

Eat Sleep Sing - Singing for well-being

How to build a habit

Your brain likes habits because they're efficient. Making common daily decisions and taking actions feel more achievable when you are able to free up the mental resources to be able to perform these tasks in other areas too. Studies suggest that habits account for about 40% of our behaviour on any given day. So understanding how to build new habits (and how your current ones work) is essential for making progress in your health, your happiness, and your life in general.

Start small Think and breathe. For as little as two minutes a day, stop what you are doing and put all your focus and attention into taking some slow, deep breaths – in through the nose, out through the mouth.

Increase slowly Introduce some simple disciplines to help you to gradually improve. For example, set an alarm, keep a diary of your progress, make time, find the desire and the willpower to be able to maintain momentum.

Make it easy to accomplish Set yourself an easy goal to begin with and then build up from there. All of the exercises in this book are simply a guide for you to pick and choose from, which means they are open to interpretation, for you to use in the way that suits you best. Set your own boundaries.

No pressure Be realistic about how much time you can devote. No stress.

Self-control Don't beat yourself up if you start to slip, but ask yourself why you feel you're losing control or your discipline.

Create your own mantra Say it out loud as well as to yourself. For example, 'I am what I sing!'. Repeat this at the start and end of each chapter.

Plan for failure Have no expectations but make a conscious effort to bring yourself back on track if you feel yourself slipping.

Be patient You are human. Allow yourself to feel lazy or not in the mood at times.

Try to see the bigger picture Keep returning to your mantra or intention. Have your goals in sight and within reach. Ask yourself why you would like to read this book and what you would like to get out of it.

Routine Eat. Sleep. Sing. Repeat! Have a go at following the exercises set out in this book. Like anything, the more hours you put in the more you will get out. However, doing just one exercise a

week over the course of a year is enough to make a difference in the way you understand and use your voice to its fullest and healthiest capacity.

Awareness Check-in with how you're doing. Is this rewarding enough? Does it make you feel energised and good about yourself?

The journey Living in the moment and not seeing everything as a means to an end. Does singing allow you the freedom to do this?