

LESSON IN LIVING

CONSISTENCY BUILDS CONFIDENCE

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Many Lessons in Living can be gleaned from the field of MUSIC. Let's take, for example, the need for consistency in order to build confidence as a piano performer: all that is needed is for one to put the right FINGER on the right KEY at the right TIME in the right MANNER and REPEAT it over & over.

Mastering a selection takes time. Mastering a selection takes perseverance. Mastering a selection takes consistency. In time, speed builds, keys are struck easily, correctly, and then, joy of joys, as we fly across the keys creating stirring sounds! When we get to the point where we can sit back, relax, and enjoy our own performance, we have arrived at a most rewarding plateau. The ultimate thrill comes when we perform flawlessly and confidently while bringing joy to others.

Playing or singing in a group also builds confidence. There has to be unity, there has to be focus, and there has to be consistency. Once the conductor raises his arms and the beat begins, there is a thrill that comes in no other way. Conducting music is like painting a beautiful picture. In order to perform confidently, many repetitions must be executed. With each flawless repetition comes increased confidence.

How well would we perform if we did not schedule practices? What would happen if there were no consistency to our efforts? It is vital that we prioritize our time and spend it in pursuit of worthwhile activities. Otherwise, we will "Flutter in all directions and fly in none." One of the most disastrous habits of our day is that of becoming distracted. It seems but a small matter, but it can cause us to fritter our lives away with too much recreation, too much media, and too much idle time.

We should learn to prioritize. We should schedule important activities and then honor our commitments. One of the most helpful forms to use is a [Weekly Schedule](#) which depicts our time in half-hour segments. Somehow, when we actually block out time for activities our lives become much more productive.

My mother didn't have a Weekly Schedule but she did have cracked wheat mush steaming away in a double boiler every morning when we arose. My grandmothers didn't have the conveniences we enjoy, but they were consistent and productive. As a consequence, their offspring have all the confidence in the world!

As I listen to the train whistle blow at 4:15 every morning I ponder on the consistency of conductors, pilots, health and school personnel. What a great service they give! Their CONSISTENCY helps build our CONFIDENCE in them!