



## Optimizing Well-being through Mindset, Mindfulness, and Music



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*Leadership is inspiring and encouraging others to achieve their full potential*



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## The POWER of our UPBEAT!

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!

**Challenge #1:** How can **your** thoughts and actions make a positive impact on the people around you?

\_\_\_\_\_

**Challenge #2:** Who has had an impact on you and why? Let them know that they have made a difference in your life. \_\_\_\_\_

*Our happiness depends on the habit of mind we cultivate.*  
**- Norman Vincent Peale**

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?**

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How can you actively **project and inspire positivity in others?**

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## 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.**<sup>TM</sup>

**G** = Gratitude

**E** = Enthusiasm

**T** = Treasure

**Challenge #1:** Make a list of what you need to do this weekend to prepare for next week. Begin each bullet point with "I get to."

1. I get to \_\_\_\_\_.
2. I get to \_\_\_\_\_.
3. I get to \_\_\_\_\_.

**Challenge #2:** Use the words "get to" in sentences in your mind, while speaking out loud, and while writing much more often.



## MINDFULNESS

Being present in the moment and fully listening, honoring, and valuing others raises your ENERGY and INSPIRES others.

To be mindful means to BE AWARE of the present moment.

Show compassion to yourself and to others.

To be mindful means to be SELF-REFLECTIVE and aware of your thoughts, but without passing judgment.

To be mindful means to choose your RESPONSE rather than reacting without thinking.

Mindfulness includes focusing on your breath while MEDITATING or practicing deep breathing exercises.

When we are stressed, anxious, angry, or frustrated our BREATHING gets fast, shallow, tight, irregular, and loud. However, when we are in a peaceful, calm, relaxed state, our breathing becomes deep, slower, soft, and regular. Rather than focus on changing your emotions, intentionally slow your breath down.

**FOCUS BREATH:** Inhale in the nose for 4 counts. Exhale out the nose for 4 counts.

**SERENITY BREATH:** Inhale in the nose for 4 counts. Hold for 7 counts. Exhale out the mouth for 8 counts.

**TRIANGLE BREATH:** Inhale in the nose for 3 counts. Hold for 3 counts. Exhale out the mouth for 3 counts.

**BOX BREATH:** Inhale in the nose for 4 counts. Hold for 4 counts. Exhale out the nose for 4 counts. Hold for 4 counts.

**RENEW-RELEASE BREATH:** "Renew" in nose for 4 counts. "Release" out mouth for 6 counts.

**GRATITUDE BREATH - LEVEL 1:** Inhale the thought of what you are grateful for in your nose for 4 counts. Exhale out the mouth stress and negativity for 8 counts.

**GRATITUDE BREATH - LEVEL 2:** Inhale the thought of what you are grateful for in your nose for 4 counts. Exhale out the mouth for 8 counts what you want to give to the world.



## The SUPERPOWER of MUSIC

Music can touch us in the deepest recesses of our soul and give way to an overwhelm of feeling.

When we play our instruments or sing, we can express our truest nature and being.

**Music is a blessing, a gift, and we are the lucky ones who get to share this gift with others.**

Music transforms, travels through time, transports, soars, flies, stretches, shrinks, sticks,  
has great strength, breaks down walls, unites, and connects.

Music ascends, transcends, tantalizes.

Music is a force.

Music speaks, tells stories, accepts, lifts, repairs, heals, and energizes.

Music empowers, mobilizes, fortifies, builds bridges, and embraces diversity.

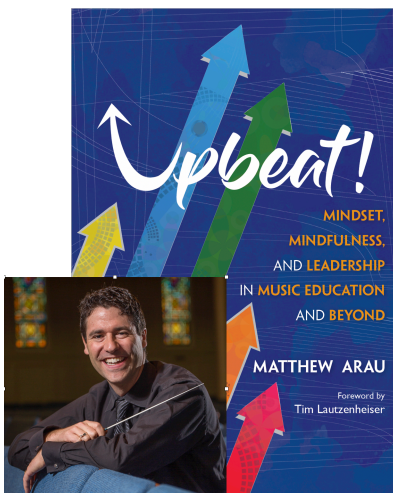
**Yes, you need to count when performing music, but you can always count on music to be there for you.**

Music BREATHES.

Music brings us JOY.

Music communicates, expresses, and inspires.

Music nourishes the soul.



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