



Essentialism for Music Educators

Jared Morris



That's Me!

Band

parent

Foodie

Elementary

Choir

Musician

College

Sports Fan

Orchestra

Student

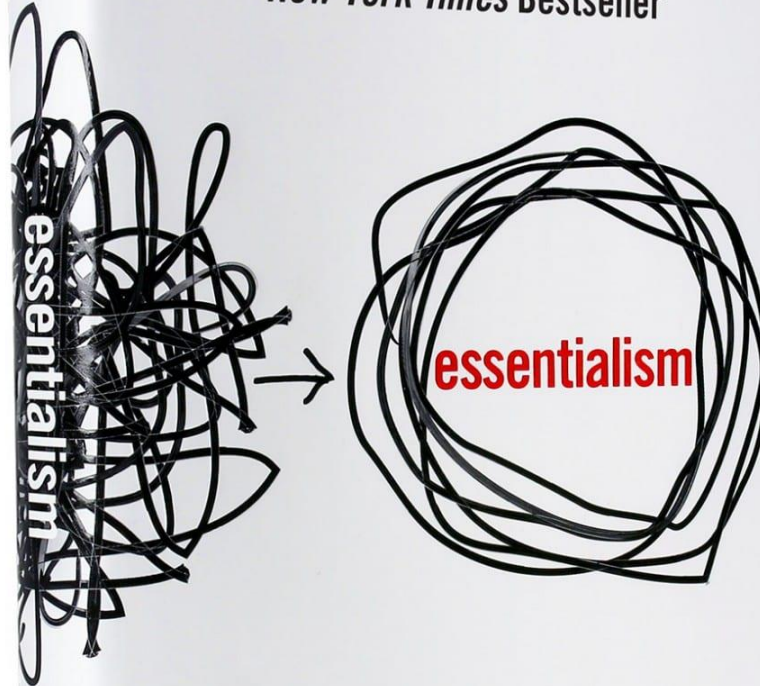
Bookworm

Middle School

High School



New York Times Bestseller



essentialism

essentialism

GREG McKEOWN



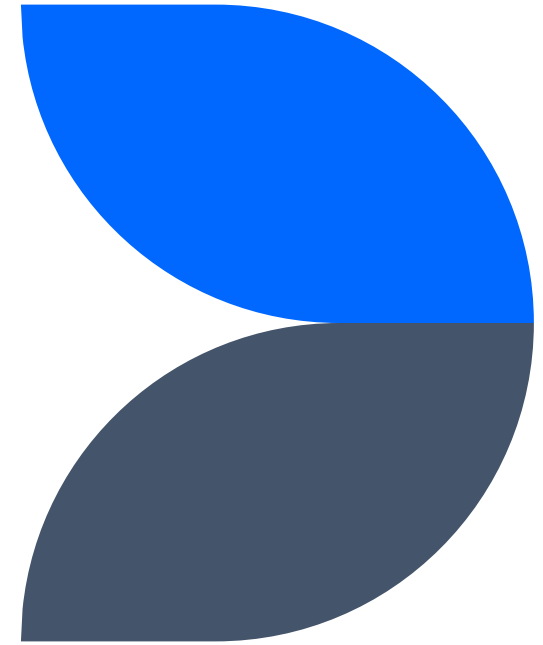
The Disciplined Pursuit of Less
GREG McKEOWN

Essentialism: The Disciplined Pursuit of Less

Essentialism isn't about getting more done in less time. It's about getting only the right things done.

Less but better

If you don't prioritize your life,
someone else will.





Here's me!
I should be in
this audience.

Have you ever felt...

Stretched too thin?

Simultaneously overworked and underutilized?

Like you're always in motion but never getting anywhere?

Busy but not productive?

Like your time is being hijacked by other people's agendas?



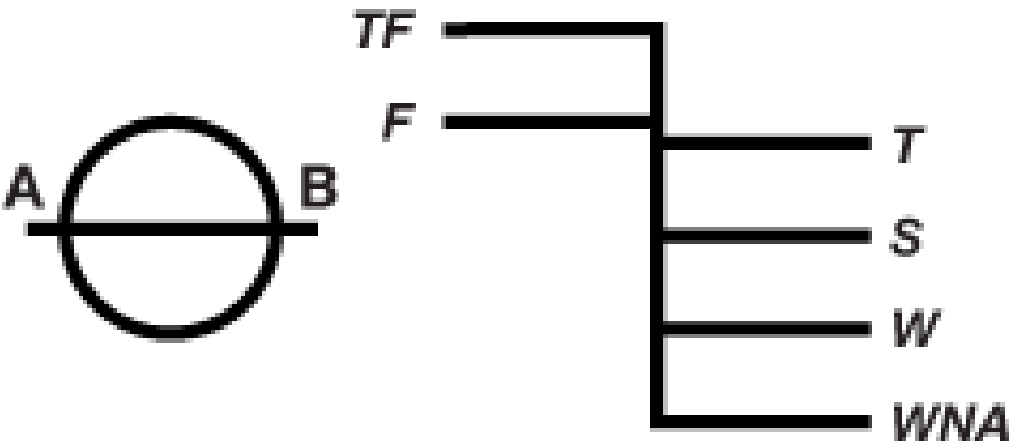
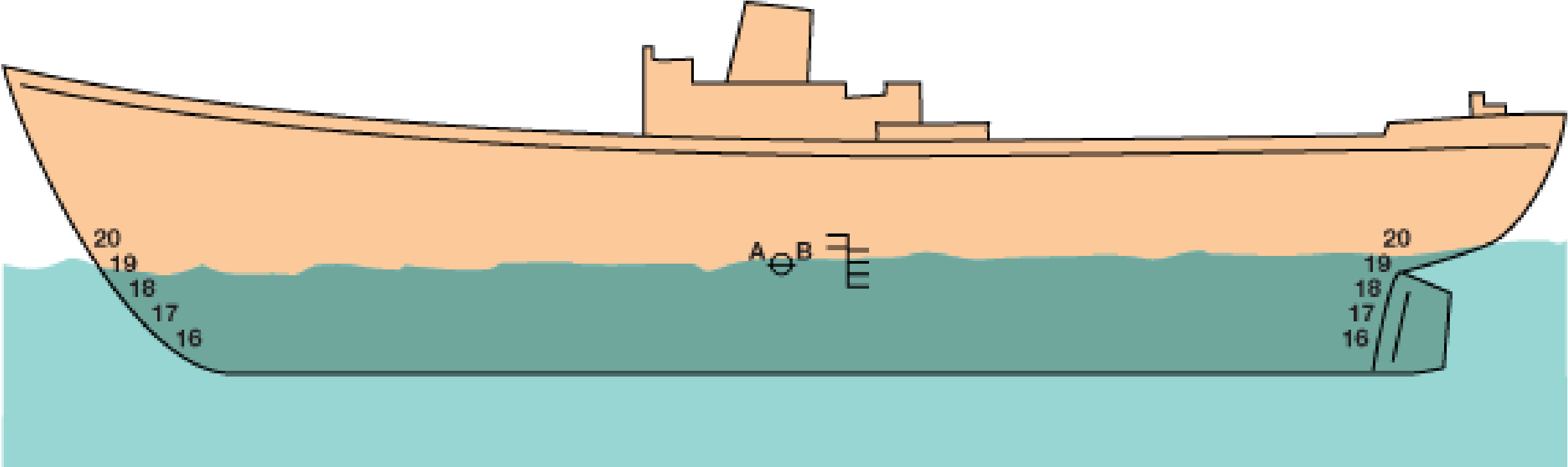
“

You can do ANYTHING,
but you can't do EVERYTHING.

Dan Christenson

”

These marks prevent overloading



- AB** American Bureau of Shipping
- TF** tropical freshwater load line
- F** freshwater load line
- T** tropical zones load line
- S** summer load line
- W** winter load line
- WNA** winter North Atlantic load line

Samuel Plimsoll in 1868

What adds to your load as a music educator?

Consider your other roles in life. What else adds to your load?

Too many of us are trying to navigate an overloaded ship.

The way forward is the way of the essentialist.



What is essentialism?

Nonessentialist

“I have to.”

“It’s all important.”

“How can I fit it all in?”

Forfeits the right to choose.

Essentialist

“I choose to.”

“Only a few things really matter.”

“What are the trade offs?”

Exercises the power of choice.

Sand in the jar is like ice cream for dessert. When you put first things first, there is always room!



What is essentialism?

Nonessentialist

Reacts to what's most pressing

Says “yes” to people without really thinking

Tries to force execution last minute

Essentialist

Pauses to discern what really matters

Says “no” to everything except the essential

Removes obstacles to make execution easy

GOOD

BETTER

BEST



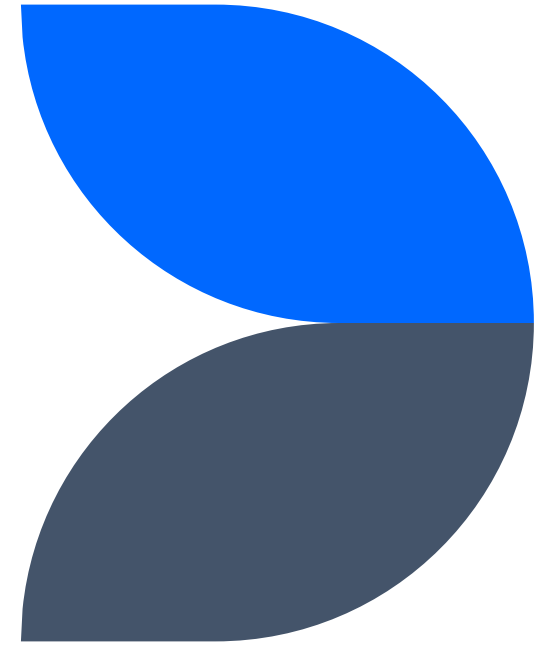
“

Just because something is good is not a sufficient reason for doing it. The number of good things we can do far exceeds the time available to accomplish them. Some things are better than good, and these are the things that should command priority attention in our lives.

- Dallin Oaks

2020 Hindsight

Activity – write a list of opportunities lost when schools and other organizations shut down in 2020.



9:01



At dinner tonight we reflected on our "new" way of living compared to way back in pre-coronavirus times!

Things we miss

Audrey:
Her teacher
Class parties
Friends

Kimball:
Friends
Not social distancing
PE

Alyssa:
Eating out
Performing with friends, and seeing our kids and students perform
Our kids being able to spend time with people who are a good influence on them
Planning for fun trips

Jared:
Seeing my students and talking with them about their aspirations in life
In person church and church activities
Band performances
Uninterrupted meditation/learning time

9:01



Things we don't miss

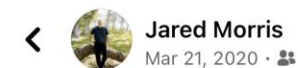
Audrey:
School lunch
When kids interrupt in class

Kimball:
Early mornings
Social drama at school

Alyssa:
The frantic pace
Feeling guilty about things I don't have time to do
Going shopping

Jared:
Scheduling conflicts, especially when it takes away family time

9:02



Favorite things about our new life

Audrey:
Don't have to wear a bra and shoes all the time
We have class pets
Seeing family

Kimball:
Sleeping in
More family time
Science

Alyssa:
Having some things canceled is actually a relief
Some things that I care about are being draw out, and that makes me feel like I'll do a better job at those things
Finally getting enough sleep

Jared:
Reading physical books
Working on projects with Kimball and Audrey
Recording our family history

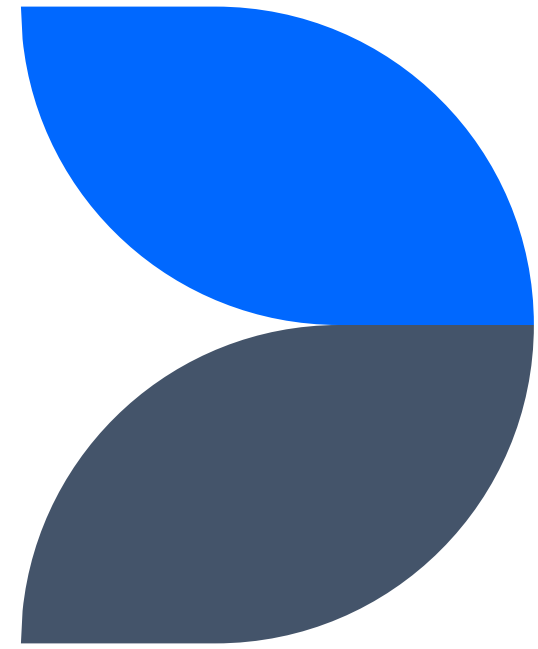
Like Comment Send Share

Alyssa Morris and 73 others

2020 Hindsight

Add to your list things you were
HAPPY to see canceled.

Add what you were heartbroken
to lose.



2020 Vision

What can you learn about what is essential to you based on your answers to these questions?

If you were glad something never happened, can you make a different choice next time?

What does balance look like to you?

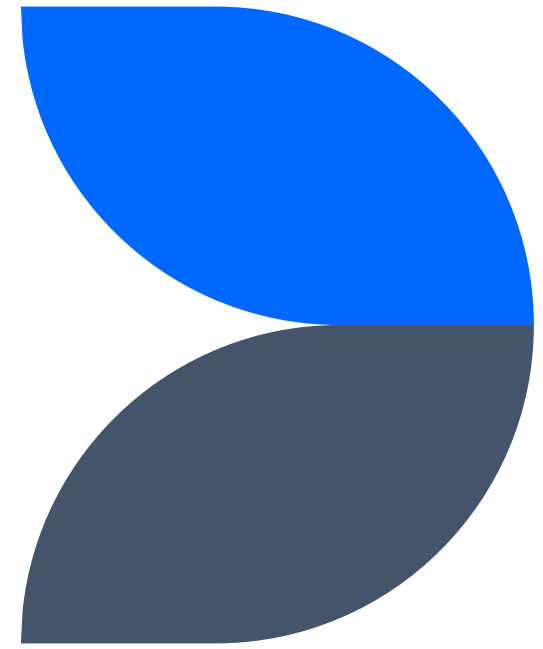


A woman with long dark hair and bangs, wearing a white long-sleeved shirt and a yellow skirt, is smiling and holding a stack of four grey boxes. She is standing in front of a light brown wooden plank wall. The air is filled with colorful confetti, including stars and heart shapes in shades of blue, green, yellow, pink, and purple. The text "DOES IT SPARK JOY?" is overlaid at the bottom of the image.

DOES IT SPARK JOY?

Essentialism

The life-changing magic of doing less but better, and of doing what matters most.



Harvard's 85-Year Happiness Study

Happiness does NOT come from:

Career achievement

Money

Exercise

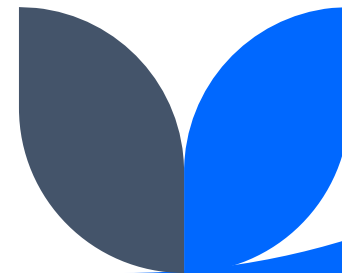
Diet

Happiness DOES come from:

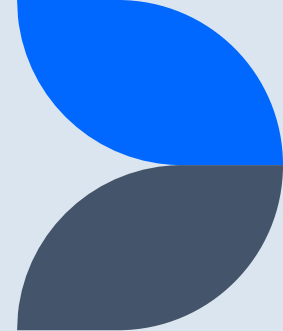
Positive relationships keep us happier, healthier, and help us live longer.

Be a proactive friend. Embrace your community. Loneliness kills. Stay connected.

Ted talk: What Makes a Good Life?



Musical Essentialism



Spotlights

Make the main thing the main thing.

Accompanying

The art of leaving out.

What are the essential...

PERFORMANCES

How can we spend fewer evenings at school without compromising the quality of our programs?

How can we increase the impact of our performances?

SKILLS & ASSESSMENTS

What musical skills are essential for my grade level?

What do I want to grade?

What can both my students and I keep up with?

LITERATURE SELECTIONS

What is an acceptable percentage of wrong notes?

When does it actually matter how difficult our music is?



“

Don't show me what
you can't play.

Mike Huestis

”



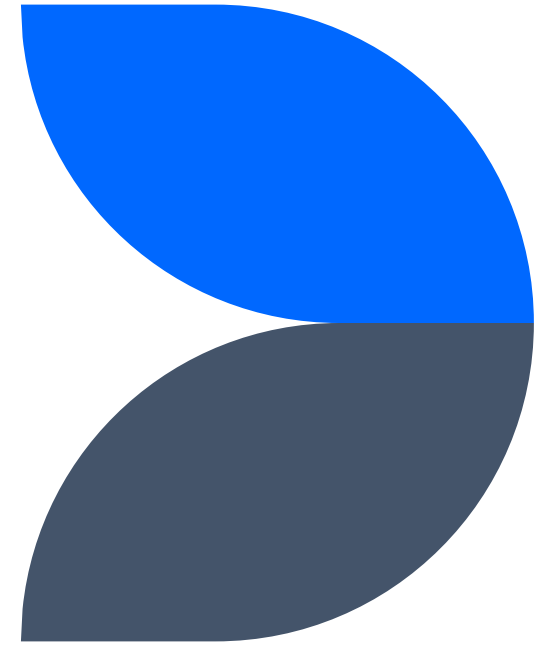
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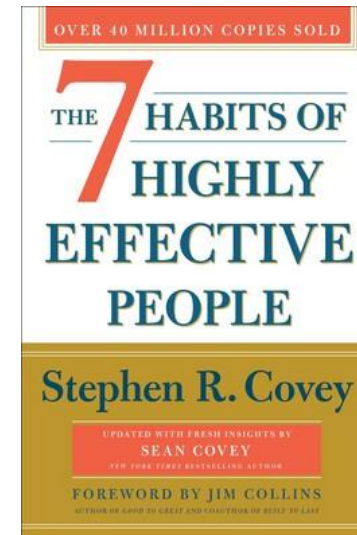
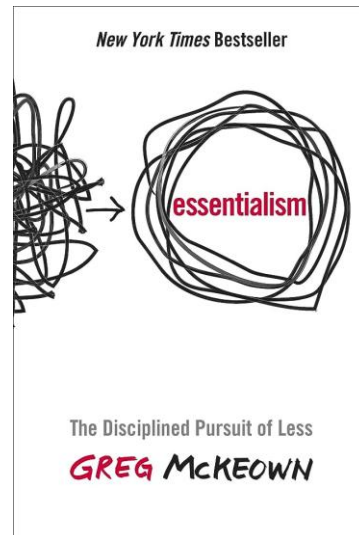
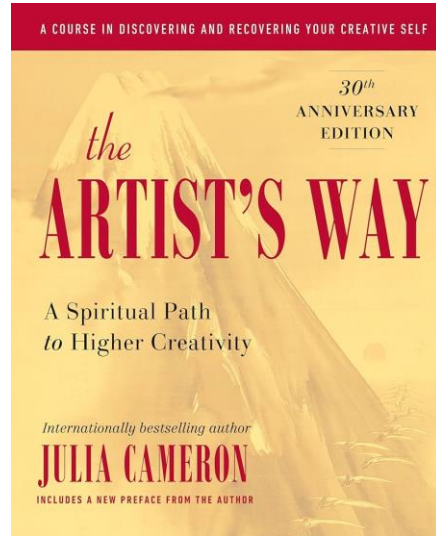


"You're hired."

Be True to You

The Fullmer Story





Create Space

The circus keeps coming back.

Eclipse 2024

50 States

**Imagine you are 25 years older
and still living as you are now...**

I just didn't spend enough time _____

I spent too much time _____

To avoid future regrets I will...

- 1.

- 2.

in order to bring more balance into my life.

Write your future self a letter.

REAL "SELF-CARE" IS CARING ABOUT YOURSELF



I don't know who needs to hear this, but...

Real "Self Care" is not bubble baths with candles and long afternoons in a hammock.

Real "Self-Care" is:

- Respecting yourself enough to set boundaries, both personal and professional
- Refusing to tolerate toxic relationships
- Redirecting energy to constructive situations
- Saying "no" just as often as you say "yes."
- Being aware of your own limitations
- Being aware of your own strengths
- Making time for health and fun

By all means, do fun things.

Take Baths.

Read books.

But most of all...respect yourself and your happiness.

You cannot give anyone else 100% if you are giving yourself zero.

Peace Love and Music

