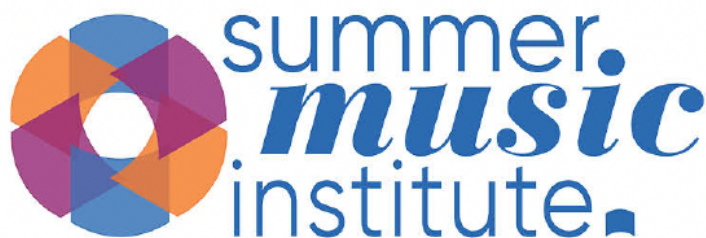




The Power Within



A GIA Publications, Inc. Event

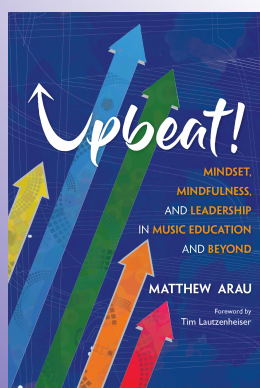
July 10, 2025

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The POWER of our

When a conductor gives the upbeat (preparatory) beat for the piece of music, the conductor already envisions the sound, articulation, dynamics, and tempo *before* the downbeat happens.

The conductor **imagines** what they want the piece of music to sound like and then they lead the musicians to create what they have already imagined.

The conductor **chooses** the upbeat and the upbeat affects the downbeat.



The upbeat is the preparation for any event.

The way the ensemble walks onto the stage is the upbeat to the performance.

The attitude you **choose** upon waking is the upbeat to your day.

The attitude you choose to bring to a situation either FUELS you up or DEPLETES YOUR ENERGY.

Your Thoughts are the Upbeat to your Actions.

Your **Attitude** is the Upbeat to any Situation.

You **Choose** your Thoughts and your Attitude.

You **Choose** your Upbeat!

How can **your** thoughts and actions make a positive impact on your team members?

_____.

Who has had an impact on you and why? Let them know that they have made a difference in your life. _____.

Our brain takes in 11 million bits of information per second but we are conscious of only 40 bits of information. What if we could choose what we focus on?

The average human being thinks 50,000-60,000 thoughts a day, but 95% of those thoughts are the same thoughts that we have thought day after day after day.

If we are going to change our life, we need to change our thoughts.

We decide how we respond. 40% is our choice. 50% is brain wiring. 10% is circumstances.

Be a thermostat rather than a thermometer and create your own weather.

In this world, it is easy to be negative, but it takes COURAGE to be positive.

When we choose to be positive, we are able to be more creative, to be a better team player, and to be a solution-finder.

When we are negative, our focus narrows, but when we are positive, our field of vision expands, and we are able to see productive possibilities that may have been clouded before.

In a positive frame of mind, our prefrontal cortex and neocortex are stimulated, flooding our brain with good chemicals, such as dopamine, serotonin, endorphins, and oxytocin. This helps us to be at a higher level in intelligence, physical fitness, energy, and immunity.



What are positive aspects of your life that you could *choose* to focus on now?

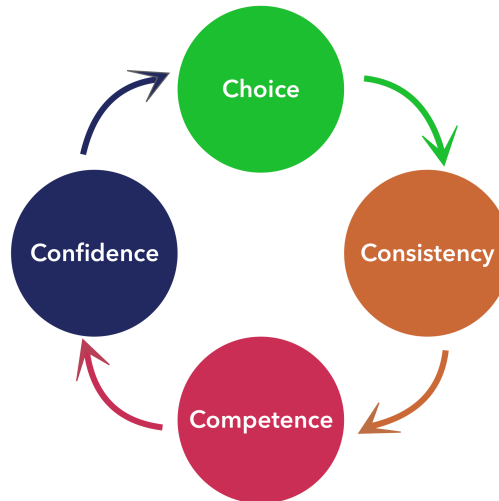
How can you actively project and inspire positivity in others?

The POWER of HABIT

We create habits from repeated actions and behavior.

Making a difference and making a change begins with creating a new habit of thought.

You can even change your self-belief and your self-confidence by intentionally creating new habits.



Confidence - Competence Loop

Strategies to **POWER-UP** Habits

- **Choose** something small and do it repeatedly.
- **Be consistent.**
- Get past the "I don't wanna's."
- Celebrate forward progress, even if you don't achieve your goal of a formed habit quickly.
- Through consistency and repetition, you will grow your **competence and develop a habit.**
- **As your competence grows, your confidence will grow.**

To create new habits, we need to step outside of our comfort zone. We grow when we push ourselves beyond the familiar and comfortable. What new habit(s) would you like to create?

_____.

Be committed to your new habit. What are you willing to do to develop and build this new habit? _____.

The POWER of G.E.T.

What are you **grateful** for in your life NOW? (people, pets, situations, things)

When you focus on the present, your awareness levels rise and you are able to find more **enthusiasm** for what you GET TO DO.

You can **choose** to bring enthusiasm to almost any situation.

What are you enthusiastic for in your life NOW? _____.

When you bring appreciation and enthusiasm to a moment in the present, you will find that you **treasure** what you GET TO DO.

What do you treasure in your life NOW? _____.

What do you G.E.T. to do today?

The Power of **G.E.T.**[®]

G = Gratitude

E = Enthusiasm

T = Treasure

Make a list of what you need to do this week. Begin each bullet point with "I get to."

1. I get to _____.
2. I get to _____.
3. I get to _____.

Use the words "get to" in sentences in your mind, while speaking out loud, and while writing much more often.

Super-CHARGE your Morning

How you begin your day sets up the trajectory for the rest of your day.

Strategies to JUMP-START your Morning

1. Plan ahead for your morning routine the night before.
2. Set your alarm clock (phone) away from your bed so that you need to walk to turn it off.
3. Change the way you perceive of your alarm clock and begin to call it and think of it as your OPPORTUNITY CLOCK!
4. When your 'opportunity clock' sounds, FOCUS on something that brings you JOY, GRATITUDE, or COMFORT, or WHAT YOU ARE LOOKING FORWARD TO THAT DAY.
5. Focus on a POSITIVE THOUGHT FOR 17 SECONDS so that it becomes a STICKY THOUGHT.
6. STICKY THOUGHTS attract other thoughts that are similar. This keeps your mind in the POSITIVE REALM - giving you ENERGY for the MORNING.
7. Drink a lot of WATER upon waking. Set a cup or glass next to your sink so that you can drink 12-16 ounces of water to hydrate your brain and body.
8. MEDITATION - focus on your breath - nonjudgmental - notice thoughts and return to breath
9. Include MOVEMENT or EXERCISE in your morning routine to get your body FIRED-UP for the day.

Challenge #1:

Sticky thoughts - Sticky Notes

Write two positive things you want to remind yourself of first thing every morning for the next month.



1. _____.

2. _____.

Why are these important to you? _____.

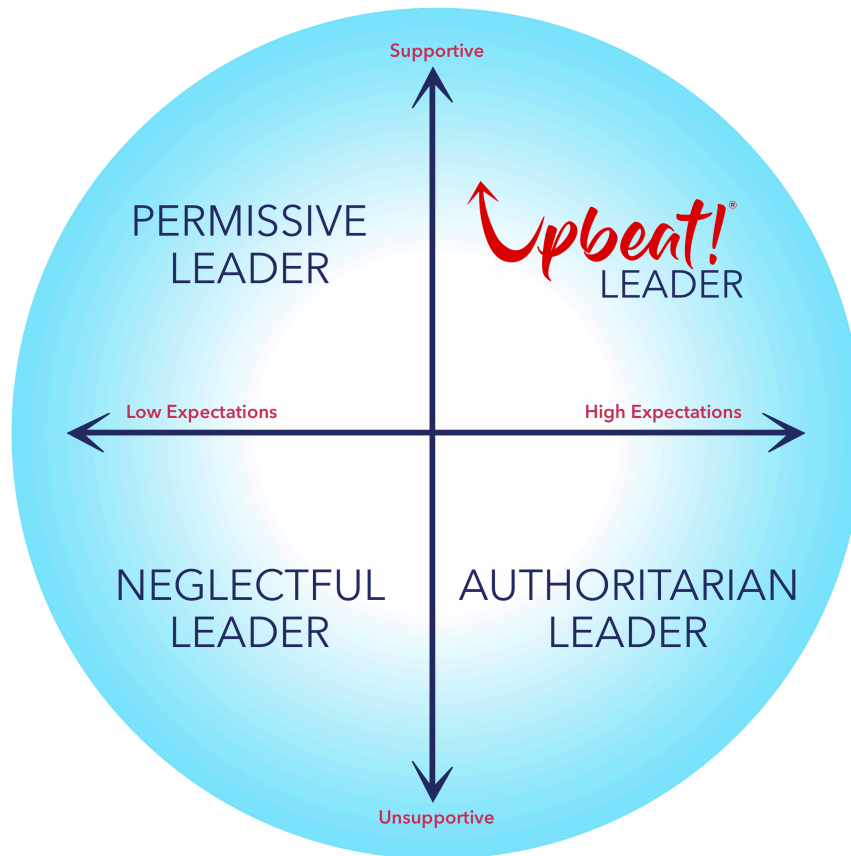
Put them on sticky notes when you have a chance and put them on your bathroom mirror.

Challenge #2: Plan your Morning

What are some things you can do to make a morning routine easier for you? (Like setting out running shoes and workout clothes next to the bed, or pouring a full glass of water to drink upon waking up)

1. _____.

2. _____.



The 5 Levels of Upbeat! Leadership

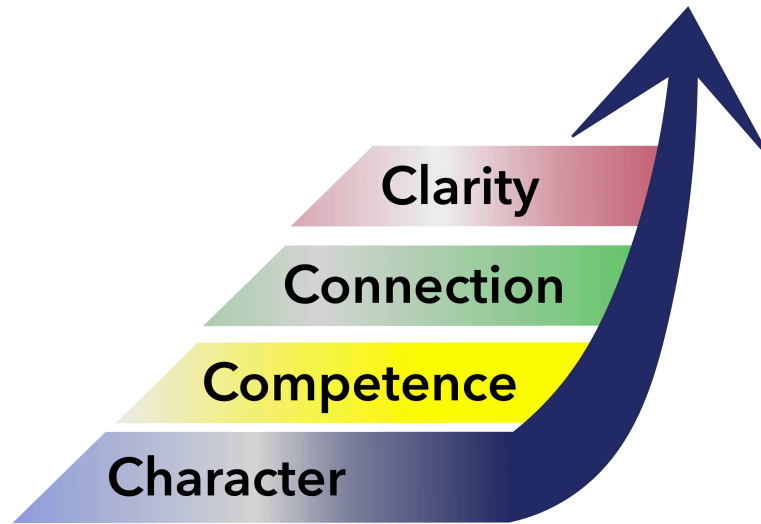
LEVEL 5: Empower Others to Lead

LEVEL 4: Ask Those You are Leading for Input

LEVEL 3: Do the Task with Those You are Leading

LEVEL 2: Invite Others to Do Something

LEVEL 1: Tell Others What to Do



The 4 C's of Leadership

Character

Leaders with a strong character have **integrity**. They build **trust** by following through with what they say they are going to do. They are responsible, reliable, and accountable for their actions.

Competence

Your competence is the level of your **skills and abilities**. Your competence is not etched in stone and it can be grown and developed continually. There is **no limit to your potential**.

Connection

In order to lead others, you must be able to connect with them and build **trusting relationships**. Take the initiative and **reach out** to make a new connection. Do not wait for someone else to take the first step.

Clarity

Have a **clear vision for your goals** and the direction you would like to lead. The clearer your vision the easier it is to motivate, inspire, and lead others.

CHARACTER

CARE - ACTOR = To Act with Care

The Golden Rule

Treat others as *you* would like to be treated.

The Platinum Rule

Treat others as *they* would like to be treated.

Be Who You Want the Group to Be

**Who you were yesterday does not predetermine who you are today, or who you can
BECOME tomorrow.**

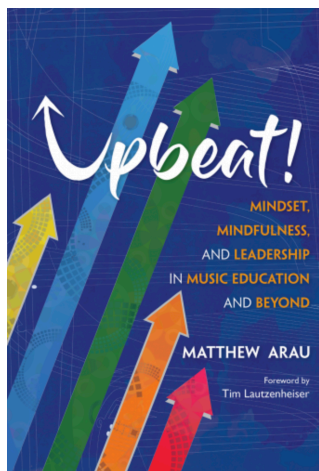
COMPETENCE



CONNECTION



CLARITY



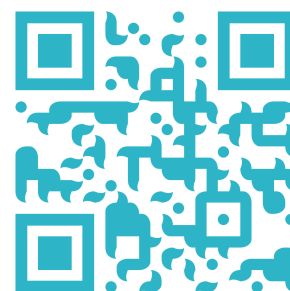
Thank you!

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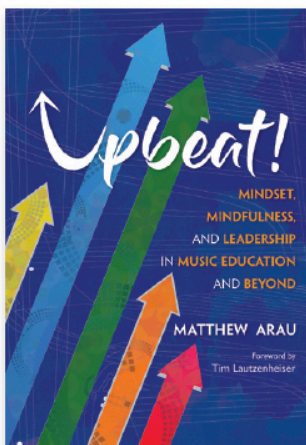
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UPBEAT RESOURCES

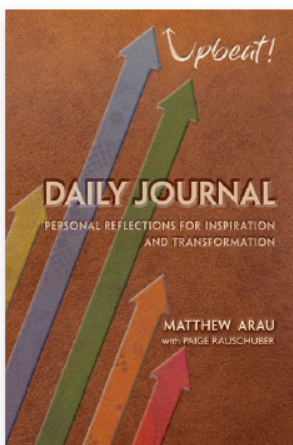


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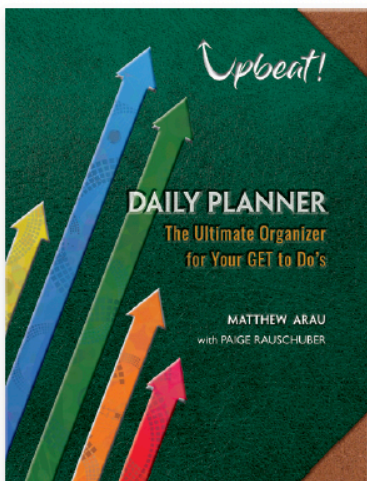


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