



# THE EMPOWERED MUSIC TEACHER

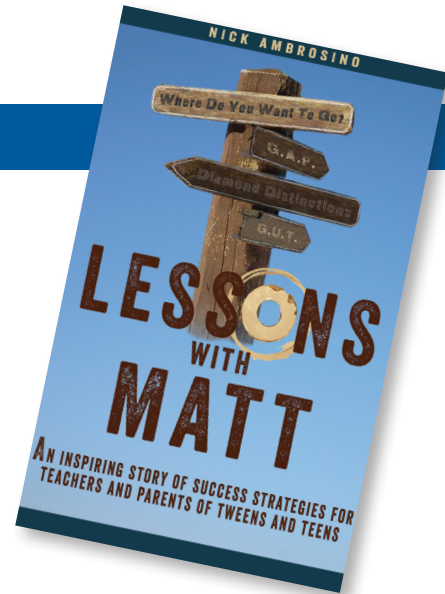
[www.nickambrosino.com](http://www.nickambrosino.com)

## Lessons With Matt: **Discovery Guide**

**T**he purpose of this guide is to provide you with insights that will make your profession as a professional music educator more fulfilling and fruitful. Enjoy the process of learning and applying the ideas you are exploring!

### CHAPTER 1

- ▶ 1. With your most challenging students, what do you really want? Do not accept the first answer that comes to your mind. Ask yourself this question several times until you feel that you have reached a foundation answer.
- ▶ 2. What steps are you taking/will take to achieve this goal?



- ▶ 3. What strategies do you need to nurture the student to accomplish this goal?

## CHAPTERS 2 AND 3

- ▶ 1. What challenges in your personal/professional/business life do you need to apply the 3 Bears concept to (not too easy, not too hard, just right) so that you can feel more successful?



- ▶ 4. Since no relationship is one-sided, what are your most challenging students challenging you to learn and master? How are they challenging you to grow as an educator?

- ▶ 2. Time to Celebrate! What stretches have you made outside of your comfort zone that you should acknowledge and celebrate?





- ▶ 3. Where are you being less than kind to yourself in your life? What will you do to treat yourself with more gentleness and respect?

- ▶ 2. List some of the things you have in your life that you don't want, then shift the statement so that they are rewritten to focus your mind on what you DO want.

**DON'T WANT:** 😞

**DO WANT:** 😊

## CHAPTERS 8 AND 9

- ▶ 1. What unfinished business (personal/professional/business) has been running around your brain for more than 48 hours? How will you handle this so that you can free up brain space?

- ▶ 3. Where in your personal/professional/business life are you creating your life through your *circumstances*? What internal fears are you having that prevent you from committing to the result you want?



- ▶ 2. What are some Ineffective Learning Patterns (ILP's) your students demonstrate? (think about each student individually)

- ▶ 3. This next task can be challenging, but it is very important that you take the time to complete it in its entirety. Write a letter to yourself, speaking to yourself and reminding yourself to be kind to that person. Do not use any critical language. Pretend you are speaking to the eight-year-old version of you. **NOW, HERE IS THE IMPORTANT PART:** put it in an envelope, address it to yourself, stamp it and mail it!



#### CHAPTERS 13 AND 14

- ▶ 1. In your personal/professional/business life, where are you looking that you do NOT want to go?

- ▶ 2. Convert the statements in the previous question into "What I want" statements/affirmations. Read them on a daily basis for the next 21 days. If you accidentally skip a day, you must start over from day 1.

*What I want is...*

- ▶ 3. Where do you need to use the magnifying glass analogy in your life to get **better**, more efficient results?



#### CHAPTER 15

- ▶ 1. Who has impacted you in your life in a positive manner? Write them a brief email or letter to let them know. **MAKE SURE TO SEND IT!**
- ▶ 2. Besides being their music teacher, how else do your students see you?





## CHAPTERS 19 AND 20

- ▶ 1. What would you like to designate more time for in your day/week/month that will make your life more fulfilling as a personal/teacher? **DO IT!** (especially if you just said you don't have the time to do so!)

- ▶ 2. Are you on the carousel of your life or the path of your life?



- ▶ 3. What one piece of "work" will you do today to bring your dream closer to your reality?

- ▶ 4. What excuses do you use to prevent yourself from achieving your dreams? What is your internal conversation about your value and worth?

- ▶ 5. *If it feels right to you, commit to reading Matt's letter to Jared for 21 consecutive days. If you miss a day, you must start at day 1. If you do so, it will be a powerful catalyst to bring your dreams into your reality.*

*Thank you for reading  
"Lessons With Matt" and for taking the  
time to look at your life.*

*"The unexamined life  
is not worth living."*

*- SOCRATES*

**Build your emotional and financial bank accounts by working with Nick as your personal business and life coach, or to have him speak with your group: Contact him at [nickambrosino63@gmail.com](mailto:nickambrosino63@gmail.com).** 

**You Tube** Subscribe to Nick's YouTube channel, "Inspirational Caffeine," for your daily jolt of inspiration!

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You can find Nick's books "Coffee With Ray" and "Lessons With Matt" on Amazon or Goodreads.

