




BREATHE WELL | MOVE WELL

Reflection Journal for Performing Artists

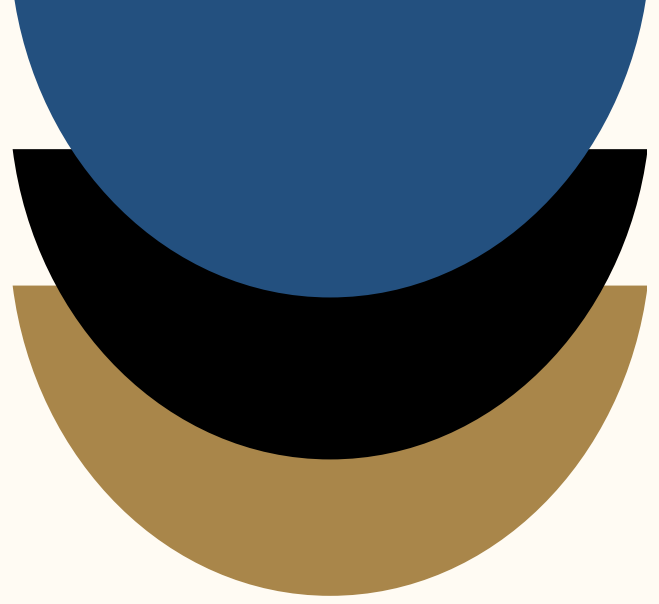
Amy Porter | Anatomy of Sound



Anatomy of Sound

Website

www.aos-wellness.com
www.aosworkshop.com



Self-Inquiry & Motivation

Why do I feel an intrinsic need to perform in public?

What drives me to play an instrument in an ensemble or act on stage?

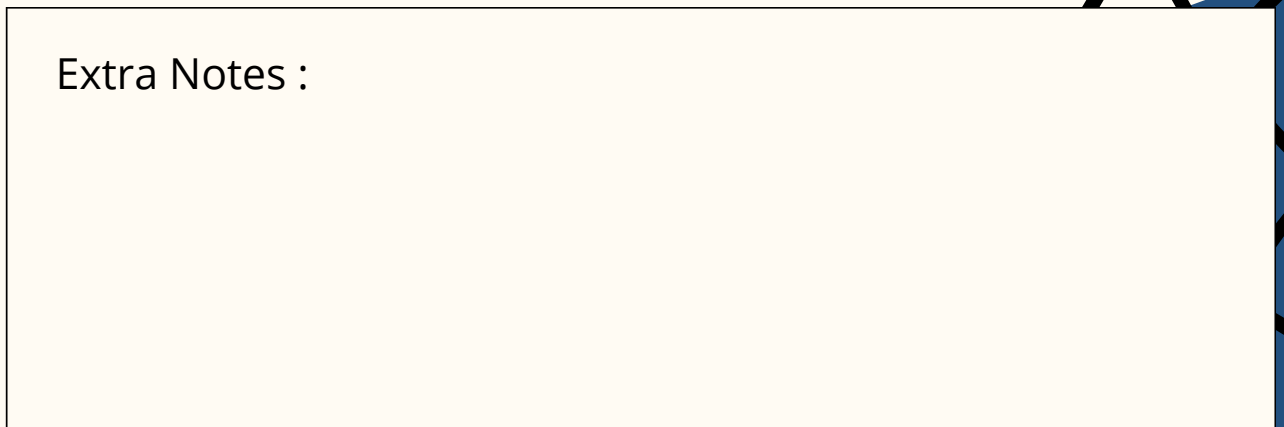
How does my personality give me both confidence and humility in public performance?

What originally sparked my passion for music?

What do I hope to achieve through my music?

How do I want my music to make others feel?

Extra Notes :



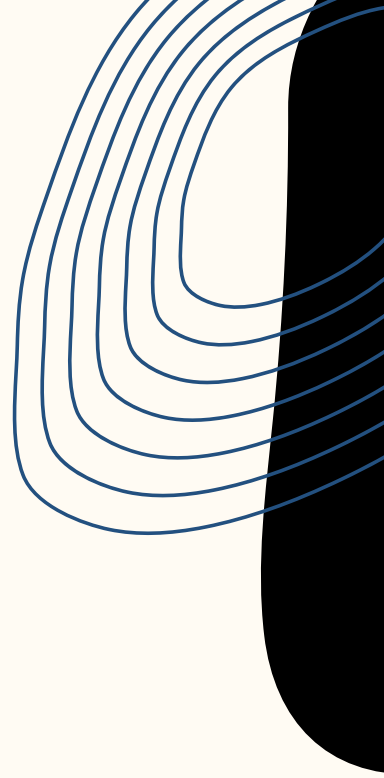


Rational SelfTalk & Reframing

Is this thought based on facts or emotions?

What evidence do I have to support this belief?

Extra Notes :



Practice Session Reflection

What went well in this practice session?

What challenges did I encounter?

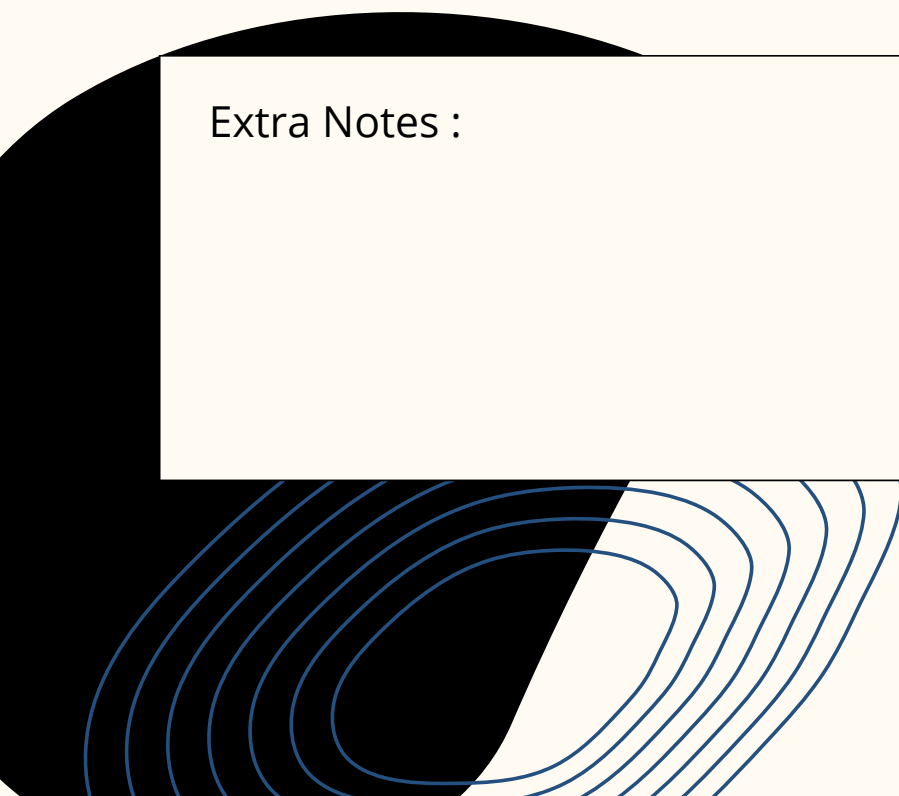
How did I overcome these challenges?

What did I learn from this experience?

What can I do differently next time?

"If it ain't on the page, it ain't on the stage."
(Schedule everything)

Extra Notes :





Scheduling Methods

01. Reverse Engineer - Start with the end goal, work backward.

02. Guesstimate - Try, reflect, and adjust.

03. Parkinson's Law - Set tight but doable deadlines.

Extra Notes :



Intentional Practice Framework

01. Goal Setting: Define session goals.

02. Specific Strategies: Use technical tools.

03. Progress Monitoring: Record, reflect, seek feedback.

04. Mastery vs. Performance: Focus on process.

05. Rest & Recovery: Plan breaks intentionally.

Daily Planner

To do list :

Priorities :

Schedule :

8 AM

9 AM

10 AM

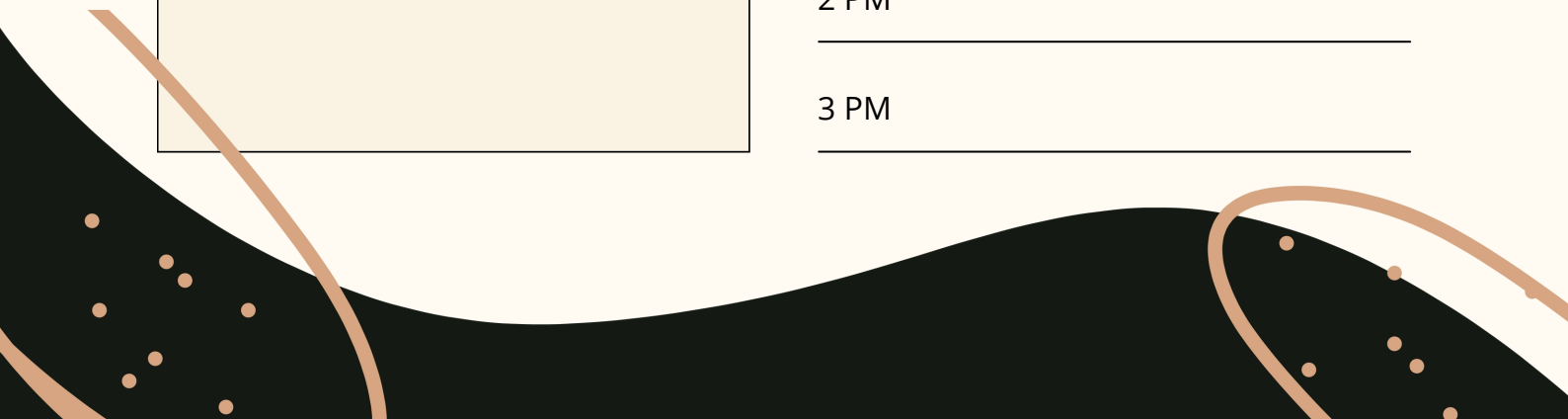
11 AM

12 AM

1 PM

2 PM

3 PM



Weekly Planner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes :



Monthly Planner

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Notes :



Mindfulness Integration

Mindful Awareness:
Be present.

- ☐ _____
- ☐ _____
- ☐ _____

Non-Judgmental Focus: View
imperfections kindly.

- ☐ _____
- ☐ _____
- ☐ _____

Gratitude Practice:
List 3 daily gratitudes.

- ☐ _____
- ☐ _____
- ☐ _____

Open Acceptance:
Welcome challenge.

- ☐ _____
- ☐ _____
- ☐ _____

After-Practice Audit:
3 Improvements, 2 Challenges, 1 Action.

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
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| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |



Performance Planning

Map the mindset and emotions you need for peak performance.

Create mental practice triggers.



Reflection Prompts

Today, I felt most connected to my music when...

One mental block I encounter is...

I can turn this mental block into a strength by...

One action I can do this week to prepare mentally for success is...



Emotional Connection & Identity

What life moments have shaped my musical path?

Can I channel those memories into expression?

What themes define me as a musician?



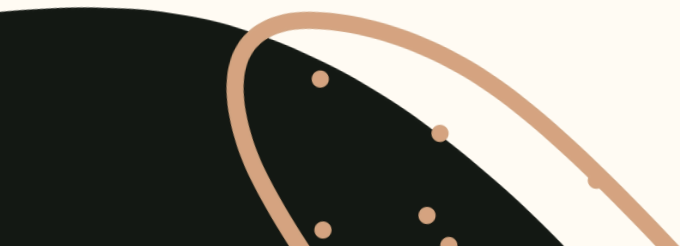
Daily/Mini Reflections

What successes did I experience today?

Did anything feel easier or flow more freely?

What challenges came up, and how can I address them?

How did I feel emotionally through this process?





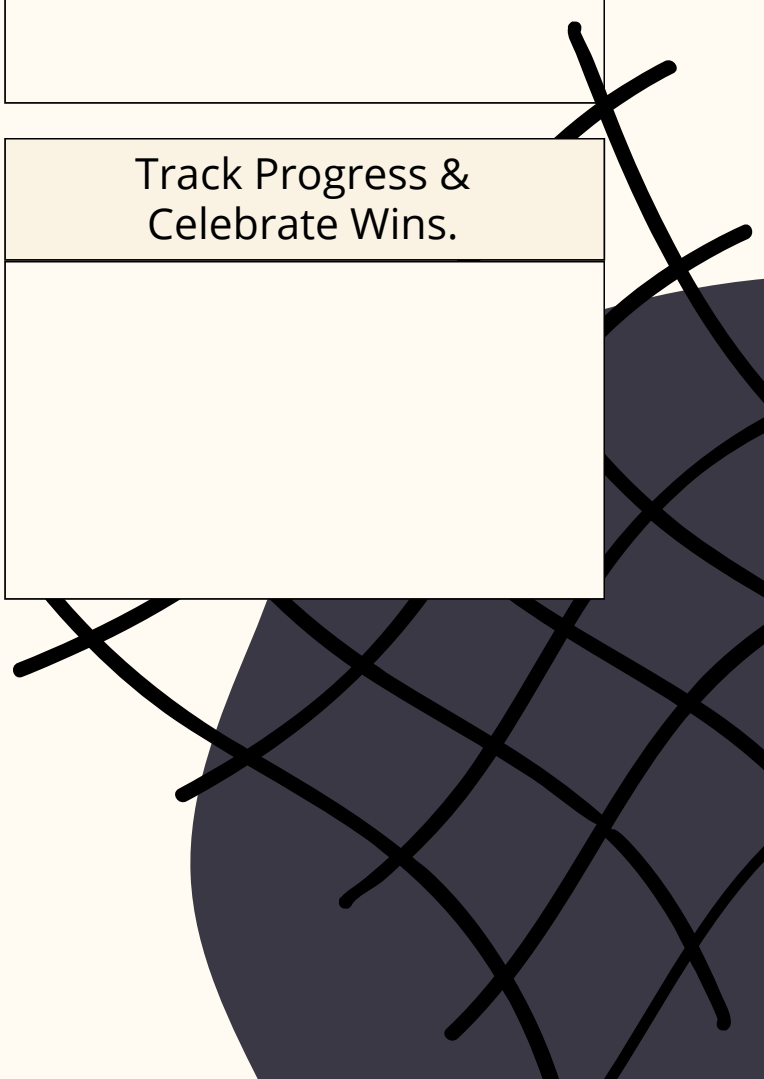
Bad Habits Tracker

Identify Bad Habits.

Set Specific Goals to Improve.

Replace with Positive Practices.

Track Progress & Celebrate Wins.





Building New Habits

01. Start Small - 10 minutes a day.

02. Be Consistent - 2-3 weeks to build habit.

03. Visual Reminders - Sticky notes, affirmations.



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Notes

Subject :

A large, empty rectangular box with a black border, intended for writing notes. It occupies the central portion of the page. There are decorative blue and purple wavy lines on the left and bottom edges of the page.



*I wrote
The Anatomy of Sound
to help you find your inner voice
& continue to shine.*

**
Thank you!
Amy Porter*

The ANATOMY OF SOUND

THIS BOOK IS FOR EVERYBODY

Three-time international award-winning flute player Amy Porter shares her story behind her successful music teaching curriculum *The Anatomy of Sound™*. Readers learn how they can balance musical expressions with physical presence, yielding a holistic approach to sound production. Her primary guide on this journey were the lessons learned from using her own journals of trauma and empowerment, Alexander technique, working with doctors, healers and yogis, teaching alongside movement specialist Jerald Schwiebert for 20 years and creating her own belief systems. As a distinguished Professor, her approach has proved successful for a generation of flute players winning major professional posts.

Porter unlocks portals to the next level of musicianship through using Mirrors, Windows, Doors, Steps, Elevators, Paths, Platforms, Levels and Time. The next part of the book allows for communication, space to grow and trust in the journey - Obstacles, The Unknown, The Known, Communication and Inspiration. Also included are exercises, strategies, and performance support mechanisms.

Amy Porter teaches much of what is feared in performing as a musician is not fearful at all, and there are specific keys to unlocking our resilience to get back up on the stage, time after time. In this interconnected realm, musicians learn to harmonize the technical aspects of music with body awareness, a few anatomy lessons, movement and journaling.

For two decades, the AOS workshop became a sanctuary for flutists, bridging gaps between amateurs and seasoned professionals, students, and educators. Today, it's a curriculum to maintain a musician's empowerment, reconditioning and ability to share their music with the world.

AMY PORTER

The
ANATOMY OF SOUND

AMY PORTER

The ANATOMY OF SOUND



AN INVITATION TO DISCOVER THE INNER MUSICIAN
AMY PORTER