

# **Mindset** **for Downbeat Times**

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## The POWER of our UPBEAT!

When a conductor gives the upbeat (preparatory) beat for the piece of music, the conductor already envisions the sound, articulation, dynamics, and tempo *before* the downbeat happens.

The conductor **imagines** what they want the piece of music to sound like and then they lead the musicians to create what they have already imagined.

The conductor **chooses** the upbeat and the upbeat affects the downbeat.



### The upbeat is the preparation for any event.

The way the ensemble walks onto the stage is the upbeat to the performance.

The attitude you **choose** upon waking is the upbeat to your day.

The attitude you choose to bring to a situation either FUELS you up or DEPLETES YOUR ENERGY.

### Your Thoughts are the Upbeat to your Actions.

Your **Attitude** is the Upbeat to any Situation.

You **Choose** your Thoughts and your Attitude.

You **Choose** your Upbeat!

**Challenge #1:** How can **your** thoughts and actions make a positive impact on your classroom or ensemble? \_\_\_\_\_.

**Challenge #2:** Who has had an impact on you and why? Let them know that they have made a difference in your life. \_\_\_\_\_.

## The POWER of HABIT

Just as we have habits with how we regularly do things, we also have habits with the way we think.

**We create habits from repeated actions and behavior.**

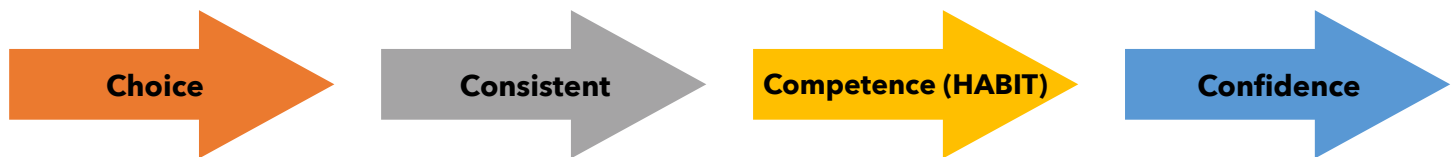
In order to grow, we need to become aware of our habits of thought and behavior and reflect on whether these habits are serving us well or if it is time to make a change and develop a new habit.

You choose your thoughts (your Upbeat), and your thoughts determine your feelings, behaviors, and actions.

Making a difference and making a change begins with creating a new habit of thought.

You can even change your self-belief and your self-confidence by intentionally creating new habits.

*Watch your thoughts; they become words.  
Watch your words; they become actions.  
Watch your actions; they become habits.  
Watch your **HABITS**; they become character.  
Watch your character; it becomes your destiny. - Lao Tzu*



### Strategies to **POWER-UP** your Habits

- **Choose** something small and do it repeatedly.
- **Be consistent.**
- Get past the "I don't wanna's."
- Celebrate forward progress, even if you don't achieve your goal of a formed habit quickly.
- Through consistency and repetition, you will grow your **competence and develop a habit**.
- **As your competence grows, your confidence will grow.**

**Challenge #1:** To create new habits, we need to step outside of our comfort zone. We grow when we push ourselves beyond the familiar and comfortable. What new habit(s) would you like to create?

\_\_\_\_\_.

**Challenge #2:** Be committed to your new habit. What are you willing to do to develop and build this new habit?

\_\_\_\_\_.

## The COURAGE of POSITIVITY

**In this world, it is easy to be negative, but it takes COURAGE to be positive.**

When we choose to be positive, we are able to be more creative, to be a better team player, and to be a solution-finder.

When we are negative, our focus narrows, but when we are positive, our field of vision expands, and we are able to see productive possibilities that were clouded before.

In a positive frame of mind, our prefrontal cortex and neocortex are stimulated, flooding our brain with good chemicals, such as dopamine, serotonin, endorphins, and oxytocin. This helps us to be at a higher level in intelligence, physical fitness, energy, and immunity.

**Have the COURAGE to be a solution-finder** rather than going down the negative rabbit hole.

**Have the COURAGE to look for possibilities** rather than dwelling in negativity.

What does it mean to be SOLUTION-ORIENTED? \_\_\_\_\_.

### Strategies to **INSPIRE** by being Courageously Positive

- RECALL moments in your life when you overcame a challenge or worked through a particular struggle or crisis. Know that you are capable of being persistent and resilient in the present moment.
- Rather than focusing on what is wrong, BROADEN your focus to think of possibilities and solutions.
- Ask yourself, "How can I TRANSFORM this challenge into an opportunity?" ACT on it.
- Choose to BROADCAST a positive attitude and a "yes, we can" mindset to INSPIRE others to RISE UP.



#### **Challenge #1:** Find Solutions

One challenge I see in my life in the coming week is \_\_\_\_\_.

A possible solution to this challenge from my best self could be \_\_\_\_\_.

#### **Challenge #2:** Be Courageous

Share your enthusiasm for the positive aspects of your music classes.

When you return to school, how will you be intentional about sharing positivity with your music students?  
\_\_\_\_\_.

## The POWER of G.E.T.

How does it make you feel when you focus on what you have lost or what you are unable to do anymore?

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When we focus on the past we are often filled with regret, guilt, or shame.

What are you **grateful** for in your life NOW? (people, pets, situations, things)

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When you focus on the present, your awareness levels rise and you are able to find more **enthusiasm** for what you GET TO DO.

You can **choose** to bring enthusiasm to almost any situation.

What are you enthusiastic for in your life NOW? \_\_\_\_\_.

When you bring appreciation and enthusiasm to a moment in the present, you will find that you **treasure** what you GET TO DO.

What do you treasure in your life NOW? \_\_\_\_\_.

## What do you G.E.T. to do today?

**G=Gratitude**

**E=Enthusiasm**

**T=Treasure**

**Challenge #1:** Make a list of what you need to do this weekend to prepare for next week. Begin each bullet point with "I get to."

1. I get to \_\_\_\_\_.
2. I get to \_\_\_\_\_.
3. I get to \_\_\_\_\_.

**Challenge #2:** Use the words "get to" in sentences in your mind, while speaking out loud, and while writing much more often.

## Super-CHARGE your Morning

**How you begin your day sets up the trajectory for the rest of your day.**

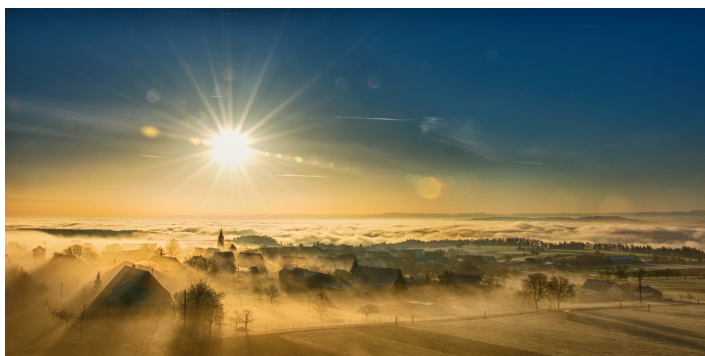
### Strategies to JUMP-START your Morning

1. Plan ahead for your morning routine the night before.
2. Set your alarm clock (phone) away from your bed so that you need to walk to turn it off.
3. Change the way you perceive of your alarm clock and begin to call it and think of it as your OPPORTUNITY CLOCK!
4. When your 'opportunity clock' sounds, FOCUS on something that brings you JOY, GRATITUDE, or COMFORT, or WHAT YOU ARE LOOKING FORWARD TO THAT DAY.
5. Focus on a POSITIVE THOUGHT FOR 17 SECONDS so that it becomes a STICKY THOUGHT.
6. STICKY THOUGHTS attract other thoughts that are similar. This keeps your mind in the POSITIVE REALM - giving you ENERGY for the MORNING.
7. Drink a lot of WATER upon waking. Set a cup or glass next to your sink so that you can drink 12-16 ounces of water to hydrate your brain and body.
8. MEDITATION - focus on your breath - nonjudgmental - notice thoughts and return to breath
9. Include MOVEMENT or EXERCISE in your morning routine to get your body FIRED-UP for the day.

#### **Challenge #1:**

Sticky thoughts - Sticky Notes

Write two positive things you want to remind yourself of first thing every morning for the next month.



1. \_\_\_\_\_.

2. \_\_\_\_\_.

Why are these important to you? \_\_\_\_\_.

Put them on sticky notes when you have a chance and put them on your bathroom mirror.

#### **Challenge #2:** Plan your Morning

What are some things you can do to make a morning routine easier for you? (Like setting out running shoes and workout clothes next to the bed, or pouring a full glass of water to drink upon waking up)

1. \_\_\_\_\_.

2. \_\_\_\_\_.



## CHOOSE your MINDSET

Our mindset affects how we think about our own potential, ability to learn, grow, and to discover solutions.

When we approach challenges and difficulties with a **GROWTH MINDSET**, we bounce back from struggles and failures. We are **resilient and persistent** because we trust that we will be able to figure it out.

Recall a time that you struggled at something but stuck with it and eventually you grew in confidence and your ability. What did you learn from this experience? \_\_\_\_\_

When you live life with a GROWTH MINDSET, you honor your ability to **learn from mistakes and get back up and try again.**

Power up your mindset by recognizing that just because you do not succeed at first that does *not* mean that you will not eventually be successful. It just means that you are not there **YET**.



### Strategies to **INSPIRE** with a Growth Mindset

- Demonstrate a CAN-DO ATTITUDE by your actions, communication, and body language.
- Show that you BELIEVE IN your students.
- Communicate the word, "yet," more often when talking about progress and improvement.
- If at first you or your students do not succeed, that's okay. Teach them that it is most important to just try, go for it, and take the FIRST STEP. Then, the second, third, and fourth STEPS are much easier.
- Develop more than one strategy to achieve an outcome. We all learn differently and sometimes we can be more successful when we use a different approach.

**Challenge #1:** Growth Mindset for others.

Who needs you to have your best "can-do attitude" each day and WHY? \_\_\_\_\_

**Challenge #2:** The Power of Belief

Share with your students that you BELIEVE IN THEM. Give them encouragement.

How will you specifically give encouragement to your students? \_\_\_\_\_