

Self-Identity

1). Describe yourself in one paragraph:

2). List 5 things you are really good at:

3). List 5 things you are not very good at:

4). In what ways have you tried to change yourself so that others would accept/like you?

5). Have you ever altered your natural musical expression so that others would like it more?

6). If so, in what ways did you alter it?

7). Why do you want to make music in the first place?

8). What is “meaningful music” to you?

9). Do you notice more of a top-down or bottom-up approach to music in yourself? Describe.

10). Do you feel it is in alignment with your musical goals to create music that is authentic to you? Why or why not?

11). It is crucial to understand that by allowing your natural expression to come forward, your creative process will be more joyful and your music will resonate more powerfully with those drawn to it. When you are ready, write out your commitment to compose authentically and give up changing yourself to appease others:

12). Celebrate!