"/> GENEROSITY	_____
<input type="checkbox"/> CREATIVITY	_____
<input type="checkbox"/> YOUR CRAFT	_____
<input type="checkbox"/> LETTING GO	_____



PRACTICE ONE _____

WHY IS DEVELOPING THIS PRACTICE IMPORTANT TO YOU?

WHAT WILL LIFE FEEL LIKE WHEN YOU ARE FULLY LIVING THIS PRACTICE?

WHAT RESOURCES ARE YOU WILLING TO INVEST IN CULTIVATING THIS PRACTICE?

WHAT ARE SOME WAYS YOU COULD ENGAGE WITH YOUR PRACTICE THIS WEEK?

WHAT WILL YOU COMMIT TO PRACTICING WITHIN IN THE NEXT 24 HOURS?



PRACTICE TWO _____

WHY IS DEVELOPING THIS PRACTICE IMPORTANT TO YOU?

WHAT WILL LIFE FEEL LIKE WHEN YOU ARE FULLY LIVING THIS PRACTICE?

WHAT RESOURCES ARE YOU WILLING TO INVEST IN CULTIVATING THIS PRACTICE?

WHAT ARE SOME WAYS YOU COULD ENGAGE WITH YOUR PRACTICE THIS WEEK?

WHAT WILL YOU COMMIT TO PRACTICING WITHIN IN THE NEXT 24 HOURS?



PRACTICE THREE _____

WHY IS DEVELOPING THIS PRACTICE IMPORTANT TO YOU?

WHAT WILL LIFE FEEL LIKE WHEN YOU ARE FULLY LIVING THIS PRACTICE?

WHAT RESOURCES ARE YOU WILLING TO INVEST IN CULTIVATING THIS PRACTICE?

WHAT ARE SOME WAYS YOU COULD ENGAGE WITH YOUR PRACTICE THIS WEEK?

WHAT WILL YOU COMMIT TO PRACTICING WITHIN IN THE NEXT 24 HOURS?





REACH OUT

I'd Love to Hear from You!



BUILDING A LIFE OF HEALTHY, SUSTAINABLE, AND ALIGNED PRACTICES TAKES INTENTIONALITY AND PATIENCE. IT ALSO TAKES COMMUNITY, ENCOURAGEMENT, AND ACCOUNTABILITY. I WOULD LOVE TO BE ON YOUR TEAM AND CHEER YOU ON!

YOU CAN FIND ME AT:

@GINAMORGANO
WWW.GINAMORGANO.COM
CONTACT@GINAMORGANO.COM

JOIN THE SELF-CARE FOR SINGERS GROUP [HERE](#).

LISTEN TO THE PRACTICE PARLOUR PODCAST [HERE](#).

*Looking forward to connecting!
Be well and sing on!*

