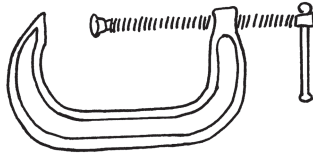


Read business magazines and books to look for creative ideas in business-like thinking. Reading stories of others who have succeeded can also be very motivational.



HEALTH AND WELLNESS TOOLS

96. Protect your hearing.

Hearing is essential to our art and we must be vigilant in protecting it. Earplugs should be used when practicing loudly or when playing for long periods of time.

Projects:

If you don't own a set of earplugs, make it a point to buy some this week. Consider purchasing custom-made ear plugs that reduce decibels but retain the clarity. Additional information on these ear plugs may be obtained at a local hearing clinic or your health care provider.

If you teach, have a brief paragraph in your teaching materials or website about preventative hearing protection and the benefits of earplugs.

Have your hearing checked periodically.

