

1-27-2025

Intense Focus

I often mention the fact (and blessing) that I am in constant touch with my best pals from my IU days, whether it's personal visits, texts, Skype sessions, whatever form it takes - lifelong friendships that honestly, I treasure. . . Lots of shared experiences, and lots of uplifting talks and interactions.

It is simply also a fact that in terms of my efforts to be a good trumpet player, this resource is also precious and extraordinarily valuable.

So check this out - it is VERY apparent to me that one of many common denominators these people share is INTENSE FOCUS.

You may think "of course!" "Isn't that presumed in all of us?"

Uh...Hmmm... NO.

I suggest that too many lack that.

This is where we need some time spent with self-evaluation honesty.

If a musician goes through the motions with a less than INTENSE level of focus, they are likely to spin their wheels, be frustrated with progress, be disappointed in the level of success in live performance, and not have the career they dreamed of in their youth.

On the other hand, when I think of practicing with these folks I reference, when that horn comes out of the case, it is ON. Yes, joking around and having fun and staying emotionally loose may also be there, but when the horn is on the face (especially), it is with absolute engagement of the highest possible standard, the highest possible level of goal orientation, the highest possible level of FOCUS that person can conjure. And then, BANG good things happen.

This compounds over time and with hours spent. There may be ups and downs, but big picture, this is a vital element of the path to success.

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