

Thinking about music lessons for yourself or your child? Perhaps it sounds fun to play an instrument or to improve your singing. And it is! Here are more benefits to music lessons that you may want to consider.

Music teaches self-discipline and is fun at the same time.

Self-discipline is a quality that makes a difference in every facet of our lives: how good a student we are, how much we eat, how reliable and valuable an employee we are, how well we keep order in our environment. When we take time to practice, we're using self-discipline. As we work to learn and improve a piece of music, we're exercising our self-discipline. And those moments of self-discipline bring about achievement.

Music creates confidence.

Every skill we attain, every piece of music we learn is a victory that we attain by applying the self-discipline mentioned above. We grow in our assurance that we can play or sing the next piece, though it is a little more difficult than the one before. We feel more confident in our ability to analyze, to organize, to approach problems.

Music is a means of creative expression and release from stress.

Everyone needs a break from the routine of life. Music offers us beauty. It opens us up to feelings which may need expression when we don't know how else to express them. We can find comfort and peace in musical expression.

We can create music throughout our lives.

The comfort and peace we find in music can enrich our existence for years to come. There are so many songs and compositions we can never learn them all. There is always more to look forward to!

As you can see, there are more reasons to pursue musical literacy and competence than for the sake of lessons themselves. Take the plunge and find out what music can do for you!!