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Sheet music for beginners bass guitar

Learning to play the piano can take some time, but it is manageable with appropriate training. While it is possible to learn how to play with the ear, it is important for beginners to familiarize themselves with music notes by practicing pitch and keys from notes, textbooks or online learning tools. This goes hand in hand with the understanding of piano keys and the practice of classical basics such as Do-Re-Mi. One trick to learn the piano is to play lighter songs like Christmas carols, children's songs or music that they love and love with passion. Understanding and practicing notes for piano beginners may be a challenge at first, but it is a must to achieve playing the piano at medium level and beyond in the long term. Some basic piano knowledge is as follows: The Staff: The set of five horizontal lines and four rooms that represent a musical pitch. Treble Clef: The music symbol, known as the G key, is located above the middle C on the second-lowest line of the staff. Bass Clef: The symbol of the music in the fourth line of the music stick, which indicates that it refers to the F next under the middle C. Music Notes: Notes are characters used in the music to represent the duration and pitch of a sound. Chords: Chords contain a group of notes together as a form of harmony. Often there are two or three or more chords in the music that sound together at the same time. Scales: A scale is a set of notes organized by frequency or pitch. In the piano there are 12 keys in an octave; Thus, there are a total of 36 scales, unless you add chromatic scales that would add up to 48 scales. Finger placement: How your fingers rest on certain buttons. The correct hand position for piano depends on the type of finger. For example, the thumb finger can go on middle C. The above sheet music is from 8Notes.com. Visit them for more sheet music. Last updated on November 4, 2020 Are you someone who likes to grow? Are you constantly trying to improve and get better? If you do that, then we have something in common. I am very passionate about personal growth. It was only 4 years ago when I discovered that I discovered my passion for growing and helped others grow. I was 22 at the time and in my last year of study. As I pondered the meaning of life, I realized that there was nothing more meaningful than pursuing a life of development and improvement. By improving ourselves that we can get the best out of life. After a year and a half in which I actively pursued growth and helped others to grow through my personal development blog, I realize that there is never an end to the journey of the Are. The more I grow, the more I realize that there is so much I don't know, so much that I have to learn. Sure, there is always something about ourselves that we can improve. The human potential is limitless, so it is impossible to reach a point without growth. Whenever we think we are good, we can be even better. As a passionate advocate of growth, I am constantly looking for ways to improve myself. I compiled 42 my best tips that could help you on your personal growth journey. Some of them are simple steps that you can engage immediately. Some are larger steps that require deliberate efforts to act. Here they are:1. Read a book every day. Books are concentrated sources of wisdom. The more books they read, the more wisdom you expose yourself to. What books can you read to enrich yourself? Some books I've read and found useful are Think and Grow Rich, Who Moved My Cheese, 7 Habits, The Science of Getting Rich and Living the 80/20 Way. If you read a book every day, you'll feed your brain with more and more knowledge. Here are 5 really good books to read about self-improvement.2. Learn a new language. As Singaporean Chinese, my main languages are English, Mandarin and Hokkien (a Chinese dialect). Out of interest, I have taken language courses such as Japanese and Bahasa Indonesian in recent years. I realized that learning a language is a whole new skill, and the process of learning a new language and culture is a completely mind-opening experience.3. Get a new hobby. Is there anything new that you can pick up beyond your usual favorite hobbies? Any new sport you can learn? Examples are fencing, golf, climbing, football, canoeing or ice skating. Your new hobby can also be a leisure hobby. For example, ceramics, Italian cuisine, dancing, wine appreciation, web design, etc. To learn something new, you need to stretch in different aspects, whether physical, mental, or emotional. Here are 20 hobbies to give you some new ideas 20 productive hobbies that will make you smarter and happier 4. Take a new course. Is there a new course you can join? Courses are a great way to acquire new knowledge and skills. It doesn't have to be a long-term course – seminars or workshops also serve their purpose. I've been to a few workshops and they've helped me gain new insights that I hadn't considered before. In fact, anyone who wants to be an intelligent learner should take this 20-minute COST LOSen course: Spark Your Learning Genius. It will help you to recharge your learning ability and get every skill faster!5. Create an inspiring space. Your surroundings will set the mood and tone for you. If you live in an inspiring environment, you will be inspired every day. I used to not like my room at all because I thought it was messy and boring. A few years ago, I decided this was the end – I started a Mega Room Revamp project and overhauled my room. The end result? A space where I love being and inspiring myself to be at my peak every day. Photo credit: Source6. your fears. We are all afraid. Fear of insecurity, fear of public speaking, fear of risks... All our fears keep us in the same position and prevent us from growing. Recognize that your fears reflect areas where you can grow. I always think of fear as a compass for growth. If I'm afraid of something, it's something still address it, and addressing it helps me to grow. Learn how to overcome your irrational fears (which prevents them from succeeding).7. Align your skills. If you've ever played video games, especially RPGs, you know the concept of leveling – gaining experience so you can be better and stronger. As a blogger in te0er naprosen, I constantly level up my writing skills. As a speaker in a teen way, I constantly level my capacity for public engagement. What skills can you upgrade?8. Wake up early (e.B. 5-6 o'clock) has been recognized by many (Anthony Robbins, Robin Sharma, among others self-help gurus) to improve your productivity and quality of life. I feel like it's because if you wake up early, your mindset is already set to continue the momentum and proactively live out the day. Not sure how to wake up early and feel energetic? These ideas help:How to be motivated and be happy every day when you wake up9. Have a weekly exercise routine. It starts better with being in a better physical condition. Personally, I make it to a point, jogging at least 3 times a week, at least 30 minutes each time. You might want to enmit it with jogging, gymnastics lessons and swimming for variation. Check out these 15 tips to restart the Habit exercise (and how to keep it). Photo credit: Source10. Start your life manual. A life manual is an idea That I started 3 years ago. Basically, it's a book that contains the essentials of how you can live your life to the fullest, like your purpose, your values and goals. Sort like your guide for your life. I've started my life manual since 2007, and it was a critical enabler for my progress.11 Write a letter to your future self. What do you see in 5 years? Will you be the same? Different? What kind of person will you be? Write a letter to your future self—a year later will be a good start—and seal it. Create a date in your calendar to open it in 1 year. Then start working to become the person you want to open this letter.12. Get out of your comfort zone. Real growth comes with hard work and sweat. Being too comfortable does not help us to grow, it makes us stagnate. What is your comfort zone? Do you stay most of the time? Do you stick to your own space when you're traveling with other people? Shake up your routine. Do something else. By exposing yourself to a new context, you literally grow as you learn to act in new circumstances.13. Put someone on the challenge. Ways to grow. Take on a challenge (weight loss, exercise, financial challenge, etc.) and compete with an interested friend to see who reaches the goal first. Through the process, you will both win more than if you were to go to the finish line alone.14. Identify your blind spots. Scientifically, blind spots refer to areas that our eyes cannot see. In personal development, blind spots are things about ourselves that we don't know. The discovery of our blind spots helps us to discover our areas of improvement. I use an exercise to My blind spots are to identify all the things/events/people that trigger me in one day – trigger means that I feel annoyed/weird/affected. These represent my blind spots. It's always fun to do the exercise because I discover new things about myself, even though I might already think I know my own blind spots (but then they wouldn't be blind spots? After that, I'm working on steps to address them.15 Ask for feedback. As much as we try to improve, we will always have blind spots. The request for feedback gives us an additional perspective. Some people who are approaching will be friends, family, colleagues, bosses or even acquaintances, as they have no preset bias and can give their feedback objectively. Learn more about how to ask for feedback and learn quickly!16. Stay focused with to-do lists. I start my day with a list of tasks I want to complete, and that helps me stay focused. By comparison, the days when I don't do that are extremely unproductive. For example, part of my to-do list for today is to write a guest post on LifeHack.Org, and that's why I'm writing this now! Since my work requires that I use my computer all the time, I use Free Sticky Notes to manage my to-do lists. It's really easy to use and it's a freeware, so I recommend you check it out.17. Set Big Hairy Audacious Goals (BHAGs). I'm a big fan of the attitude of BHAG. BHAGs stretch beyond your normal capacity because they are big and bold – you wouldn't think about trying them normally. What are BHAGs that you can start making you feel absolutely in the world once you've completed them? Set it and start working. Learn how to use SMART Goal to become very successful in life.18. Confirm your mistakes. Everyone has mistakes. The most important thing is to understand, acknowledge and address them. What do you think are your mistakes? What errors can you work on now? How do you want to address them?19. Do you take action. The best way to learn and improve is to take action. What does you mean to you what you want to do? How can you do this immediately? Waiting doesn't matter. When you take action, you get immediate results from which you can learn.20. Learn from people who inspire you. Think of people you admire. People who inspire you. These people reflect certain qualities that you want to have for yourself. What are the qualities in them that you want for yourself? How can you acquire these qualities?21. End a bad habit. Are there bad habits that you Can? Overslept? Don't train? Too late? Slouching? Nail biting? Smoking? Here are some good advice from Lifehack CEO about hacking your habit loop to break bad habits and build good ones: how to make a Habit and Hack the Habit Loop22. Cultivate a new habit. Some good new habits to cultivate are reading books (#1), waking up early (#8), practicing (#9), reading a new article on personal development on the day (#40) and meditating. Is there another new habit that you can cultivate to improve You wonder how to stick good habits, check out these tips:18 tricks to make new habits Stick23. Avoid negative people. Jim Rohn says: You are the average of the 5 people you spend most of your time with. Wherever we go, there will inevitably be negative people. Don't spend too much time around them if you feel like they're dragging you down. Not sure who the poisonous people in life are? This article can help you:10 Toxic Individuals You Should Just Get Rid of 24. Learn to Deal With Difficult People. There are times when there are difficult people you can't avoid, e.B. at your workplace, or when the person is part of your inner circle of contact. Learn how to deal with them. These human resources management skills will go a big part in working with people in the future:How To Deal With Negative People25. Learn from your friends. Everyone has amazing qualities in them. It's because of how we want to tap them. With all the friends around you, they will have things to learn from. Try to think of a good friend now. Think of just one quality you have that you want to adopt. How can you learn from them and take on this ability for yourself? Talk to them if you need to. Surely they will be more than happy to help!26. Start a journal. Journaling is a great way to gain a better self-confidence. It is a process of self-reflection. As you write, clarify your thought process, and read what you've written from a third-party perspective, you gain more insight into yourself. Your journal can be private or an online blog. I also use my personal development blog as a personal diary and learned a lot about me in the past year of blogging.27. Start a blog about personal development. To help others grow, you need to have the conversation first. There are expectations of yourself, both of yourself and of others, that you must sustain. I run The Personal Excellence Blog, where I share my personal journey and insights into how I can lead a better life. Readers look at my articles to improve, which forces me to continue to improve, for myself and for the people I speak to. Get a mentor or coach. There is no quicker way to improve than to let someone work with you on your goals. Many of my clients approach me to coach them in their goals and they achieve significantly more results than if they had worked alone. If you're looking for a mentor, don't miss these tips: What you're looking for in a good mentor Reduce the time you spend on chat programs. I realized that chat programs are open by default, resulting in a lot of wasted time. This time can be spent much better on other activities. The days when I'm not in chat, I'm going to do a lot more. I usually turn off the automatic startup option in the chat programs and start it when I want to chat and really have the time.30. Learn chess (or any strategy game). I found chess is a great game to learn strategy and improve your intelligence. Not only do you have fun, you also get Your analytical skills. You can also learn strategy from other board games or computer games, such as Othello, Chinese Chess, WarCraft, and so on.31. Stop watching TV. I haven't watched TV for quite 4 years and it was a very liberating experience. (Here are 10 reasons to turn off your TV) I realized that most programs and ads on mainstream TV are usually of lower awareness and not very empowering. In return, the time I've been exempted from non-television is now being used constructively for other purposes, such as B. connecting with close friends, the work I enjoy, training, etc. Start a 30-day challenge. Set yourself a goal and give yourself 30 days to achieve this. Your goal may be to use a new habit or something you've always wanted, but don't have.30 days is just enough time to set strategy, plan, action, check and nail the goal.33. Meditate.Meditation helps to calm you down and be more conscious. I also realized that i need less sleep on the nights when I meditate (before I sleep). The disorder process is very liberating. Try this 5-minute meditation guide: Anywhere, Anytime.34. Join Toastmasters (Learn to speak in public). Interestingly, public speaking is the #1 fear in the world, with #2 deadly. After speaking publicly as a personal development speaker/trainer, I learned a lot about how to communicate better, present myself and engage people. Toastmasters is an international organization that trains people in public speaking. Check out the Toastmaster clubs near you here.35. Befriend top people in their fields. These people have achieved their results because they have the right attitudes, skills and know-how. How better can you learn than from the people who were there and did that? Gain new insights into how to improve and achieve the same results.36. Let go of the past. Are there any grievances or dissatisfaction from the past that you stuck to? If so, it's time to let go. If you hold on to them, you can't move on and become a better person. Detach yourself from the past, forgive yourself, and move on. Only recently I finally passed away from an earlier heartache of 5 years ago. The effect was liberating and very empowering, and I've never been happier.37 Start a business. Is there anything you're interested in? Why not turn it into a venture and make money while learning at the same time? Setting up a new company requires that you develop business management skills business-oriented skills and a competitive advantage. The process of establishing and developing my personal development business has provided me with many skills, such as self-discipline, leadership, organization and management.38. Show kindness to the people around you. You can never be too friendly to someone. In fact, most of us don't show enough kindness to the people around us. Being kind helps us cultivate other qualities such as compassion, patience, and love. How to get to your day after reading this article later, start to radiate more kindness to the people around you, and see how they react. Not only that, notice how you feel, how you behave kindly to others. Chances are, they'll feel even better than you.39 Access the people you hate. If you ever stand for something, you're going to get haters. It is easy to hate the people who hate us. It's much harder to love them again. To be able to forgive, let go and show love requires generosity and an open heart. Is there anyone who doesn't like or hate you in your life? If so, contact them. Show them love. Find a solution and close the grievances in the past. Even if they refuse to retaliate, you still love them. It's much more liberating than hating them back. Take a break. Have you worked too hard? Self-improvement is also about realizing that we have to take a break to go the longer mile. You can't drive a car if it doesn't have gasoline. Planning time for yourself is important. Take a break each week. Relax, rejuvenate and recharge for what lies ahead.41. Read at least 1 personal development article per day. Some of my readers make it a point to read at least one personal development article every day, which I think is a great habit. There are many great personal development blogs out there, some of which you can check here.42. Commit to your personal growth. I can write list articles with 10 ways, 25 ways, 42 ways or even 1,000 ways to improve yourself, but if you don't intend to commit to your personal growth, it doesn't matter what I'm writing. Nothing will get through. We are responsible for our personal growth, not for anyone else. Not your mother, your father, your friend, me or Lifehack. Choose your personal growth and embrace a lifelong journey of growth and change. Start your growth by selecting and working on a few of the above steps. The results may not be immediate, but I promise you that as long as you stick to it, you begin to see positive changes in yourself and in your life. So here you are, 43 solid ways to self-improvement. Choose one or a few to do today. If you want to improve yourself, you need to take some action. 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