

439: How Anyone Can Enhance Their Musicality

10 Point Checklist

Neil Moore

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Music is a beautiful form of self-expression. It also leads to a powerful journey to neurologically develop your creative capability while actively preparing for the future."

NEIL MOORE

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Embrace a unique and personal approach to learning music. Don't be afraid to explore unconventional methods that resonate with my individual style and understanding.
- Create a unique learning environment. Tailor my learning space to encourage creativity and free expression.
- Turn my gifts into opportunities for business, movement, and positive change, and reflect on the impact of incorporating spirituality with my business.
- Embrace imposter syndrome as a natural part of the journey. Focus on real-world evidence and results to validate my abilities and contributions.
- Seek divine guidance to navigate my professional and personal responsibilities. Acknowledge instances of divine intervention in practical matters, such as when I receive financial support.
- Transform disempowering beliefs about musical ability. Shift from "Who am I to do this?" to "Who am I not to share this with the world?"
- Simplify my perception of music. Recognize musical shapes, patterns, and images rather than complex theoretical frameworks.
- Dedicate at least fifteen minutes a day, four days a week, to practicing music. Consistent practice is essential for my musical expression and neurological development.
- Recognize the neurological benefits of learning music. Music can promote my brain growth and increase neural connectivity.
- Explore more about Simply Music at [simplymusic.com](https://www.simplymusic.com) and visit [pianoonline.com](https://www.pianoonline.com) for direct access to Neil Moore's free self-study programs.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/how-anyone-can-enhance-their-musicality-with-neil-moore/>