Your Singing Success Path...

For those who like a linear approach...!

Some people love to approach the Fearless Singers Playground in a completely intuitive way. Others prefer a more systematic approach – This page is for you! Remember, whatever learning style you prefer, you're brave and awesome, & singing is your birthright!

Nervious "Non-Singer"



Joyful Learner

Newbie Singer

→ Happy Expressive Singer

- Think you can't sing, but wish you could
- Feel left out when people are singing
- · Afraid of being embarrased/shamed
- Don't like your own voice
- Don't know how to sing in tune (or can't really tell for sure)
- · Your throat feels tight when you sing
- Don't understand how music works
- Voice is unpredictable and cracks
- · You run out of breath

- · Moving past the idea that you can't sing; realizing that you can learn
- Realizing you're not alone; connecting through PG sing-alongs
- Starting to have fun! Feeling more relaxed and learning to explore your voice without judgment
- · Understand that making mistakes is ok, and is part of learning to sing, just the way it's part of learning anything!
- You're less critical of yourself

- You're getting to know & like your voice
- Getting comfortable sliding your voice around and finding the notes you want
- Can identify your specific challenges
- Can identify your strengths
- You understand that making mistakes is more than ok — "mistakes" are the seeds of exploration!
- · Enjoying the PG Sing-alongs and starting to sing more expressively
- Singing more comfortably with friends, around the campfire, at church, etc.

- · You don't run out of breath as much and NOTICE when you do so you can fix it
- Throat is relaxed more often, and you can relax it on purpose
- · Singing feels good
- · You can slide your voice around with less cracking & it's more predictable
- You're becoming your own supportive singing friend and coach!
- Understand simple theory and how songs work — can visualize what notes you're aiming for

- You're singing in tune most of the time and can fix it when you're not
- Loving the sound and feel of your voice
- Your breath easily supports your voice
- Your throat is relaxed when you sing
- Voice is more predictable & cracks less • Singing & sharing songs w/ other people
- You're finding opportunites to sing
- and having fun singing your heart out!
- Feeling empowered! You're doing something you didn't think you could!

Action Steps

Join the Playground (YUP!)

- Put the Sing-Along dates in your calendar; commit to coming to at least one or 2
- Join the Playground Facebook Group
- Introduce yourself in the FB Group
- Schedule your free 30-minute lesson
- Fill out your Singing Growth Chart Look over the Circle Chart
- Start exploring the PG lessons and songs

Action Steps

- Come to PG sing-alongs when you can
- Do these Foundational PG Skills Lessons:
- Sing with a Drone Note
- **Gentle stretching warmup**
- **Give Yourself Permission**
- **Explore Super-Quick Pop-Up activities**
- Do One or Both of these Song Lessons: Bring Me Little Water Silvie, or Row, Row, Row Your Boat
- Make a post in the FB group sharing about your experience so far

- Do 1-4 of these Skills Lessons: Breathing for Singing; A little Theory; Practicing 1-3-5 with the piano;
- 10 Little Minutes: How to Practice Consider taking a private lesson or two
- Choose a new PG song & learn it
- Shruti Box Lesson: LOVE>FEAR!
- Try singing with a supportive friend
- Try singing with more conviction the next time you're at a birthday party, around the campfire, in church, etc.

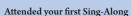
Action Steps

- Do 2-4 of these Skills Lessons: Reduce Throat Tension; Visual Feedback
- for Pitch-Matching; Major & Minor; Using Audiation to Improve Your Pitch
- Decide What Kind of "Practicer" You Are (for now)
- Choose a new PG song & learn it
- Seek out a new singing opportunity
- Delve into a song your really like: Try to memorize the words; get solid on the melody and rhythm; explore all the feelings it brings up & sing it expressively

Action Steps

- Continue circling back to the basics
- (like all singers need to do!) & keep learning new skills & new songs
- Do 2-3 of these Skills Lessons: Learning Lyrics; What is Harmomy?; Singing in the Song Bath
- Find/create singing opportunities: (Ex: Sing with a friend, host a singing party, join a supportive chorus, etc.!)
- Use the Playground/Come to Sing-Alongs
- Print out song lyrics and scribble notes on them - make a personalised songbook

You've...



Connected to the PG community

Starting to feel hopeful and excited! Explored the Playground and identified

You've...

Started to connect to your voice in new (& easier) ways

Sung with a drone note & are starting to recognize the feeling of being in unison

You've started to learn a song — maybe for the first time ever!

You've come to Sing-Alongs & perhaps made requests for your favorite PG songs

You've been interacting in the FB group

You've...

You've stepped deeply into the Zone of No Judgment and discovered the joy there

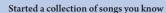
Grasped the 1-3-5 concept, or reached out to Nancy with your questions.

You've tried the breathing technique to support your singing

Chosen one or two "project songs" that you're focusing on.

Sung with the Shruti and experienced expressive improvisation.

You've...



Decided what kind of practice suits you best for now (either more casual or more organized). You appreciate all the ways you learn without even trying hard, & if you want to, you know how to set up a framework for a more formal practice, with no guilt build in.

Been feeling kind of proud of yourself!

You've...

Created a rewarding singing life & found ways to continue singing and learning!

Broken through a limiting belief (you CAN sing!) which empowers your whole life

Learned to sing with emotion & expression

Discovered your YOUR best practice styles

Been singing in connected community

Nailed a bunch of great songs!

Learned to smile at mistakes—no big deal!









Taken your free 30-minute lesson

2-3 exercises and/or songs you'd like to start with

