



6 Ways to Nurture Your Own Music-Making in 2020

1. How are you feeling about your health, mental health and well-being at the moment? Do you think that impacts upon your enjoyment of making music for your own pleasure? Is there anything you'd like to change?

2. This term, I will book a ticket to go and see...

3. Do you feel you're setting aside enough time for your own music-making? Which boundaries could you set down in order to help this?

4. This term, I would like to play/sing more...

5. Which creative things do you enjoy more generally beyond music? Are you finding enjoy time and space to enjoy those?

6. Think back to one of the very first times you enjoyed making music. How did it make you feel? How often do you feel that now?
