

Your Singing Journey Growth Chart...

Start where you are, and embark with a spirit of exploration and joy...!

Circle one item in each colored row to show where you are today (you'll probably have circles in different columns), and return in 3 months to see where and how you've progressed. Remember, you're brave and awesome, & singing is your birthright!

<i>Nervous "Non-Singer"</i>	<i>Curious Explorer</i>	<i>Active Beginner</i>	<i>Budding Singer</i>	<i>Happy Expressive Singer</i>
You're too scared to try	You've signed up and decided to try	You're doing it and you're less nervous — congratulations!	You're really enjoying yourself!	Feeling great & pretty proud of yourself!
Can't tell if you're in tune	Starting to get comfortable with the idea that singing "wrong notes" isn't a crime and won't kill anybody!	You can hear and feel when you're out of tune and have the tools to find correct notes	You're in tune a lot of the time and can fix it when you're not	Singing in tune most of the time and can fix it when you're not. Having fun!
Dislike your own voice	Not cringing anymore at the sound of your own voice	Getting to know & like your voice	Getting to like the sound and feeling of your own voice	Love your own voice
Throat & jaw gets uncomfortably tight and your voice sounds tight	Noticing how tight your throat gets & becoming acquainted with tools to fix it	Throat is relaxed more often, and you can relax it on purpose	Throat is relaxed most of the time and your voice sounds more open and rich	Physically comfortable while singing; throat is relaxed throat and sound is open
Voice is unpredictable and sometimes cracks like crazy	Willing now to explore the crackly spots as a first step to fix it	You can slide your voice around with less cracking & it's more predictable	Automatically using imagery and breathing tools to reduce cracking	Voice is more predictable and cracks a lot less
Keep running out of breath	Gaining understanding of when and how to breathe — starting to connect your breathe to your sound	You don't run out of breath as much and NOTICE when you do so you can improve it	Breath, body, movement and voice all feel easily connected most of the time; can fix it when it doesn't	Your breath connects easily to your voice and helps with self-expression. When it doesn't, you correct it.
Feel demoralized and left out when people are singing around you	Enjoying singing with me & others in our group	Enjoying simple group singing and/or singing-with-a friend experiences/moments	You're singing in the Playground and finding opportunities to sing with friends	Singing in the Playground and perhaps at home. You may have even hosted a singing party or joined a chorus or a band.
Let other's opinions decide what you can & can't do	Acknowledging that you've taken a big "take charge" step	Enjoy that you took charge and broke through a barrier	Proud to be singing and to have broken through limiting beliefs about your abilities	Empowered! You've broken through a barrier by doing something you didn't think you could! This spreads to all parts of your life.
Don't feel confident in the area of singing (maybe in other areas, too)	Replacing "cringe" with curiosity	Feeling more confident	Smile when you make mistakes!	You're feeling confident and happy about singing.
Afraid of what emotions might emerge & that you might cry (which would really be ok!)	Realizing that it's ok to get emotional when you sing	Can add singing to your list of ways to express yourself	Really get into the meaning of songs and express those feelings. Starting to explore and improvise comfortably.	You're able to express emotions and sing your heart out!