



Weekly Newsletter

Caitlin Berger's Flute Studio

March 26, 2024



Upcoming Events

Concert: Iranian Women: A Wind of Freedom

Tues. April 2 @ 7:30 pm

Announcements

Congratulations on this weekend's Research Project! I hope you enjoyed discovering flute music you may not have been familiar with before. The recordings and all other information is up on MMS in Online Resources --> Studio Events --> March 2024 Research Project :)



Theme of the Week

Cue Words!

It's important to choose 3 cue words when working on a new piece. These are words or short phrases that describe the music to *you* - it is personal. For example, if I was working on the theme from Lord of the Rings, my personal cue words would be "calm, lyrical, joyful". These words should affect *how* you play your piece.





Listening Recommendation

Click the title to watch the video!

[Antonín Dvořák's Slavonic Dance, Op. 46/8](#)



Advice Corner

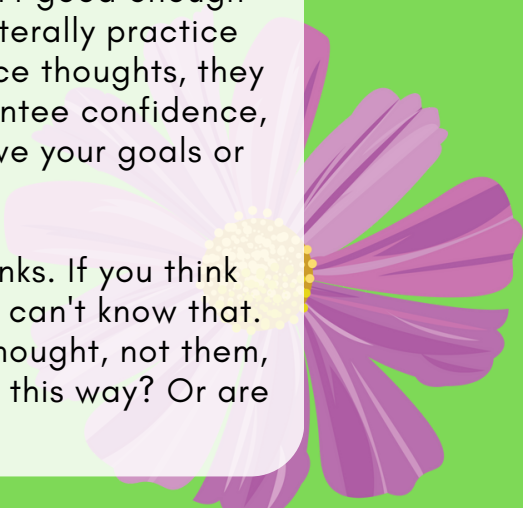
This week's advice comes from flutist **Chelsea Tanner**. She shares her thoughts on [achieving goals](#).

"What achieving your goals WON'T do for you: Make your self-doubt go away. Make you feel 'good enough' (finally). Guarantee you endless confidence. Solve all your negative emotions.

If you're setting goals so you can feel good enough and finally prove to everyone else that you're good enough, it won't work. Why?

First, changing your own mind about yourself is work that should be done **before** or **in conjunction** with going after your goal, not as a RESULT of your goal. When we tell ourselves we aren't good enough unless we [insert arbitrary measurement here], we literally practice thinking we aren't good enough. And when we practice thoughts, they become beliefs. This is why achievements don't guarantee confidence, and why confidence can be built whether you achieve your goals or not.

Second, you can never control what anyone else thinks. If you think someone else is thinking you aren't good enough, you can't know that. So, own that as YOUR thought. **You're** thinking that thought, not them, it came from your brain. Do you want to keep thinking this way? Or are you ready for a change?"



Inspiring Quote

Are ants not moving forward just because their steps are smaller than lions? You are always moving forward. Even if you're just existing.

- *Alison Hoffman*

