

THE  
**PLAY AN INSTRUMENT**  
CHALLENGE



A SCIENCE-BASED JOURNAL TO DEVELOP  
YOUR INSTRUMENT PRACTICE FOR 30 DAYS  
**- ARE YOU READY?**



This journal belongs to:

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THE  
**PLAY AN INSTRUMENT**  
————— CHALLENGE —————

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For all people who want to make  
music a bigger part of their lives.



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# **JOURNAL INTRODUCTION**

An introduction to The 30 Day Challenge, what it is, how it works and what it can do for you.

It is possible to go through life in a mundane routine. Wake up, eat breakfast, go to work, eat lunch, come home, spend several wasted hours on something you don't remember doing, eat dinner, go to bed, repeat. Does that sound familiar?

Many of us spend countless minutes, days and even weeks without stopping to think about the choices we are making or the direction in which we are going. And before we know it, life has become a series of habits. You fill your spare time with watching TV and scrolling through social media. Now, it is perfectly acceptable to go through life this way. In all likelihood, you will come out just fine on the other side. But, as you are holding this journal in your hands, chances are you want to do something different with that time. Something you'll be proud to have done when you look back. Something that makes you feel like you've accomplished something during that time, without it feeling like hard work. And since you purchased (or maybe received as a gift) this journal, that fulfillment of your time is probably playing an instrument! But that's a big step for many people. Maybe you don't really know where to start, or you don't know how to fit this new hobby into your life. There are simple steps that you can take that will positively impact many aspects of your life – are you ready?

## WHY USE THIS JOURNAL?

Change. It is a big word. It carries with it many connotations, sentiments and expectations. Instead, this journal breaks it down into manageable pieces. The first step in making change is self-awareness.<sup>1</sup> You cannot change something you do not know exists. This journal will guide you through the process by asking you to answer some questions. These questions will help you determine the challenge you would like to take on, and more importantly why. In the age of technology, the simple act of putting pen to paper is often forgotten. But holding this journal in your hands, feeling the paper, seeing the ink as you answer the questions and journal about your thoughts will help raise your consciousness and your self-awareness. Each day, when you write in the journal, your self-awareness will grow.

Now that you're more self-aware, the next step is experimentation. Have you ever wondered what it would be like to play an instrument? Maybe in a band, or an orchestra. Have you always wanted to conduct a concert? The 30-day challenge will allow you to experiment with your daily routines. Did you know that about 40% of the actions you do on a daily basis are actually habits, not conscious decisions?<sup>2</sup> Your day goes on auto-pilot, without you pausing to think that you are making a choice. You may have never thought about what you can do with your free time, or because of your busy life you may never have found the desire and motivation to do something you've always wanted to do. Maybe you think that such a hobby is not for you and your busy life, or maybe you've tried it before but haven't been able to fit it into your busy life. The reality is, you won't know for sure until you become conscious of the choices you are making through self-awareness and you try

something different through experimentation.<sup>3</sup> As the old saying goes, you never know until you try.

With self-awareness and experimentation in hand, you are going to need to train your discipline and willpower. The good news is, willpower is like any other muscle in your body. The more you use it, the stronger it will get.<sup>5</sup>

Sticking to your challenge for 30 days will train your willpower muscle and put you in a stronger position when you have to make decisions down the road. Not to mention, you will discover a great feeling of satisfaction when you accomplish your challenge. The willpower will help you fight through the tough moments when you are tempted to quit. And as the days go by, you will get closer and closer to forming a new habit. Habit-forming, as we mentioned above, is often done unconsciously and can lead to those “bad habits” that you are trying to break. But it turns out that forming new, “good habits” can help you ease change into your life, without consuming too much of your willpower muscle (let’s reserve that for the most important decisions).<sup>6</sup>

Habits are formed through consistency. As Darren Hardy describes it, small smart choices + consistency + time = the compound effect. As good habits get formed through consistency and time, the effect over time will be compounded, which will eventually lead to radical difference and allow you to achieve your goals.<sup>7</sup> This journal will remind you of your challenge and will help you to consistently perform the action each day. By the end of 30 days, you are well on your way to forming a new habit and creating lasting change.

## WHO SHOULD USE THIS JOURNAL?

The short answer is for anyone who wants to consistently play an instrument! Whether you have always wanted to play an instrument, or if this has just become a new interest. And whether you want to learn to play guitar, piano, trumpet, flute, or violin - every decision starts with you. You are responsible for your life, the choices you make and whether you will actually succeed in playing an instrument consistently. Having this journal in your hands already means that you have taken the first step towards change. Now it is time to really take on your 30 Day Challenge.

But: remember that you are not on your own. Challenge your friends to join you. Find an accountability partner, someone to whom you tell what you're going to do and who can support you in doing so. In the next 30 days, there may be times when you want to smuggle in with your challenge, or even quit. If you have someone (or rather a group) standing next to you, it is easier to stay motivated.<sup>8</sup>

## WHAT DO YOU HAVE TO DO?

It is up to you to decide what challenge you are going to do. If this is the first time you are playing an instrument, the best advice we can give is: choose something achievable! By this we do not mean that you should choose an 'easy' instrument, but that it is best to start small. Remember that experimentation is an important factor, so you don't have to become a professional musician within thirty days. In fact, that's almost impossible. Try making one change at a time.

In his blog, Jason Zook advises a challenge that takes between 15-30 minutes per day.<sup>9</sup> That's a great starting point, but feel free to do something shorter or longer. This challenge is for you!

If you haven't figured out exactly what you want to do: In the section 'Prioritizing and deciding' on page 18 you can determine your priorities based on a number of questions. Then you can see which challenge makes sense for you to take on right now.

Once you've chosen your challenge, don't forget, one of the key components to the compound effect is consistency. Daily commitment and consistency will give you the best results. Challenge yourself to stick to that for 30 days.

Every time you work on the journal and go through the process, try to be as conscious as possible. The goal here is to break out of your mundane routine, experiment with something new, see if you like it, and potentially form a new habit. Being conscious while you are doing it will help raise your self-awareness and train your willpower. And at the end of 30 days, you will be more in tune with what you accomplished, giving you a greater feeling of satisfaction.

## **WHEN TO DO IT?**

First of all, when should you start? Our advice is, right now. Why not? The journal is already in your hands.

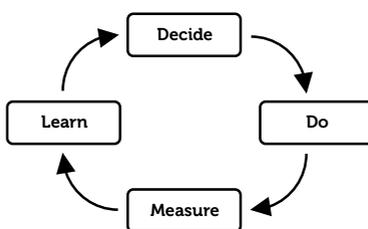
Once you have started, you are meant to write in your journal at the end of every day. We suggest that you write in your journal right after your practice session, because then all the experiences, feelings, and things you have learned are still fresh in your mind...

Put the journal on your instrument, or on your music stand, so that you don't forget to write in it after the practice session. If you prefer to write at another time, feel free to do that. Try to choose a time where it's most easy for you to implement your daily journaling routine.

## A MODEL FOR YOUR CHALLENGE

This 30-day challenge is like any good experiment. Experiments are done all around us: at school, in the lab, in business, sports and more. Experimentation is also one of the fundamentals for entrepreneurs and startups. In his book, 'The Lean Startup,' author Eric Ries says that startups should create an ongoing process of experimentation and learning to accelerate growth. With this, he introduced a model called 'The Build-Measure-Learn feedback loop.' This model is created for startups, but could also be applied in our personal lives. Just imagine... what if we lived our life like a startup?<sup>10</sup>

We think it would look something like this:



This is also the model that we used as a basis to create this journal. Starting with the first step, you have to **DECIDE**. There are probably many things you want to do in life because you think they will enrich your life somehow. To be sure, you will have to experiment.

But you cannot do everything at the same time, you have to prioritize. After that, you can decide what you are going to do first. Having decided what challenge you are going to do, you keep making daily decisions to complete the challenge.

After you have made your decision, it is time for the fun and challenging part: **DOING**. You are tasked with performing the action for 30 days. Without it, the decision meant nothing.

It does not stop there, however. In order to truly make progress, you need to **MEASURE** your results. Reviewing your activity daily will help you become aware of the changes and the effect that they have.

Then, at the end of the week, it is a good time to figure out what you **LEARNED** from your experience and the measurements. At the end of your 30-day challenge, you will look at all the lessons and draw your conclusions. Did the activity have positive effects? Do you think it will continue to do so in the long term?

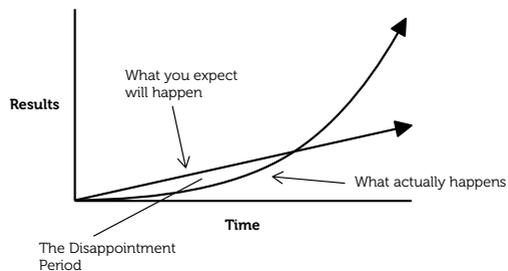
The 30-day challenge is just that – 30 days! It is not a lifetime commitment, but it is long enough to make lasting change. Follow the steps we have outlined and you will be well on your way. Focus on the commitment you made, be conscious while doing it and remind yourself of the reason why you got started. Most of all, enjoy the experience. No matter what happens, you will learn something.

## **ONE LAST THING TO REMEMBER**

When we start something requiring new amounts of willpower and sacrifice, we often become impatient when we don't see immediate

results. We want to know if our new activity is worth the effort. But creating tangible results can take time. People are often discouraged by the lack of quick results and give up.

In order to make lasting change, we need to realize that real results are often the effect of many previous actions over time. The actions add up to manifest in the desired result. Keep in mind that because every person and every situation is different, the amount of time to achieve results will be as well.



In the graph above you can see the difference between expectations and reality. In reality, the results are often delayed. It is possible that you will experience this during the challenge. Try not to be discouraged. Remember that time is required before the results become apparent. Thirty days is the perfect amount of time to experiment with your new activity. You will experience what it is like to do it every day. You will also experience the short term effects, but after the challenge you might want to keep going to experience the long-term effects as well. If that is the case, we highly recommend to keep going! <sup>11</sup>



# ORIENTATION

Before you start your challenge, it's important to put some thoughts on paper about what and why you're going to do this. But also how to get the best out of this challenge. We highly advise to take your time and to go over the starting questions as consciously as possible. And if you want to see an example of what this 'Orientation' could look like, you can go to page page 110!

# PRIORITIZING AND DECIDING <sup>1</sup>

Out of all the things we want to do and accomplish, it can be difficult to decide what to do first. Maybe you bought this journal, already knowing what kind of instrument you wanted to play. It is also possible that you are not sure yet. If that is the case, this section is for you. We will help you pick a challenge that will be great for you to do at this point in time.

On this page you will find some questions that will guide you through this choice. Think calmly about your answers and be honest with yourself, then the decision will come naturally. Feel free to use the internet for inspiration or help.

What style(s) of music do you like?

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What instruments do you like best in these style(s)?

---

Which of these instruments would you like to play for the next 30 days?

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It is important that you stay with your chosen instrument for these 30 days. Of course it's fine to switch if you don't like it after 30 days, but don't give up too quickly if you don't see the results or find it too difficult.

It is also important to think about how you are going to acquire the chosen instrument. You can buy an instrument, both new and

second-hand, or you can rent it. On Google you can find many second hand or new instruments. How are you going to get your instrument?

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Finally, it is good to think about your exact goal during this challenge. What exactly do you want to learn from it?

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How are you going to do that?

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Looking back at these questions, what challenge will you do?

For 30 days I will

---

---

# STARTING QUESTIONS

## ACTIVITY

Everyday I will \_\_\_\_\_

\_\_\_\_\_

Now that you've written down your 30 day activity, we recommend that you do some research. For example, if you've chosen to play the guitar for 30 days, you might want to look for chord charts, or tabs of melodies you want to learn to play. There are a lot of tutorials and other information on the internet, but you can also go to an expert for information and advice and possibly even take lessons.

What are the biggest discoveries from your research?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## MOTIVATION

What is your main objective with this challenge?

\_\_\_\_\_

\_\_\_\_\_

What are the guaranteed benefits from doing this challenge?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What do you think the benefits could be of having this habit?

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What positive effect could those benefits have on your life and how would it feel if you had that life?

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What kind of positive effect could having this habit have on other people's lives?

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What would you be missing if you would never try this habit?

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It is important to remember your motivation during your challenge. Why did you start this challenge? Remembering this will help you to get through harder days. Whenever you feel slightly unmotivated to do your activity, re-read this section.

# IMPLEMENTATION PLAN <sup>1</sup>

Research has shown that you are two to three times more likely to follow through with a habit if you make a specific plan for when, where, and how you are going to implement your new habit. A great way to build a new habit is to choose an existing habit and build your new activity around it. This means the current habit will become the reminder to perform the new habit. To make your 'Implementation plan' you could follow the framework below:

After  current habit, I will  new habit. This will be at  time in  location.

---

---

---

---

---

Now make the same plan for your daily journaling moment.

After  current habit, I will write in my journal. This will be at  time in  location.

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Really keep in mind that the daily journaling is an important part of your challenge. It makes the process more conscious, will increase your self awareness and helps with keeping your commitment. Don't worry if you miss a day, but do your best to write consistently.

## OBSTACLES

Being prepared for the possible obstacles ahead is extremely valuable in making sure you are able to overcome them.

What are the things that could stand in your way of doing this activity?

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What could you do to prevent these things from happening?

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## REWARDS

Being aware of your achievement and taking the time to celebrate it is important. This will make you feel good about what you have accomplished and motivate you to keep going!

How will you reward yourself for your achievements?

Completion Week 1: 

---

Completion Week 2: 

---

Completion Week 3: 

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Completion Challenge: 

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## **ACCOUNTABILITY CONTRACT <sup>1</sup>**

We know by now that having someone who holds you accountable is extremely helpful.

Who will hold you accountable during this challenge?

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If you miss a day of your challenge, what is the consequence?

---

---

If you don't complete your challenge, what is the consequence?

---

---

How will you report your activity to your accountability partner?

---

---

Your signature

---

Accountability partner signature

---





# CHALLENGE BUILDUP

Starting small and building up the intensity of your activity is recommended. In this part you can plan out your 30 days to buildup your challenge.

# BUILDUP CALENDAR

Considering the fact that you are probably one of the ambitious people that walk this planet, there is a high probability you set a big challenge for yourself. This can make it harder for you to stick to your activity in the long run. Therefore, starting small, building it up and developing a pattern before you start doing your desired activity will help you to stick to it. —>

First week	1	2	3
Second week	8	9	10
Third week	15	16	17
Fourth week	22	23	24
Last days	29	30	

In the 'Buildup calendar' you can plan out your 30 day challenge. Keeping in mind that every challenge and situation is different, you can decide yourself what is most applicable for you.

If you want to see an example of what a 'Buildup calendar' could look like, go to page page 116.

4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28



# DAILY PAGES

Now that you've answered the starting questions and made your planning, we have arrived at your daily journaling routine. On the daily page you will write an evaluation of the day and prepare yourself for the day ahead.

# DAILY PAGE EXPLANATION

We have arrived at the biggest part of your challenge. It's time to start doing your activity! That means that you will also start with your journaling routine on the daily pages. The daily pages consist of two parts: the 'Evaluation' and the 'Preparation'.

Every evening you will start your journaling routine by writing the 'Evaluation' of that day. First you decide how you experienced doing your activity. After you crossed off one of the checkboxes, you can write down all the things that come to mind when you look back at your day. Maybe you have become aware of some changes that are interesting to write down. Even if you are not sure a certain change is related to your activity, just write it down. You just might see an unexpected pattern over time! If you don't have enough writing space on the daily page you can always go over to the 'Notes' section on page 133. To summarize your experience that day, you will also write down the word(s) that best describes your experience of that day.

After your evaluation you will be (mentally) preparing yourself for the activity you are going to do on the next day. You will first make a conscious commitment to what you are going to do. After that, you will write down a positive affirmation that supports the identity you want to create for yourself. You do this because the most effective way to change a habit is to focus on who you wish to become instead of what you want to achieve. Good habits can make rational sense, but if they conflict with your identity, you will most likely not continually put them into action.<sup>1</sup> You can think of your affirmation when you look at what you wrote in the 'Motivation' section of the starting questions. You can vary daily

with the affirmation you write down, but you can also decide to repeat the same affirmation every day. After your preparation you will be ready for your daily activity! An example of how to fill in the Daily Page can be found on page 119.

Halfway through each week, you will find a 'Midweek Enrichment.' In these sections, we will provide you with some valuable information and guide you through questions related to your challenge. These sections will provide you with knowledge that can be used both in your challenge and in your daily life.

At the end of every week, you will go through a 'Weekly Evaluation.' Here you will reflect on the past week to see what you have experienced and to see what you can learn from this. With that in mind, you then decide how you can make the next week better and easier. An example of a Weekly Evaluation is found on page 120 and 121.



And so your journey begins...

## **PREPARATION**

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# DAY 1 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

---

---

Word(s) of the day: \_\_\_\_\_

“ We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths.

- Walt Disney



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

---

---

---

# DAY 2 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

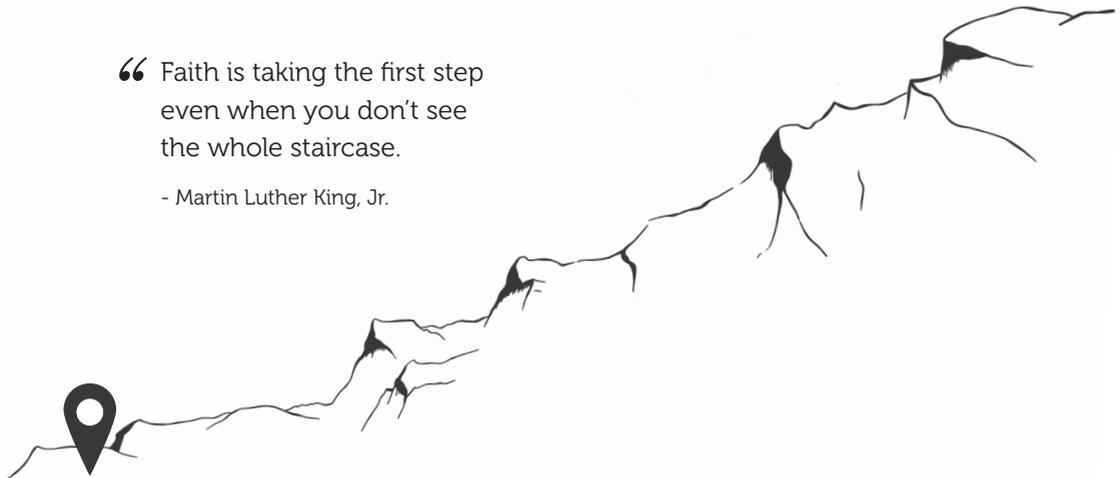
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Word(s) of the day: \_\_\_\_\_

“ Faith is taking the first step even when you don't see the whole staircase.

- Martin Luther King, Jr.



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

---

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# DAY 3 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

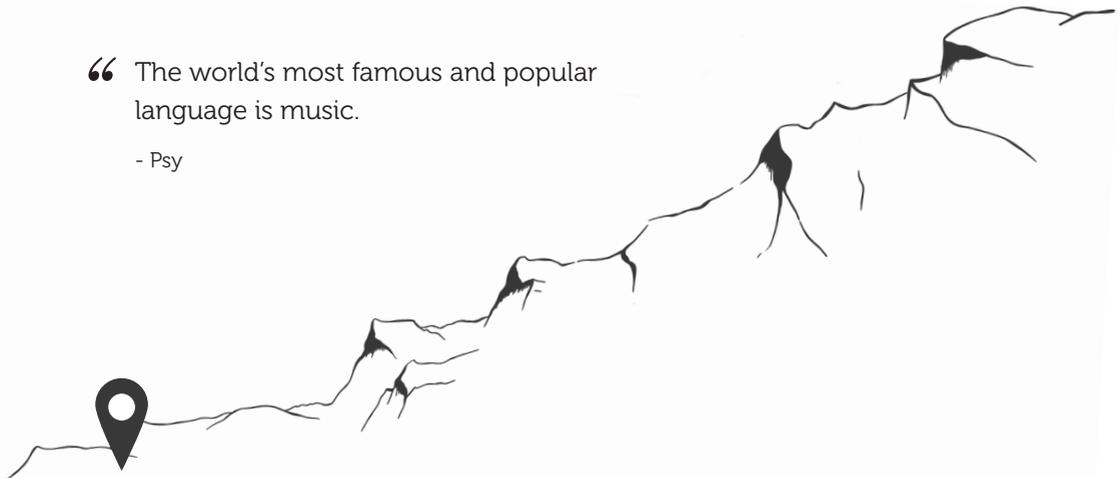
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Word(s) of the day: \_\_\_\_\_

“ The world’s most famous and popular language is music.

- Psy



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

---

---

# DAY 4 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

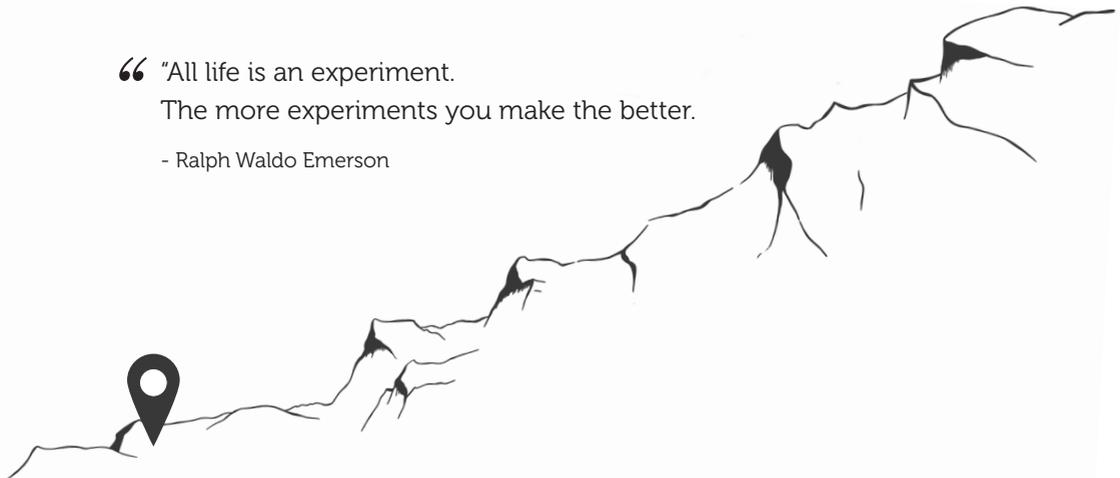
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Word(s) of the day: \_\_\_\_\_

“All life is an experiment.  
The more experiments you make the better.”  
- Ralph Waldo Emerson



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

---

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# MIDWEEK ENRICHMENT: MOTIVATION

A person's motivation to do something plays an important role in overcoming challenges. In this section, we are going to help you find more motivation that will drive you to keep going with your daily activity.

Your motivation can also be referred to as your 'WHY'. Your WHY is the purpose, cause, or belief that drives you to do something. As emotionally driven beings, the WHY plays a significant role in determining a person's actions. Our emotions often drive us to overcome the rational fear of failure, nudging us to fall in love or to start a business. How we feel about something or someone is more powerful than what we think about it or them.

However, we sometimes find it hard to fully grasp the meaning of those feelings or to put those feelings into words. Being able to vocalize our inner emotion will help us to inspire action in ourselves. The first step is to articulate your WHY. Why are you doing what you currently do? Why do you want to change? Why is it important to you?

Knowing why you are doing something, will not only make it easier to perform the activity, but it will also help in creating a life of meaning. We are now going to do an exercise called "7 Levels Deep". By following the questions on the next page, you will gain clarity around your WHY. It makes your motivation more tangible, so that your emotions will pull you towards the right actions, making

barriers easier to overcome. Please take your time to find the best words to describe your feelings. See page 138 for an example.

I'm doing this challenge because

---

---

This is important to me because

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---

You have now probably written down some motivators that you had not previously linked to your challenge. This is good. It means that you learned more about your motivation to do this challenge. You can now use this knowledge to create some tangible emotion when you want to motivate yourself to do your daily activity. Make sure to include your answers above in the 'Preparation' section on the daily pages. <sup>12</sup>

# DAY 5 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

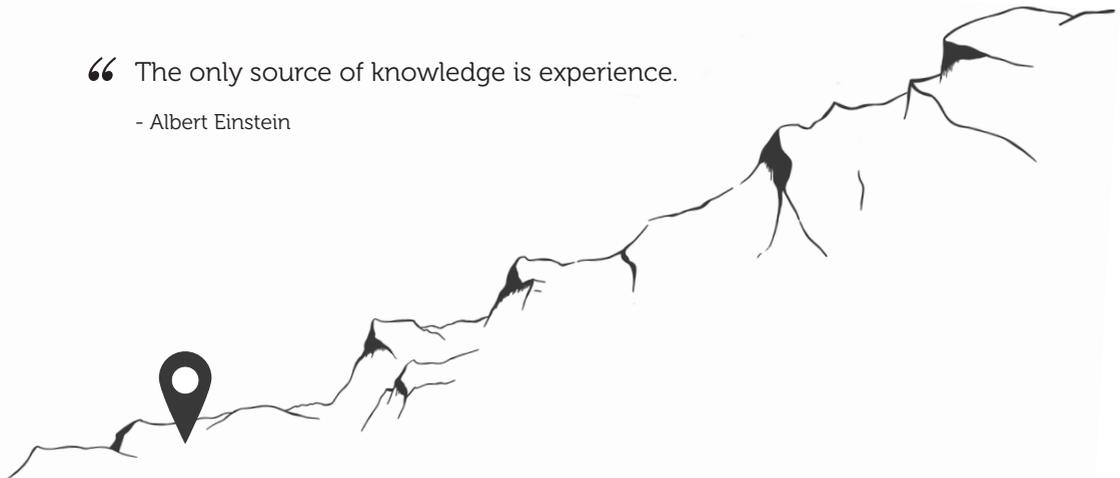
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Word(s) of the day: \_\_\_\_\_

“ The only source of knowledge is experience.

- Albert Einstein



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 6 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

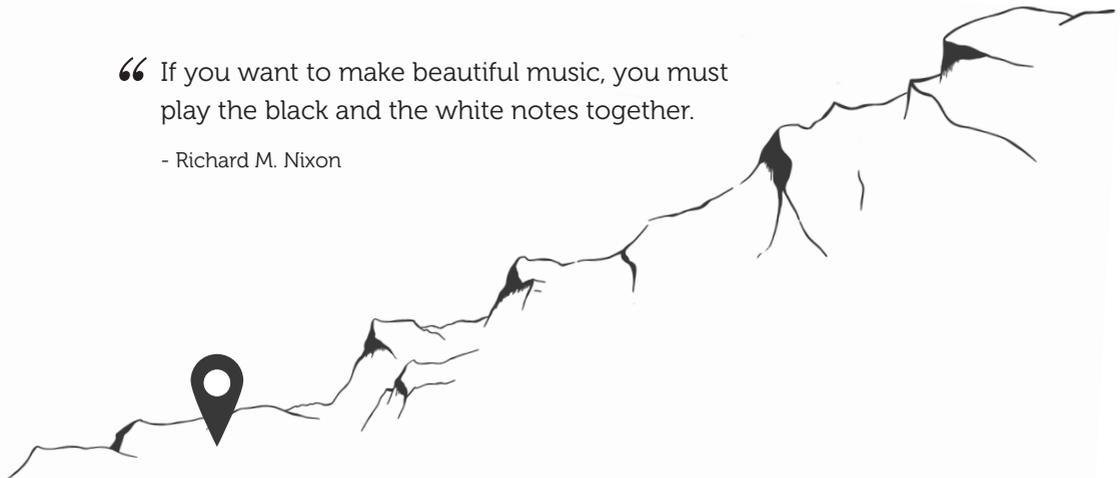
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Word(s) of the day: \_\_\_\_\_

“ If you want to make beautiful music, you must play the black and the white notes together.

- Richard M. Nixon



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 7 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

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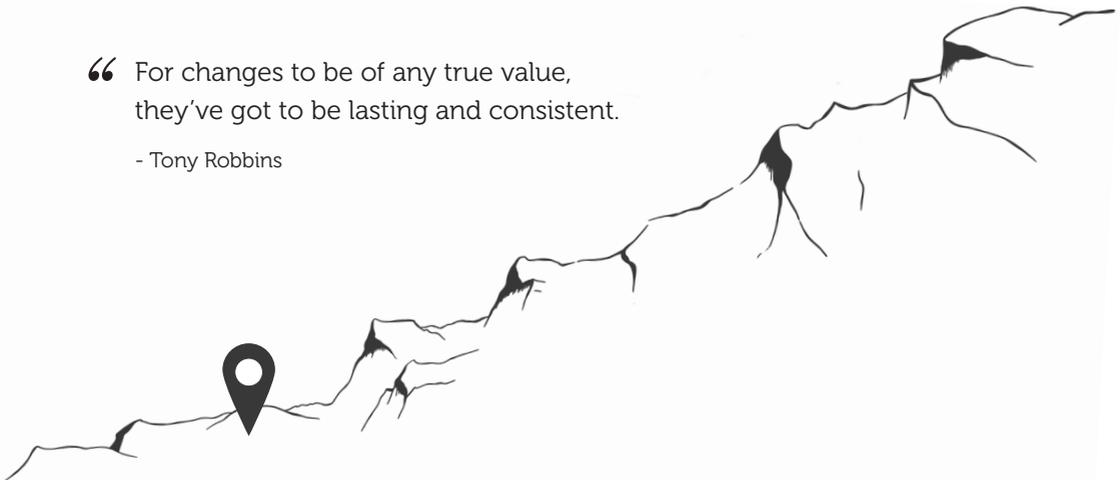
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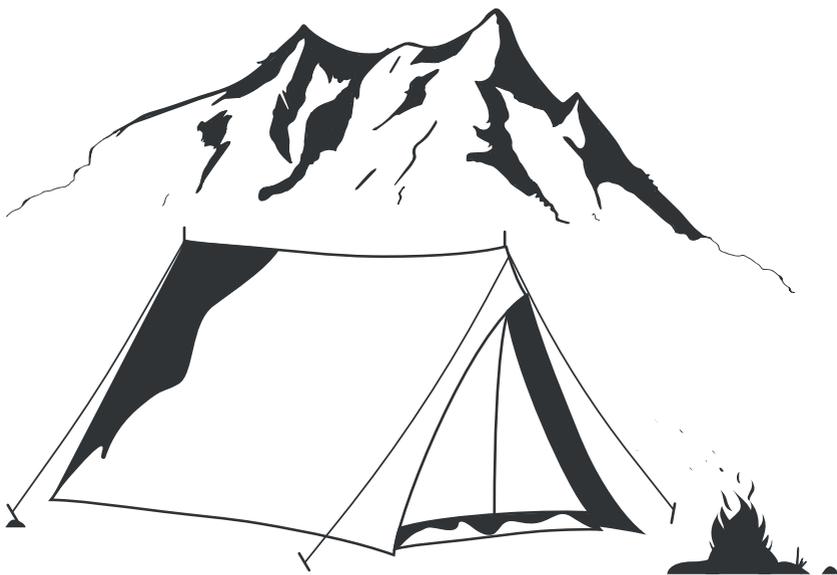
Word(s) of the day: \_\_\_\_\_

“ For changes to be of any true value,  
they’ve got to be lasting and consistent.

- Tony Robbins



Time for your Weekly Evaluation! →



# WEEKLY EVALUATION: WEEK 1

What was your least positive challenge experience last week?

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What was your most positive challenge experience last week?

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What day were you most tempted not to perform your activity?

<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
--------------	--------------	--------------	--------------	--------------	--------------	--------------

Why do you think this was the case?

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---

How could you prevent this from happening in the future?

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What day was it the easiest to perform your activity?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
-------	-------	-------	-------	-------	-------	-------

Why do you think this was the easiest day?

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How could you make sure this happens more often?

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Considering the previous questions, what did you learn from last week which you will implement next week?

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Is there anything else you would like to say about last week?

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Word(s) of the week

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# ONE WEEK DOWN!

Congratulations! You just finished the first week  
of doing your challenge!

Good work! You can be proud of yourself :)

ENJOYED REWARD 1

## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# DAY 8 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

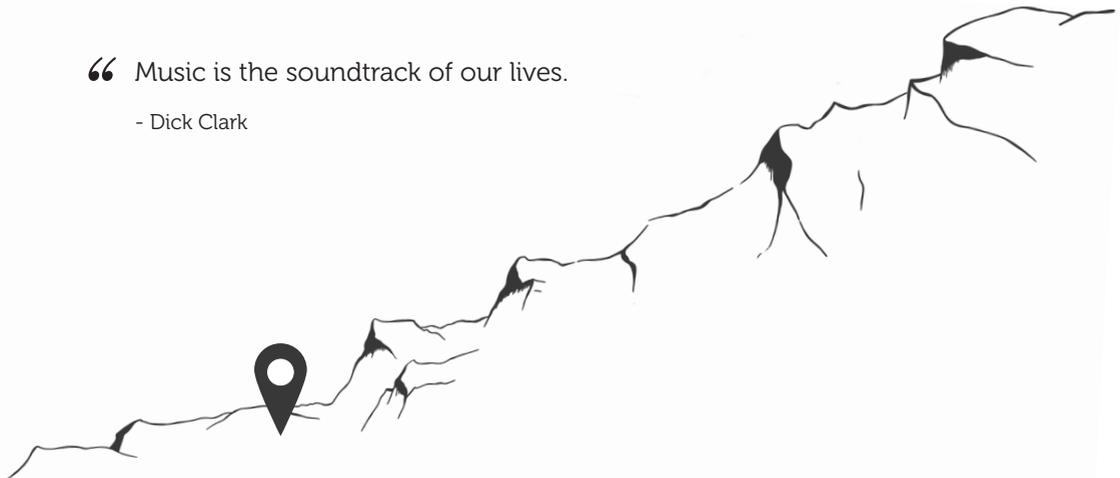
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---

Word(s) of the day: \_\_\_\_\_

“ Music is the soundtrack of our lives.

- Dick Clark



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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---

# DAY 9 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

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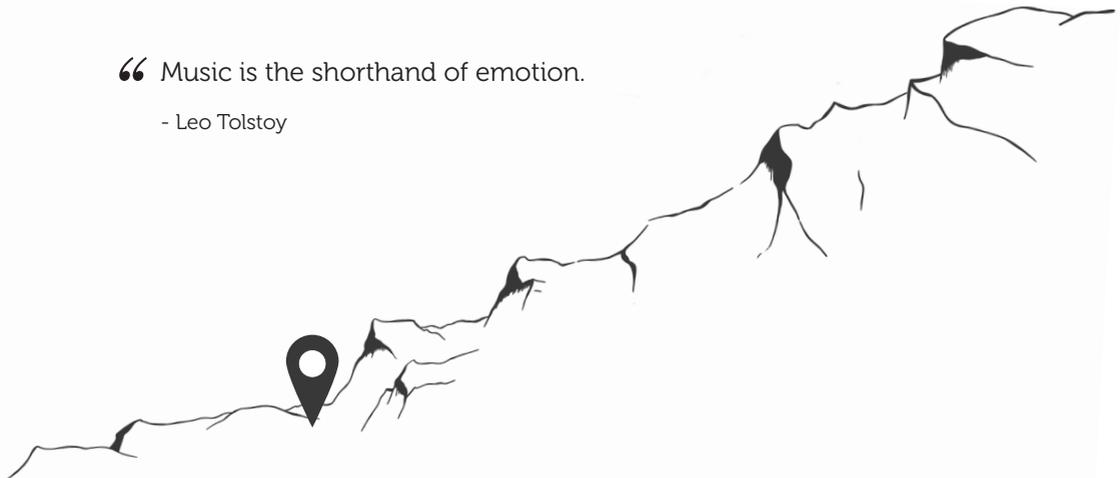
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Word(s) of the day: \_\_\_\_\_

“ Music is the shorthand of emotion.

- Leo Tolstoy



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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---

# DAY 10 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

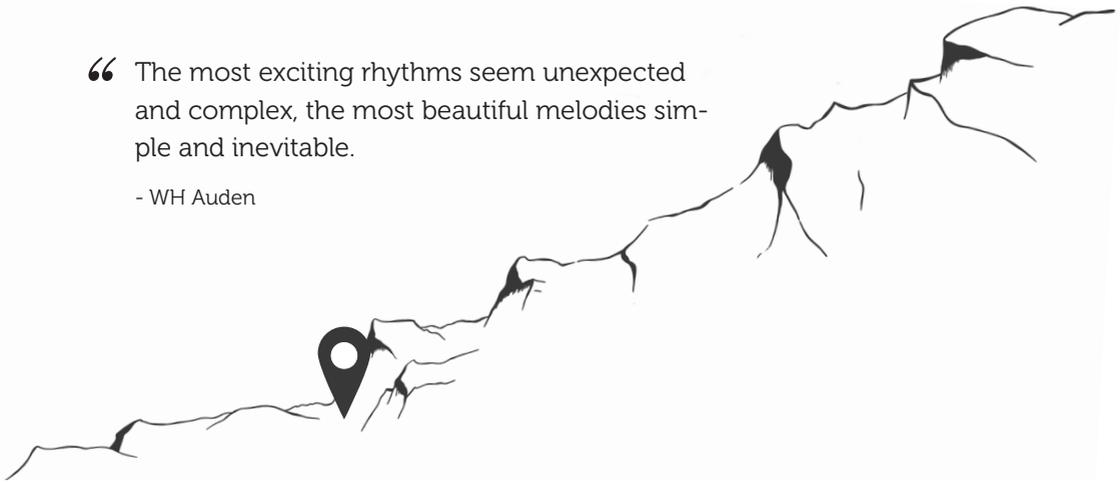
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Word(s) of the day: \_\_\_\_\_

“ The most exciting rhythms seem unexpected and complex, the most beautiful melodies simple and inevitable.

- WH Auden



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

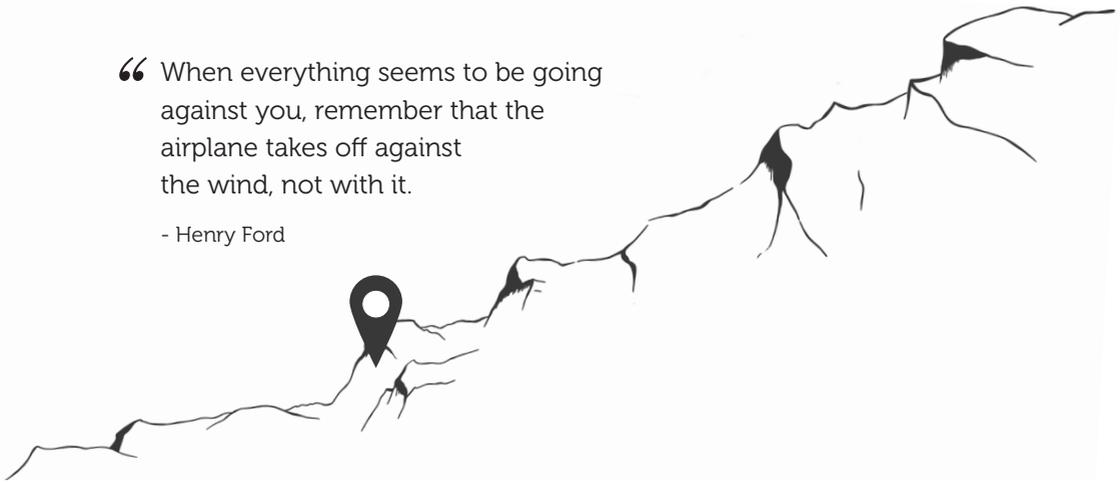
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Word(s) of the day: \_\_\_\_\_

“ When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

- Henry Ford



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

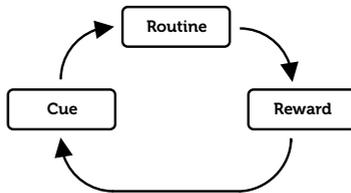
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# MIDWEEK ENRICHMENT: HABITS

We probably do not need to further explain the impact that our habits have on our lives. But what we can do is dig a little deeper on how habits work.

In his famous book ‘The Power of Habit’, Charles Duhigg created ‘The Habit Loop’. This model identifies the three stages of a habit. First, there is a **cue**. This is a trigger that tells your brain to automatically perform a certain activity (e.g. walking past a bakery and smelling fresh cookies). Then, there is the actual activity or habit, which is referred to as the **routine** (e.g. buying and eating a cookie). This can be physical, mental, and/or emotional. Finally, there is a **reward**, which helps your brain to remember that this loop is worth remembering for the future (e.g. the satisfying taste of the cookie). In the beginning of habit forming, this loop might be conscious, but over time it will become more and more subconscious and thus automatic.



By learning to become aware of the cues and rewards we can better change the routines. A craving of a reward is what powers the habit loop. We can resist cravings, but to do this, we must recognize which craving is driving the behavior. If we are not conscious of the anticipation of a reward, it is likely that we mindlessly follow our cravings. On the other hand, figuring out how to induce a craving makes creating a new habit easier.

Though this is not applicable for every situation, you can more easily create or change a routine if you keep the same cue and the same reward that drive the current routine.

Knowing that a cue should trigger you to perform your activity.

What is, or could be, a cue to trigger your activity?

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Knowing that a reward should spark a craving inside you.

What is, or could be, the reward for your activity?

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---

To figure out which rewards drive certain habits, Duhigg states that it is useful to experiment with different rewards.

The final piece to the puzzle is **belief**. You have to believe you can change a habit in order to overcome the obstacles that will arise when trying to change this habit. This is also why it is so powerful to find other people with whom to share your challenge.

Do you truly believe that you can permanently create this habit?

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As Henry Ford said: "Whether you think you can, or you think you can't - you're right."

We hope that this knowledge will support your 30-day challenge in a way that it makes you realize how habits work and how they are altered and/or created. Good luck with the rest of your second week! <sup>3</sup>

# DAY 12 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

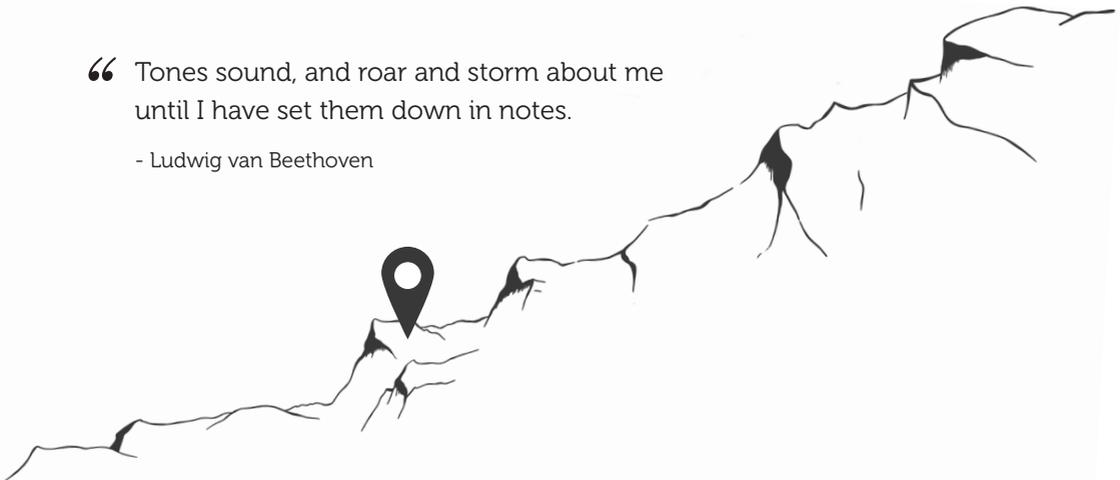
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Word(s) of the day: \_\_\_\_\_

“ Tones sound, and roar and storm about me  
until I have set them down in notes.

- Ludwig van Beethoven



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 13 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

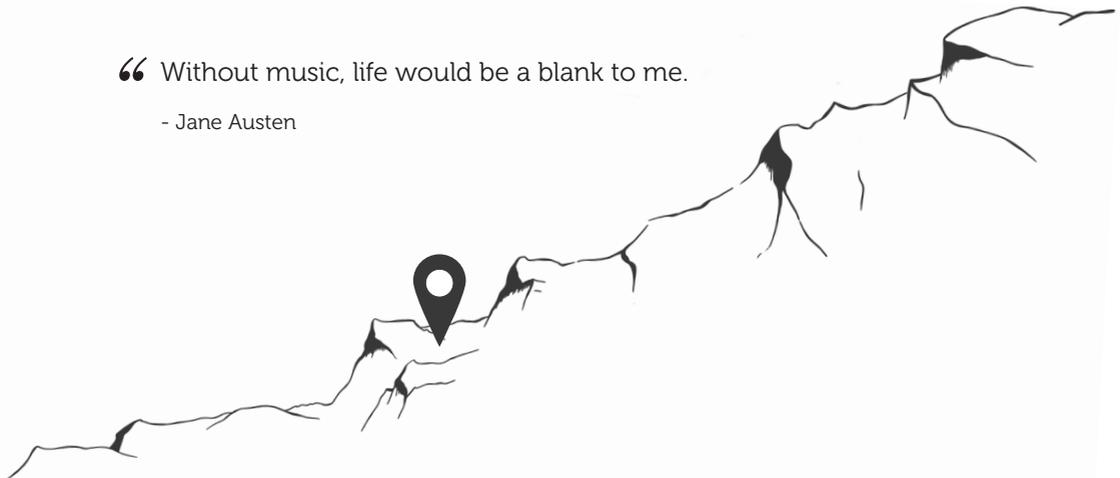
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---

Word(s) of the day: \_\_\_\_\_

“ Without music, life would be a blank to me.

- Jane Austen



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 14 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

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Word(s) of the day: \_\_\_\_\_

“ Music is the wine that fills the cup of silence.

- Robert Fripp



Time for your Weekly Evaluation! →



# WEEKLY EVALUATION: WEEK 2

What was your least positive challenge experience last week?

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What was your most positive challenge experience last week?

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What day were you most tempted not to perform your activity?

<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
--------------	--------------	---------------	---------------	---------------	---------------	---------------

Why do you think this was the case?

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---

How could you prevent this from happening in the future?

---

---

---

What day was it the easiest to perform your activity?

<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	<b>Day 12</b>	<b>Day 13</b>	<b>Day 14</b>
--------------	--------------	---------------	---------------	---------------	---------------	---------------

Why do you think this was the easiest day?

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How could you make sure this happens more often?

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---

Considering the previous questions, what did you learn from last week which you will implement next week?

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Is there anything else you would like to say about last week?

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Word(s) of the week

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# TWO WEEKS DOWN!

You're nearly halfway!

ENJOYED REWARD 2

## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# DAY 15 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

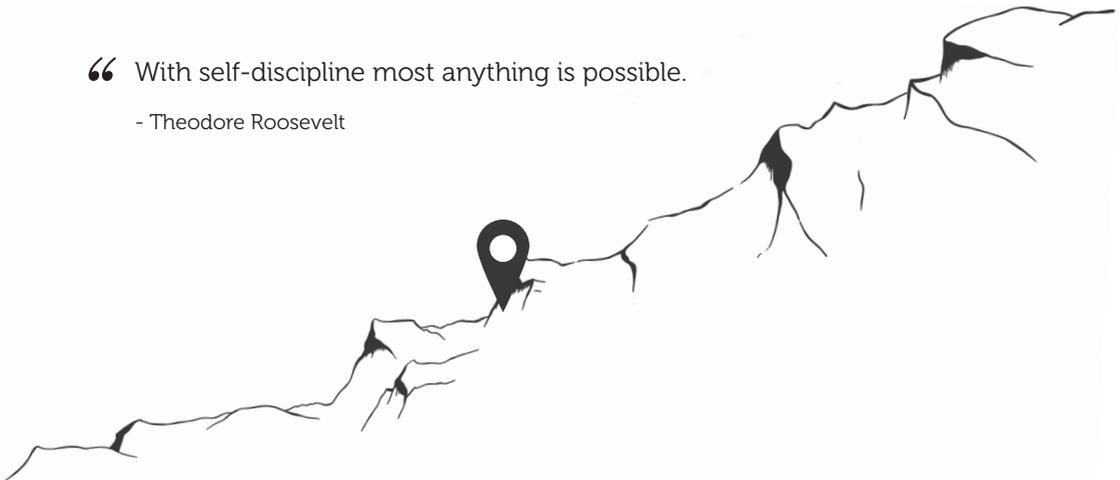
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Word(s) of the day: \_\_\_\_\_

“ With self-discipline most anything is possible.

- Theodore Roosevelt



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 16

/30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

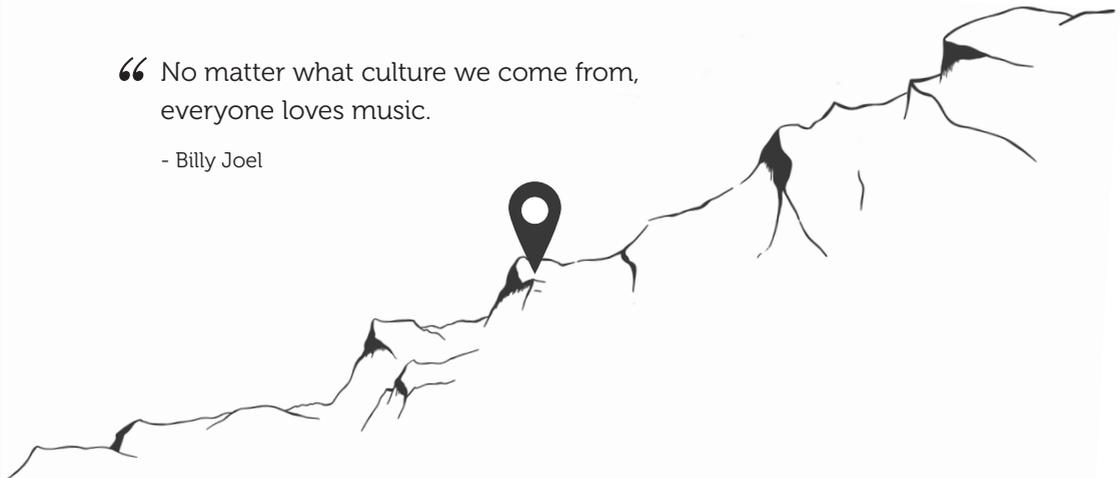
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Word(s) of the day: \_\_\_\_\_

“ No matter what culture we come from, everyone loves music.

- Billy Joel



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 17 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

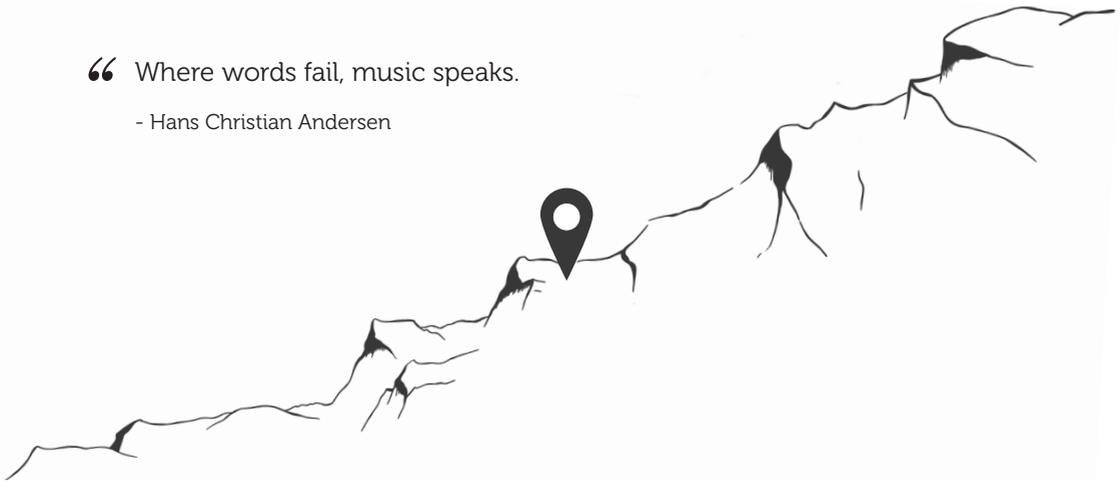
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Word(s) of the day: \_\_\_\_\_

“ Where words fail, music speaks.

- Hans Christian Andersen



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 18 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

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Word(s) of the day: \_\_\_\_\_

“ There are two means of refuge from the miseries of life: music and cats.

- Albert Schweitzer



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# MIDWEEK ENRICHMENT: WILLPOWER

Making the right choices to reach your long-term goals often requires something we all wish we had more of: willpower. Willpower is defined as the ability to resist short-term gratification in pursuit of long-term goals or objectives.

Our ability to control our attention, emotion, appetite and behavior not only has a great impact on our health, financial security, relationships, and professional success, it is also trainable. By committing to this challenge you are doing this already. Studies have found that committing to any small, consistent act of self-control, can increase willpower. When you commit to doing something every day, especially when you DON'T feel like it, you not only practice building a habit, but you also learn how to stop making excuses. It shows your brain that you are unstoppable!

We have already mentioned the importance of self-awareness. This awareness is also very important for your self-control. It is important to recognize when you are making a choice that requires willpower. If you don't, you end up taking the easy route.

Trying to track your choices will reduce the number of subconscious choices you make, which will boost your willpower. During the weekly evaluation, you look back on your week and try to analyze when decisions were made that supported your challenge. You also try to recognize your thoughts, desires, emotions and impulses when you're tempted not to perform your

activity. With gaining this awareness you learn what impulses can be encouraged and what impulses need to be restrained.

When making choices, there is often a conflict between your 'impulsive self' and your 'wiser self'. Your impulsive self is looking for an instant reward, while your wiser self wants to reach a long-term goal. Give your impulsive mind a name, like for instance "the cookie monster". Giving a name to this version of yourself can help you recognize when it is taking over, and help you call in your wiser self for more willpower.

What will you name your impulsive self?

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Once you catch your impulsive self, start remembering, and maybe re-reading, your WHY. Why do you want to resist this temptation? Then, try slowing down your breath to four to six breaths per minute, without actually holding your breath. This will help shift the brain and body from a state of stress to a self-control mode and force that annoying, impulsive you to quiet down.

If you do make a "bad" choice and miss a day. Try not to be too hard on yourself. Forgive yourself and recognize that you are only human. Then, continue making the right choices. Science has proven that, when it comes to increasing self-control, self-compassion is a far better strategy than self-berating.

With this Midweek Enrichment we provided you with some willpower tools which you can use in your challenge! But don't worry, once an activity becomes a habit, it will require less and less willpower, making it much easier for you to perform daily. Just keep on going! <sup>4</sup>

# DAY 19 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

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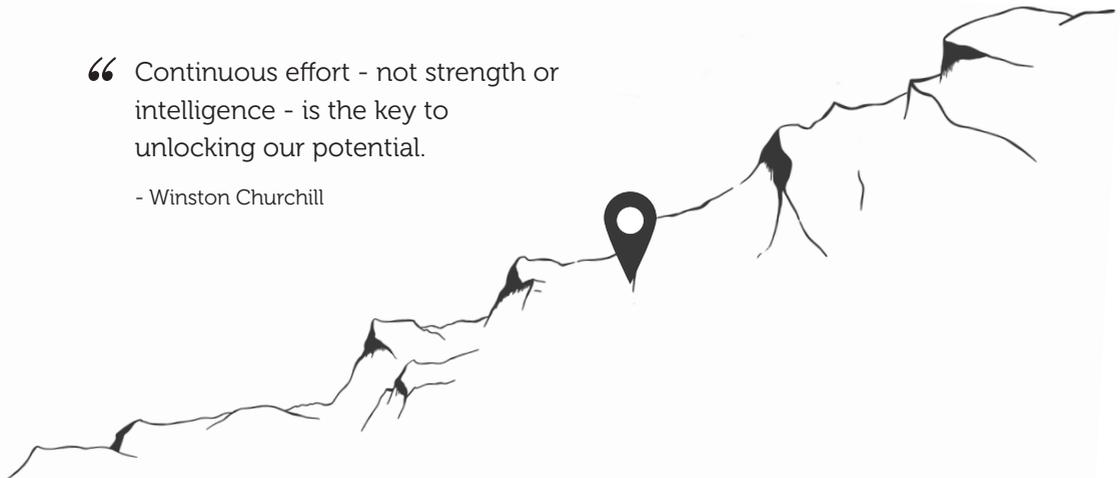
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Word(s) of the day: \_\_\_\_\_

“ Continuous effort - not strength or intelligence - is the key to unlocking our potential.

- Winston Churchill



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 20 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

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Word(s) of the day: \_\_\_\_\_

“ Music can change the world because it can change people.

- Bono. K



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 21 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

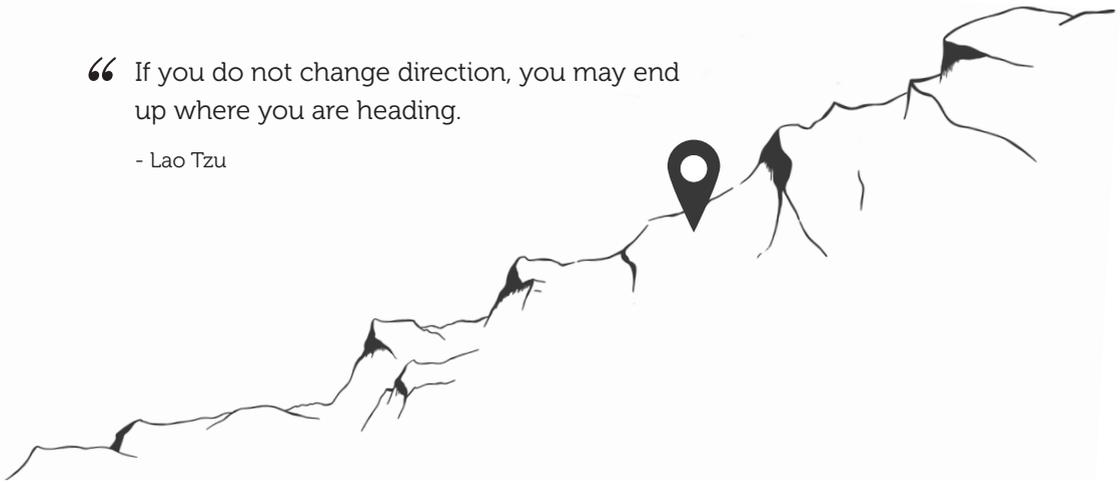
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Word(s) of the day: \_\_\_\_\_

“ If you do not change direction, you may end up where you are heading.

- Lao Tzu



Time for your Weekly Evaluation! →



# WEEKLY EVALUATION: WEEK 3

What was your least positive challenge experience last week?

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What was your most positive challenge experience last week?

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What day were you most tempted not to perform your activity?

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
--------	--------	--------	--------	--------	--------	--------

Why do you think this was the case?

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---

How could you prevent this from happening in the future?

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What day was it the easiest to perform your activity?

<b>Day 15</b>	<b>Day 16</b>	<b>Day 17</b>	<b>Day 18</b>	<b>Day 19</b>	<b>Day 20</b>	<b>Day 21</b>
---------------	---------------	---------------	---------------	---------------	---------------	---------------

Why do you think this was the easiest day?

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How could you make sure this happens more often?

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Considering the previous questions, what did you learn from last week which you will implement next week?

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Is there anything else you would like to say about last week?

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Word(s) of the week

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# THREE WEEKS DOWN!

Wow, you're on a roll! How do you feel about this accomplishment?

ENJOYED REWARD 3

## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# DAY 22 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

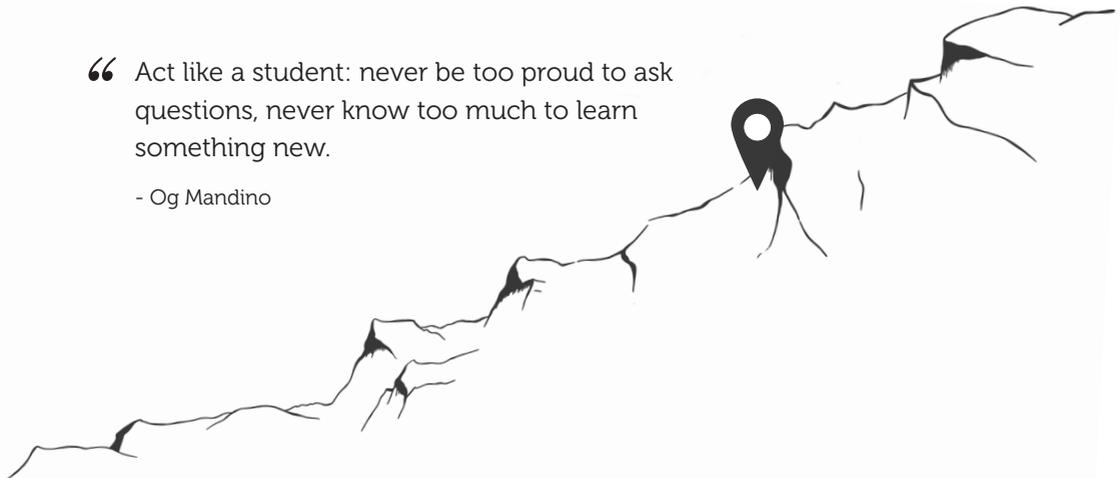
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Word(s) of the day: \_\_\_\_\_

“ Act like a student: never be too proud to ask questions, never know too much to learn something new.

- Og Mandino



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 23 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

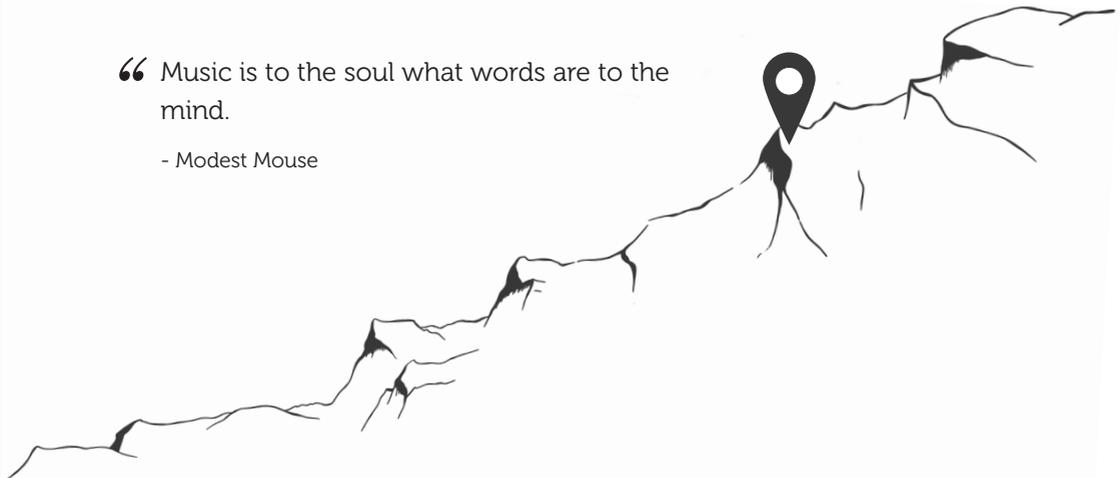
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Word(s) of the day: \_\_\_\_\_

“ Music is to the soul what words are to the mind.

- Modest Mouse



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 24 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

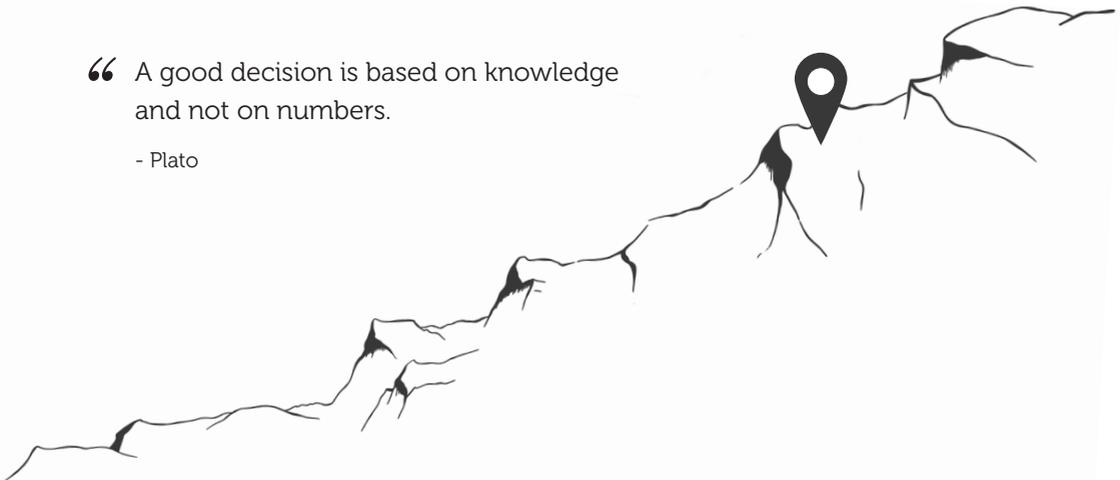
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Word(s) of the day: \_\_\_\_\_

“ A good decision is based on knowledge and not on numbers.

- Plato



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 25 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

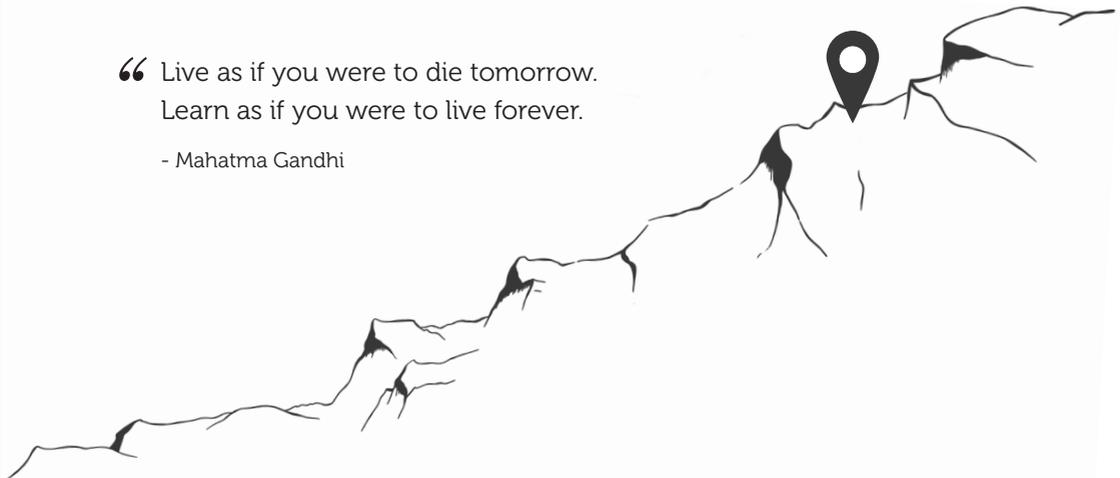
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Word(s) of the day: \_\_\_\_\_

“ Live as if you were to die tomorrow.  
Learn as if you were to live forever.  
- Mahatma Gandhi



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# MIDWEEK ENRICHMENT: PERSISTENCE

Persistence is an essential factor to complete your 30-day challenge. With challenges in life, most people tend to give up at the first sign of opposition or misfortune. Only few people carry on despite all opposition. Lack of persistence is therefore one of the main reasons for failure. Successful people have willpower mixed with persistence. They get results by doing certain activities until they become a fixed habit. There is no substitute for persistence. It simply can't be compensated by any other quality.

Persistence is supported by certain factors. These factors are the following:

- Strong purpose: Knowing what you want is maybe the first and most important step to developing persistence.
- Desire: If you have an intense desire, persistence becomes easier to maintain.
- Self-Reliance: Belief in having the ability to carry out a certain plan helps with persistence.
- Having an organized planning: This will encourage persistence even if the plan is impractical.
- Accurate knowledge: Knowing that your plans are sound, based on experience and observation, will encourage persistence.
- Co-operation: Sympathy, understanding and harmonious cooperation with other people can be a big contributor to developing persistency.

- Willpower: The ability to consistently resist short-term gratification leads to persistence.
- Habit: Persistence is the direct result of habit. The person you become is significantly determined by your daily actions.<sup>7</sup>

Considering your challenge, determine if you possess these factors by rating them from 1 (Lacking) to 10 (possessing).

Factor	1	2	3	4	5	6	7	8	9	10
Purpose										
Desire										
Self-reliance										
Organized planning										
Accurate knowledge										
Co-operation										
Willpower										
Habit										

How can you improve the factor(s) that score the lowest?

---

Take the action(s) you have written down above. By doing this you will strengthen your persistence. This will be extremely helpful in completing your challenge. Your persistence will result in repeated actions that, applied consistently over time, will result in reaching your goal(s) with this challenge. Now tell yourself and make that decision that you will finish your challenge no matter what!

Good luck with persisting through the final part of your challenge.

# DAY 26 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

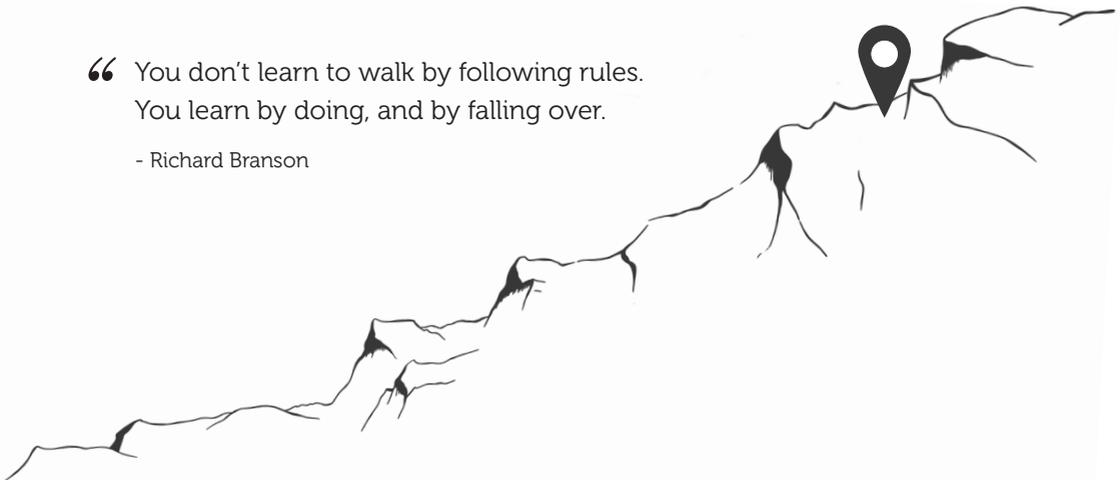
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Word(s) of the day: \_\_\_\_\_

“ You don't learn to walk by following rules.  
You learn by doing, and by falling over.

- Richard Branson



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 27 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

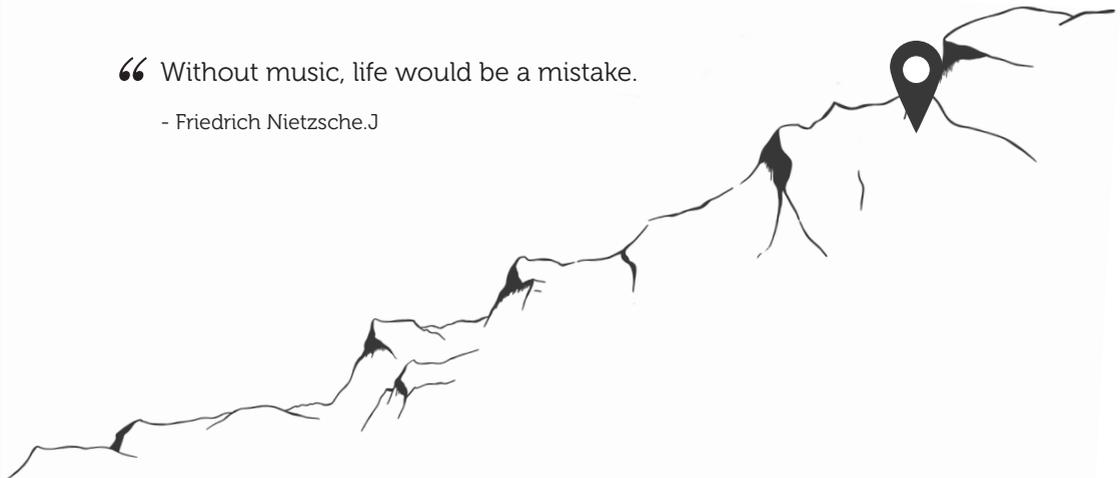
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Word(s) of the day: \_\_\_\_\_

“ Without music, life would be a mistake.

- Friedrich Nietzsche.J



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 28 /30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

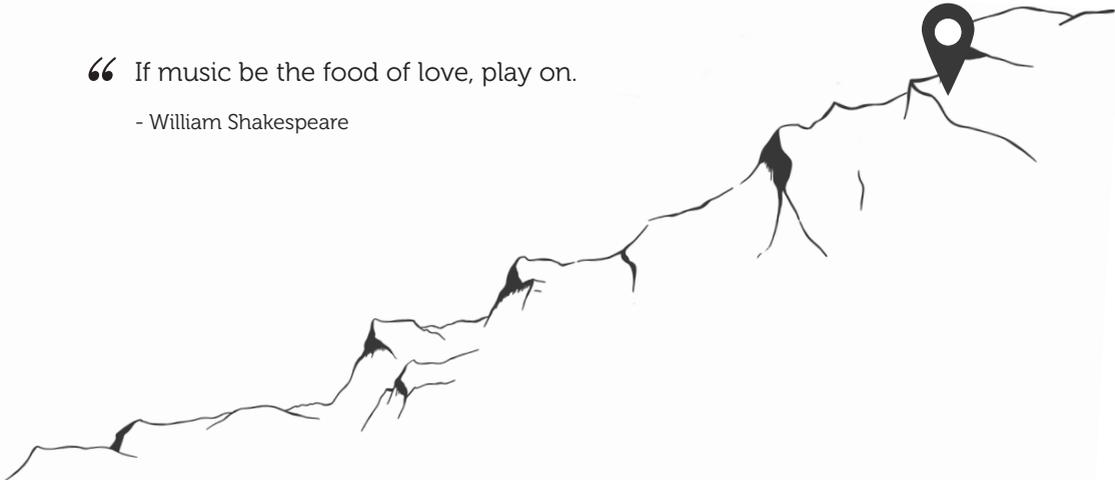
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Word(s) of the day: \_\_\_\_\_

“ If music be the food of love, play on.

- William Shakespeare



Time for your Weekly Evaluation! →



# WEEKLY EVALUATION: WEEK 4

What was your least positive challenge experience last week?

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What was your most positive challenge experience last week?

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What day were you most tempted not to perform your activity?

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
--------	--------	--------	--------	--------	--------	--------

Why do you think this was the case?

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---

How could you prevent this from happening in the future?

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---

---

What day was it the easiest to perform your activity?

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
--------	--------	--------	--------	--------	--------	--------

Why do you think this was the easiest day?

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---

How could you make sure this happens more often?

---

---

---

Considering the previous questions, what did you learn from last week which you will implement next week?

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Is there anything else you would like to say about last week?

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Word(s) of the week

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# FOUR WEEKS DOWN!

Yes!! Two days and you have completed your challenge!

## PREPARATION

Tomorrow I will

---

Because I am

---

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# DAY 29

/30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

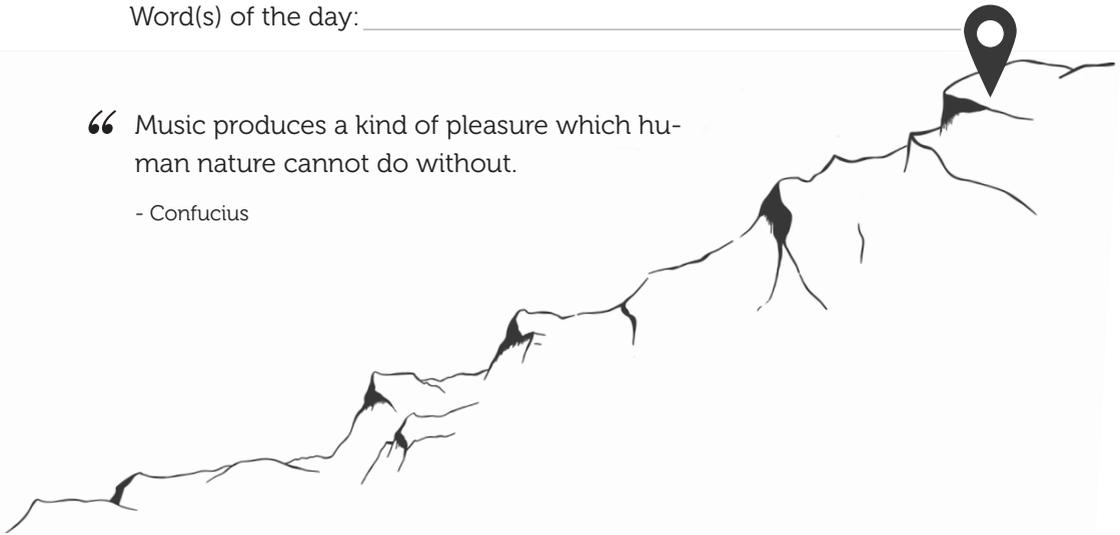
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Word(s) of the day: \_\_\_\_\_

“ Music produces a kind of pleasure which human nature cannot do without.

- Confucius



## PREPARATION

Tomorrow I will \_\_\_\_\_

Because I am \_\_\_\_\_

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# DAY 30

/30

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## EVALUATION

How was your activity today?

Very tough    Challenging    Doable    Fairly easy    Piece of cake

What can you say about today?

---

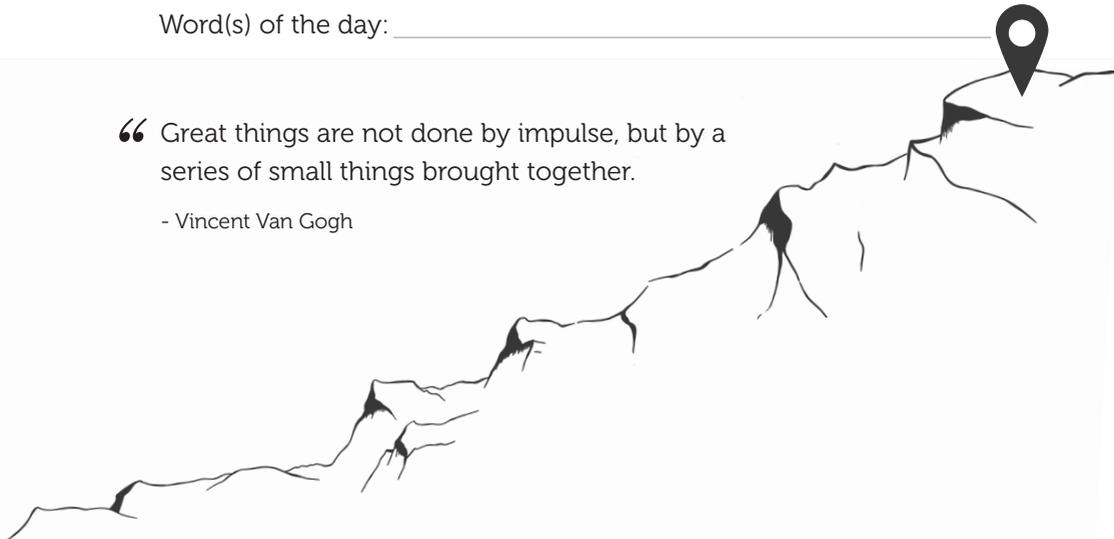
---

---

Word(s) of the day: \_\_\_\_\_

“ Great things are not done by impulse, but by a series of small things brought together.

- Vincent Van Gogh



Time for your Challenge Evaluation! →



# YOU MADE IT!

You've completed your 30 days! Draw your own  
victory flag on top of the mountain :)



ENJOYED FINAL REWARD



# EVALUATION

Now comes the most important part, which is reflecting on your experience and becoming aware and conscious of what you learned during this challenge. And even more important, what you are going to do with your acquired knowledge. Again, we highly advise that you take your time with answering the questions. An example of the 'Evaluation' can be found on page 126 and 127.

# CLOSING QUESTIONS

Do you feel that 30 days was long enough to learn what you wanted to learn?

Yes

No, so I will continue this activity for \_\_\_\_ days and will come back to these questions when I have completed these days.

What positive changes did you experience?

---

---

What would be the benefits of keeping this activity as a habit?

---

---

What negative changes did you experience?

---

---

What would be the negative effects if you keep this activity as a habit?

---

---

What was the effect of this activity on your environment and the people around you?

---

---

The table below can help you weigh the pros against the cons. Write down your pros and cons and give them an importance score on a scale from 1 to 5. After that you can look at your total score.

Pros	Score	Cons	Score
<b>Total score</b>		<b>Total score</b>	

To summarize, what did you learn from this 30 day challenge?

---



---

Do you think this habit will contribute to your long-term happiness?

Yes / No, because

---

Lastly, the most important question of all... Are you going to keep this habit?

Yes

No

Because

---



---



# CONGRATULATIONS!

You have now fully completed your 30 day challenge! We truly hope that you had an amazing experience which gave you some worthy insights that can help you to better your life. Maybe these insights even made you decide to keep your new habit. In that case, we are sure you have made a tweak in your habits that will positively change the course of your life!

If this was your first 30 day challenge we hope that you now recognize the power of 30 day challenges, which will make you do them more and more and more.

Because...



"After climbing a great hill, one only finds that  
there are many more hills to climb."

- Nelson Mandela

;)



# GOT VALUE?

We hope you did! And if you feel all inspired to do more 30 day challenges here is a discount code you can use for your next experiment!

Use the code below and have fun with your next challenge:

NEXTCHALLENGE



# GOT FEEDBACK?

As a company we always strive to improve and get better, so that we can bring as much value as possible to our customers.

Therefore, we kindly ask you to tell us about your experience! With your feedback we can make our products better. To give us your feedback you can email us at: **info@worthytweaks.com** or you can reach out to us on one of our social media channels

Thanks in advance!



# EXAMPLES

In this chapter, we have included an example of how a person could answer the questions in this journal. If you are not sure how to answer a certain question, this can give you some inspiration.

# PRIORITIZING AND DECIDING <sup>1</sup>

Out of all the things we want to do and accomplish, it can be difficult to decide what to do first. Maybe you bought this journal, already knowing what kind of instrument you wanted to play. It is also possible that you are not sure yet. If that is the case, this section is for you. We will help you pick a challenge that will be great for you to do at this point in time.

On this page you will find some questions that will guide you through this choice. Think calmly about your answers and be honest with yourself, then the decision will come naturally. Feel free to use the internet for inspiration or help.

What style(s) of music do you like?

*I like jazz, blues, and pop music.*

---

What instruments do you like best in these style(s)?

*The saxophone and piano for jazz and blues, and the guitar for pop music.*

---

Which of these instruments would you like to play for the next 30 days?

*The saxophone.*

---

It is important that you stay with your chosen instrument for these 30 days. Of course it's fine to switch if you don't like it after 30 days, but don't give up too quickly if you don't see the results or find it too difficult.

It is also important to think about how you are going to acquire the chosen instrument. You can buy an instrument, both new and

second-hand, or you can rent it. On Google you can find many second hand or new instruments. How are you going to get your instrument?

*I can borrow my aunt's saxophone for the next 30 days*

---

Finally, it is good to think about your exact goal during this challenge. What exactly do you want to learn from it?

*I would like to teach beginners how to play..*

---

How are you going to do that?

*My aunt still had her first practice book, and it contains a lot of information about how to play and how to read notes. It also contains beginner's songs. I'm going to borrow this book and I want to practice with it for 30 minutes every day.*

---

Looking back at these questions, what challenge will you do?

*For 30 days I will learn how to play simple melodies on a saxophone by practicing 30 minutes every day with the exercise book.*

---

# STARTING QUESTIONS

## ACTIVITY

Everyday I will *Play saxophone everyday for 30 minutes.*

---

---

What are the biggest discoveries from your research?

*I asked my aunt for tips and she told me that I shouldn't go too fast, that I should take the time to learn the skills I want, and that I should do the skills they discuss in the book in the order the book gives them, using the songs that come with them, and that I should only move on to the next skill if I can do the previous one well.*

---

---

## MOTIVATION

What is your main objective with this challenge?

*My main goal is to have a hobby that I enjoy and to learn to play the saxophone.*

---

---

What are the guaranteed benefits from doing this challenge?

*I spend my time more usefully by learning something new.*

---

---

What do you think the benefits could be of having this habit?

*That I am more relaxed during the day because I take the time to relax with this hobby.*

---

---

What positive effect could those benefits have on your life and how would it feel if you had that life?

*If I'm more relaxed I can be more productive and active in my daily life, I get more done and I'm happier.*

---

---

What kind of positive effect could having this habit have on other people's lives?

*I have more energy for my children and I am less irritable which is nice for everyone.*

---

---

What would you be missing if you would never try this habit?

*I would never have played the saxophone. That is something that I've wanted to do for a long time. I would always wonder what would happen if I had played.*

---

---

## IMPLEMENTATION PLAN

After  current habit, I will  new habit. This will be at  time in  location.

*After I come home from work I'm going to play the saxophone for half an hour. I do this at 16.00 in the living room.*

---

---

---

Now make the same plan for your daily journaling moment.

After **current habit**, I will write in my journal. This will be at **time**  
in **location**.

*After my rehearsal session I will write in my journal. I will do this at 16.30 at the dining table.*

---

---

## OBSTACLES

What are the things that could stand in your way of doing this activity?

*If I don't feel like it one day I could get into a bad cycle of being less motivated each day I don't stick with the challenge. So don't skip a day.*

---

What could you do to prevent these things from happening?

*If I get that feeling before practicing, I will make sure to reward myself afterwards. For example, drink a latte macchiato in the nearby cafe.*

---

## REWARDS

How will you reward yourself for your achievements?

Completion Week 1: *Go see a movie with my best friend*

Completion Week 2: *Spa day*

Completion Week 3: *Shopping day*

Completion Challenge: *Eat out with the family*

---

# ACCOUNTABILITY CONTRACT

Who will hold you accountable during this challenge?

*My aunt.*

---

---

If you miss a day of your challenge, what is the consequence?

*I have to treat my aunt to something tasty.*

---

---

What will you do if you don't complete your 30 day challenge?

*Then I have to clean my aunt's house*

---

---

How will you report your activity?

*Every day I send her a recording of my practice session on whatsapp.*

---

---

Your signature



---

Accountability partner signature



---

# BUILDUP CALENDAR

First week	1 <i>Practice for 15 minutes a day</i>	2 -->	3
Second week	8 <i>Practice for 20 minutes a day</i>	9 -->	10
Third week	15 <i>Practice for 25 minutes a day</i>	16 -->	17
Fourth week	22 <i>Practice for 30 minutes a day</i>	23 -->	24
Last days	29 <i>Practice for 30 minutes a day</i>	30 -->	

4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

And so your journey begins...

## **PREPARATION**

Tomorrow I will *start with skill 4 in the book*

---

Because I am *I love music and I am motivated to learn!*

---

---

---

# EXAMPLE DAY /30

Date dd / mm / jjj

## EVALUATION

How was your activity today?

Very tough  Challenging  Doable  Fairly easy  Piece of cake

What can you say about today?

*I am proud of myself because in 1 practice session (I did 45 minutes instead of 30!)*

*I learned a skill from the book and received compliments from my aunt.*

Word(s) of the day: *Nice long practice!*

“ We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths.

- Walt Disney

## PREPARATION

Tomorrow I will *start with skill 4 in the book*

Because I am *I love music and I am motivated to learn!*

# WEEKLY EVALUATION: EXAMPLE

What was your least positive challenge experience last week?

*At the given moment (after day 2) I had some trouble with my lower lip.*

---

---

---

What was your most positive challenge experience last week?

*I have learned a lot and I am much more motivated to do other things. Even at work I am already much more positive.*

---

---

---

What day were you most tempted not to perform your activity?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Why do you think this was the case?

*On wednesday I really didn't want to play because I was suffering from my lower lip.*

---

---

How could you prevent this from happening in the future?

*My aunt advised me to use blotting papers to avoid the pain.*

---

---

---

What day was it the easiest to perform your activity?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
-------	-------	-------	-------	-------	-------	-------

Why do you think this was the easiest day?

*On Friday I went to a concert of the village brass band. Seeing what all those saxophonists could do really motivated me to practice even harder.*

How could you make sure this happens more often?

*Go to concerts more often, or listen to music with saxophones in it.*

Considering the previous questions, what did you learn from last week which you will implement next week?

*I'm going to listen to saxophone music more often. I like jazz with saxophone anyway, and I'm going to keep using those papers. I'm also going to ask my aunt for another piece of music with more skills in it, because it was fun and educational.*

Is there anything else you would like to say about last week?

*I love to see how fast I'm moving forward! I am really curious to see what i can do at the end of the challenge!*

Word(s) of the week

*New Saxophonist*

# MIDWEEK ENRICHMENT: MOTIVATION

I'm going to do this because *I've always wanted to play music.*

---

This is important to me because *I want to relax more without doing something useless like watching TV.*

---

This is important to me because *I like to be productive.*

---

This is important to me because *It makes me feel better, more positive and motivated with more energy.*

---

This is important to me because *It makes me a nicer person to the people around me.*

---

This is important to me because *It will have a positive effect on my children, husband, family and friends.*

---

This is important to me because *I love them and want to give them a good life.*

---

# MIDWEEK ENRICHMENT: HABIT

Knowing that a cue should trigger you to perform your activity.

What is, or could be, a cue to trigger your activity?

*The moment I see the saxophone when I come home.*

---

Knowing that a reward should spark a craving inside you.

What is, or could be, the reward for your activity?

*The satisfaction of learning something and choosing something more productive than watching TV.*

---

Do you truly believe that you can permanently create this habit?

*Yes I do! I really love this hobby!*

---

# MIDWEEK ENRICHMENT: WILLPOWER

What will you name your impulsive self?

*The whiner*

---

# MIDWEEK ENRICHMENT: PERSISTENCE

Considering your challenge, determine if you possess these factors by rating them from 1 (Lacking) to 10 (possessing).

Factor	1	2	3	4	5	6	7	8	9	10
Purpose								X		
Desire									X	
Self-reliance							X			
Organized planning							X			
Co-operation						X				
Willpower				X						
Habit						X				

How can you improve the factor(s) that score the lowest?

*I could read more material that can help me to improve my willpower.*

# CLOSING QUESTIONS

Do you feel that 30 days was long enough to learn what you wanted to learn?

Yes

No, so I will continue this activity for \_\_\_\_\_ days and will come back to these questions when I have completed these days.

What positive changes did you experience?

*I had less stress from work and more energy. This made it more fun for my husband and kids to be around me.*

What would be the benefits of keeping this activity as a habit?

*It would make me happier.*

What negative changes did you experience?

*Sometimes you're really tired after work and you don't have the energy. So I sometimes got tangled up when preparing food.*

What would be the negative effects if you keep this activity as a habit?

*I would have a little less time during the day, especially around cooking time.*

What was the effect of this activity on your environment and the people around you?

*Everyone liked that I was so relaxed and positive. Many people around me even adopted my positive attitude!*

The table below can help you weigh the pros against the cons. Write down your pros and cons and give them an importance score on a scale from 1 to 5. After that you can look at your total score.

Pros	Score	Cons	Score
<i>Reduces stress</i>	4	<i>Takes time</i>	4
<i>I have fun</i>	5	<i>Instruments are expensive</i>	2
<i>I feel productive</i>	4	<i>Painful of lips</i>	3
<i>I can now make my own music</i>	2		
<b>Total score</b>	15	<b>Total score</b>	9

To summarize, what did you learn from this 30 day challenge?

*That taking the time to relax in an active/conscious way helps reduce stress and makes you feel good.*

Do you think this habit will contribute to your long-term happiness?

Yes/ No, because *it made me feel a lot better than before I started this habit*

Lastly, the most important question of all... Are you going to keep this habit?

Yes

No

*Because it's really worth the time, and if I am busy, I can always schedule my sessions at another time.*



# SOURCES

# INTRODUCTION

<sup>1</sup>McGonigal, Kelly. *The Willpower Instinct: How Self-control Works, Why It Matters, and What You Can Do to Get More of It*. New York: Avery, 2013.

<sup>2</sup>Duhigg, Charles. *The Power of Habit: Why We Do What We Do and How to Change*. New York: Random House Trade Paperbacks, 2014.

<sup>3</sup>Proctor, Bob. *The ABCs of Success: The Essential Principles from Americas Greatest Prosperity Teacher*. New York: Jeremy P. Tarcher / Penguin, 2015.

<sup>4</sup>Jeff Finley. August 06, 2017. "I Woke up Early for One Year. Here's How My Life Has Changed." <https://jefffinley.org/wake-up-early-one-year-later/>.

<sup>5</sup>Duhigg, Charles. *The Power of Habit: Why We Do What We Do and How to Change*.

<sup>6</sup>Duhigg, Charles. *The Power of Habit: Why We Do What We Do and How to Change*.

<sup>7</sup>Hardy, Darren. *The Compound Effect Multiplying Your Success, One Simple Step at a Time*.

<sup>8</sup>Duhigg, Charles. *The Power of Habit: Why We Do What We Do and How to Change*.

<sup>9</sup>JasonDoesStuff, by Jason Zook. July 18, 2017. "Why You Should Embark on a 30-Day Challenge and How To Stick With It." <https://jasondoesstuff.com/challenge/>.

<sup>10</sup>Tara Velis. June 02, 2017. "'Lean' On Yourself: How To Experiment Your Way To An Awesome Life." [https://medium.com/@Tara\\_Velis/lean-on-yourself-how-to-experiment-your-way-to-an-awesome-life-c8aa3365555f](https://medium.com/@Tara_Velis/lean-on-yourself-how-to-experiment-your-way-to-an-awesome-life-c8aa3365555f).

<sup>11</sup>Clear, J. 2018. *Atomic habits: Tiny changes, remarkable results: An easy & proven way to build good habits & break bad ones*. New York: Avery, an imprint of Penguin Random House.

# ORIENTATION

<sup>1</sup>Clear, J. 2018. *Atomic habits: Tiny changes, remarkable results: An easy & proven way to build good habits & break bad ones*. New York: Avery, an imprint of Penguin Random House.

## DAILY PAGES

<sup>1</sup> Clear, J. 2018. Atomic habits: Tiny changes, remarkable results: An easy & proven way to build good habits & break bad ones. New York: Avery, an imprint of Penguin Random House.

## MIDWEEK ENRICHMENTS

<sup>1</sup> Dr. Jisun Fisher. December 04, 2016. "The 7 Layers Deep Exercise. Gain Clarity Through Self-Reflection." <https://www.urlifeinspired.com/7-layers-deep/>.

<sup>2</sup> Simon Sinek. October 09, 2018. "The Science of WHY." <https://startwithwhy.com/commit/the-science-of-why/>.

<sup>3</sup> Duhigg, Charles. The Power of Habit: Why We Do What We Do and How to Change.

<sup>4</sup> McGonigal, Kelly. The Willpower Instinct: How Self-control Works, Why It Matters, and What You Can Do to Get More of It. New York: Avery, 2013.

## GENERAL INSPIRATION

Ikonn, A. and Ramdas, UJ. 2016. The Five Minute Journal. China. Intelligent Change.

Atighehchi, A., Banayan A., Ahdoot, M. 2018. Morning Sidekick Journal. Every Damn Day, LLC.



# NOTES











Have you ever had the feeling that you can spend your free time better? Have you ever wanted to play an instrument, but never come this far? Then this is the journal for you!

With this journal you get support in starting and maintaining your musical habits, because as we all know that can be difficult!

Did you know that over 40% of everything you do in life is through habit? Doing something new, such as consistently playing an instrument, can be quite a chore. But with the right approach, you too can build new musical habits. That is where this journal comes in. routine. You will do this by embarking on a 30-day challenge to play a new instrument that could possibly have great effects in the short and long run.

## **THIS JOURNAL ALLOWS YOU TO:**

- Experiment with a musical instrument,
- Grow your self-awareness,
- Train your willpower to say 'No' to the things that don't serve you,
- Improve your musical habits so you get to where you want to go,
- Have a fun and exciting month!

Are you up for the challenge? It might just change your life...

