



BEST MOMENT EXERCISE

Worksheet

How To Do This Exercise:

1. Identify The Best Moments Of Your Life

- Get out a pen and paper and start writing. Just start writing and thinking about the best moments of your life.
- List a whole bunch of them if you like and then try and figure out which ones were especially good.

2. Get In Touch With The Feeling Of THE Best Moment You Remember Most Vividly

- Whichever best moment or time of your life you can feel most vividly, the one you can most easily get back in touch with emotionally, concentrate on that one in particular.
- Feel again what it felt like and try and describe the feeling that you had. What made that particular moment so good?

3. Describe Up To Four Best Moments In Detail

- Describe what was going on in your life at the time of your Best Moments.
- In what way were these events similar? What may have brought on the best moments or times of your life? What made the best moments happen for you?
- The more you understand about your best moments and relate to them personally, the better.

Recommended:

- Each time you sit down, write without stopping until you've filled 3 pages.
- This will take at least 30 minutes of uninterrupted time.
- First thing in the morning is the best time to do this.



My Best Moments:

1. _____
2. _____
3. _____
4. _____

The Feeling Of My Best Moment:

True or False for YOU?...

The Best Moments occur when:

- I take a step in the direction of my dream or a leap into 'the unknown'. (T / F)
- I give my attention without judgment. This often involves a powerful feeling of connection. (T / F)
- Circumstances bring me into the 'present moment'. (T / F)

What would it take for playing live and every other aspect of your music career to feel like the Best Moment of your life?