



What's Your **STICK** WITH IT Score?

So, you're taking music lessons – good for you! Studies have shown that the benefits are huge (and lifelong). There may be a time, though, when your excitement fades. Don't worry, that's normal! Every great journey has a few sticky spots, but a true hero never quits. Throughout your lessons, visit this quiz to see where you stand, and to get some tips on how to stay inspired.

How do you feel about these aspects of your music lessons?

ACHIEVEMENT

- A** Look at what I can do! I have had some standout performances or moments.
- B** I have made solid clear progress in my lessons and skills. I meet the status quo and feel good about it.
- C** I'm not exactly clear about my progress or where I am at.
- D** I feel frustrated, and that I'm not very good.

ENCOURAGEMENT

- A** People in my life are psyched about what I am doing and tell me so regularly.
- B** I have a few people who encourage me and cheer me on regularly.
- C** People around me are pretty hands off about my lessons.
- D** The people around me critique, hover, or make random jokes/comments.

ENJOYMENT

- A** I LOVE to play my instrument and am enthusiastic about playing more, learning more and getting better!
- B** I like playing my "greatest hits," I'm fine with my practice routine, and enjoy my lessons and teacher.
- C** It is ok. I wish I could find some more pieces I really enjoy.
- D** I don't like music lessons or my teacher.

PERFORMANCE / COMMUNITY

- A** I participate in any school show I can, but also make opportunities to play for others.
- B** I share my music with family, friends and neighbors periodically in person and online. I do all or most school sponsored shows.
- C** Sometimes I play for a family member or attend a show.
- D** I practice alone and don't generally play for others.

COMPETITION

- A** I am plotting a battle of the bands! I love to compete with myself and/or others.
- B** I have a good sense of what other musicians are accomplishing and I'm eager to do just as well!
- C** I'd like to know how my ability compares with others, but I'm not really sure. I don't have many situations where I compete with myself.
- D** I have no sense of how I am doing compared to others, and don't engage in games or contests where I compete with myself.



WHAT'S YOUR SCORE?

If you scored mainly **A's**:

You're in it to win it! Quitting is not on your mind, and you are highly engaged in music and lessons. Keep it up, and always look for new ways to perform, achieve and feel encouraged.

If you scored mainly **B's**:

Looking good! You seem happy with lessons, and while quitting is probably not on your mind, keep an eye out for ways to continue to feel energized and accomplished. Try throwing an in-home concert, or talk with your teacher about a big goal you could set.

If you scored mainly **C's**:

Let's get you psyched about music lessons! It sounds like you need a bit more direction. The first step is talking with your teacher about progress, goals and more. Check out merideewintersmusicmethod.com for blog posts and materials to help you feel more accomplished and encouraged.

If you scored mainly **D's**:

Hang in there! Chances are you've contemplated quitting already. We're glad you haven't, and with a few small changes, we're confident you can feel excited about music again. First, talk with your teacher. By incorporating more encouragement, some new achievements, and some fun activities like those in the Meridee Winters Music Method, you can jump start your progress. Can you throw an in-home concert? Make a video to share with friends and family? Visit merideewintersmusicmethod.com for more suggestions.

