MY BAND
TIME CAPSULE

A snapshot of who I am and how I think about band today

NAME _____ **CLASS / PERIOD** _____ **DATE** _____

DIRECTIONS: Answer each prompt based on what is true for you today. There are no wrong answers. Your teacher will save this page so you can revisit your ideas later.

1 MY MUSICIAN SNAPSHOT
Three words that describe me as a musician today.

2 MY INSTRUMENT
My instrument and one thing I enjoy about playing it.

3 MY BAND SOUNDTRACK
A favorite band piece, song, or musical style right now - and why I like it.

4 MY REHEARSAL TOOLKIT
A rehearsal or practice strategy that helps me improve.

5 MY CONFIDENCE
I can perform my band music with confidence.

Circle one:

1 — 2 — 3 — 4 — 5

just starting — very confident

6 MY DREAM PERFORMANCE
If I could perform any piece, style, or concert, I would...

7 MY NEXT STEP
One band skill I can do well now or would like to improve.

NOTE TO MY FUTURE MUSICIAN SELF

One thing I hope I remember about myself as a musician right now:

