

MichMusic Personal Study

12 Wisdoms

Michele Weir

(www.micheleweir.com • www.michmusic.com)

• WISDOM #1 YOU ARE THE CEO OF YOUR LIFE

No one is coming to save you. No one cares about you and your life as much as you. Create your life in the way that YOU want it; there is no "how-to" PDF help guide available with this program.

• WISDOM #2 LIVE LIFE CREATIVELY

The days of "I'm going to work at the company until I'm 65, then retire with a pension" are over. The days of "I'm going to get discovered and someone will create and manage my career for me" are virtually over. First, decide what you like/want/have a passion for, then figure out how to do it. Life is a work in progress - your goals may change as you go down the path.

• WISDOM #3 FIND A MENTOR

Some mentoring relationships happen naturally, some don't. You may need to seek out a mentor. Look for someone you respect, trust, is interested to invest their time with you, and who you get along with well. *Be* the kind of person a mentor would want to work with: motivated, talented, someone with a good work ethic and open to ideas/advice/suggestion. Also, *consider being a mentor to others.*

How can a mentor benefit you?

A mentor will believe in your talents and abilities

A mentor will offer advice, guidance, counsel

A mentor will teach you

A mentor will be a friend, confidant, supporter

A mentor will inspire you

A mentor will help keep you on track - moving forward in a good direction

A mentor may refer you to professional contacts or opportunities

Famous mentor pairings

Mel Torme mentor to Maureen McGovern

Abbey Lincoln mentor to Cassandra Wilson

Miles Davis mentor to Shirley Horn and Quincy Jones

Mariah Carey mentor to Christina Aguilera

Jerry Garcia mentor to Carlos Santana

David Foster mentor to Michael Buble

Oscar Peterson mentor to Benny Green

Bing Crosby mentor to Frank Sinatra

Tina Turner mentor to Mick Jagger

Aaron Copeland mentor to Benjamin Britten

Johann Christian Bach mentor to Wolfgang Amadeus Mozart
Oprah Winfrey mentor to "Dr. Phil" McGraw
Isaac Asimov mentor to Gene Roddenberry
Madonna mentor to Gwyneth Paltrow
Bill Cosby mentor to Sinbad
Lance Armstrong mentor to Tyler Hamilton
Andrew Carnegie mentor to Charles Schwab

Maya Angelou mentor to Oprah Winfrey
Mike Wallace mentor to Barbara Walters
Warren Beatty mentor to Diane Keaton
Ingmar Bergman mentor to Woody Allen
Phil Jackson mentor to Michael Jordan
Malcolm X mentor to Muhammad Ali
Aristotle mentor to Alexander the Great

● **WISDOM #4 FOLLOW THE *BINGO EFFECT***

The *bingo effect* is that "A-ha! That's it!" experience we feel when something really hits home and feels *right*. Whenever you experience the *bingo effect*, pay close attention, especially when you're considering choices of any kind. Use it as a guide for what direction to go when you're building a *life in music*.

● **WISDOM #5 A USEFUL EQUATION:**

INSPIRATION + IMAGINATION + CHOICE + ACTION + COMMITMENT
= MOVING YOUR LIFE IN THE DIRECTION YOU DESIRE.

Example:

INSPIRATION: *I LOVE that. It thrills me.*

IMAGINATION: *What can I create in my life to do/have/be/express/experience/share THAT?*

CHOICE: *I choose to do/have/be/express/experience/share THAT.*

ACTION: *What steps need to be taken for me to do/have/be/express/experience/share THAT?*

COMMITMENT: *I commit to taking the steps needed to do/have/be/express/experience/share THAT.*

● **WISDOM #6 YOU WON'T GET SOMETHING FOR NOTHING**

Effort/intention = result. Practice = you sound better. Paying the dues = getting the reward. Most successful people have a very strong work ethic. It doesn't feel like *work* though if it's born from the desire to realize your dreams and passions.

● **WISDOM #7 NO ONE CAN BE *YOU* BETTER THAN *YOU***

Showcase what *YOU* do best, and what *YOU* love and who *YOU* are. No one does it better. Don't be shy to do/be/act/think/listen/relate in the way that's unique to *YOU*, complete with both the beautiful parts and the warts.

● **WISDOM #8 DO YOUR BEST**

Always. With everything. Never settle for "it's good enough." Settling for "it's good enough" takes you out of integrity with yourself. Doing your best, even if it's not perfect, always makes you stronger and more fulfilled.

● **WISDOM #9 BE EVER EVOLVING**

Some of the best musicians in the world are some of the most eager to learn new things, continue practicing passionately, and explore new sounds and styles. Be *hungry* to learn something new. Study. Then keep studying, for the rest of your life. This is an important key to maintaining aliveness.

● **WISDOM #10 YOU ARE THE CHOOSER IN YOUR LIFE**

Your life is built by the choices you make. Very little in life is out of your control, and even within those situations you still have *choices*. Accepting responsibility for being the chooser in your life is very empowering. Notice how this manifests in language:

Instead of: I can't go to the movie because I have to practice.

Say: I'm not going to the movie because I'm going to practice instead.

Instead of: I have to finish grading the papers on my desk.

Say: I'm going to finish grading the papers on my desk.

Instead of: This is really hard.

Say: This is a challenge.

Instead of: I'll try to finish up that term paper tonight.

Say: I'm going to finish up that term paper tonight.

Instead of: I'm not very good at scatting.

Say: I'm going to practice scatting so I feel more confident about it.

● **WISDOM #11 THERE IS NO SOMEDAY**

You only have NOW. Whenever it was *then*, it was actually *now* at the time. And whenever you get there, it will be *now* then too. Deal with life and what you want *now*, not "after I graduate," "once I make enough money," "after I'm married," "when we have kids," "once the kids have grown up," "when I retire."

● **WISDOM #12 DO MUSIC BECAUSE YOU LOVE IT**

Do anything and everything because you love it. Proceeding any other way steers you away from your *heart's desire*, and leads you toward a life path of banality and dissatisfaction.

Available at the MichMusic Store

(www.michmusic.com)

Vocal Jazz Arrangements:

SATB, SSAA and Christmas

Jazz Piano Handbook: Book/CD set, Alfred Publishing

Jazz Singer's Handbook: Book/CD set, Alfred Publishing

Vocal Improvisation: Book/CD set, Advance Music Publishing

CDs: *Night in the City* (Phil Mattson and the pm singers)

Jubilee (Phil Mattson and the pm singers)

The Sound of Music (Bruce Forman and Michele Weir)

MichMusic Personal Study: A mentorship program for singers and teachers. Internet conferencing sessions available.

(*Read more about it at www.michmusic.com*)