



# Productivity Planner

## 5 MIN.



- Check in with Mental/ Physical Health
- Identify 3 Areas of Musical Improvement
- Positive Affirmation



- Eat a Healthy Snack / Drink Glass of Water
- Take Vitamins / Supplements
- Stretch



- Respond to an Email
- Set up a New Co-Write
- Listen Constructively to a New Song / Artist

## 10 MIN.



- Gratitude Journal
- Visualize Your Ideal Future
- Memorize Lyrics



- Walk Through Upcoming Performance
- Explore New Outfit Options
- Yoga



- Make 3 New Connections via Email or Social Media
- Budget Your Next Project
- Share Your Music with Friends, Family, Network

## 15 MIN.



- Watch Informational Youtube Video
- Mind Map Current and Future Projects
- Read



- Strength / Resistance Exercise
- Practice Vocals/ Instrument
- Go for a walk



- Begin / Continue Writing a Song
- Create a Post for Social Media
- Seek Out New Performance Opportunities

## Reflections

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