

Jeeyoon Kim

WHENEVER  
YOU'RE

*Ready*

How to Compose the Life of Your Dreams



GREENLEAF  
BOOK GROUP PRESS



## **MOVEMENT #1**



Practice until Practicing  
Is a Part of Your  
Normal Life

# 1 | Habits Win Out over Willpower

## SOMETHING TO TRY WHENEVER YOU'RE READY:

- Do you have any habit or routine that you failed to keep in the past? Write it here:

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- » Why do you think it was difficult to keep up? It was (too hard/too long/boring/no time/lack of motivation/not useful/not prioritizing enough/no reason or other reasons):

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- » Would you like to try it again, this time with a much smaller chunk of time? Keep it ridiculously small, such as opening up a book and reading for 3 minutes in order to build a reading habit. Your new time goal: every day for . . .

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- Do you have a new habit you'd like to add in your life? Write it here:

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- » What existing activity/habit would it make the most sense to do this activity after? After doing

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1. Try it for 3 weeks (21 days) but not longer than 10 minutes each day.
2. Share your challenge with your family and friends today.
3. Create 21 boxes on a sheet of paper with each date and put it someplace where you can't miss it.
4. Mark an X each time you do the habit challenge.
5. If you miss a day, tear up the paper and start over. The goal is to do that habit for 21 consecutive days. Remember, it is okay to fail now and then. I know eventually you will succeed.
6. Celebrate when you finish your 21-day challenge!

## 2 | Process as a Goal, Not an Outcome

### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- When is the last time you asked yourself “why” something happened to you? Can you change that question to “what to do now”? How does it change your perspective of the situation?
- Think about the following sentence:
  - » I love doing \_\_\_\_\_. My wish is that I continue loving doing \_\_\_\_\_ every day throughout my life. I enjoy the daily aspects of this activity, just like I do walking on a hiking trail, smelling flowers, or looking at and appreciating the vast variety of scenery or gorgeous mountain ridges. The goal here is to enjoy the act of walking on the path, not to arrive at the destination and be done.

### 3 | Efficiency Wins over Amount of Time

#### SOMETHING TO TRY WHENEVER YOU'RE READY:

Plan tomorrow in advance. It is best if you can even plan for smaller chunks, such as thirty or even fifteen-minute time blocks. Review at the end of tomorrow which activity went as you planned, or which activity took longer or less time than you thought it would. Use a timer when needed for a certain activity so you don't have to worry about keeping track. Try to do one thing at a time without distractions. (Yes, your phone too!) I am curious if that makes you feel differently or how it affects how you spend your day.

CHECK if you accomplished it	TIME	PLAN TO DO
	6:00	
	7:00	
	8:00	
	9:00	
	10:00	
	11:00	
	12:00	
	13:00	
	14:00	
	15:00	
	16:00	
	17:00	
	18:00	
	19:00	
	20:00	
	21:00	
	22:00	
	23:00	

## 4 | Find Work and Rest Balance for Yourself

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- What are 3 things that you want to keep in your life consistently? For me, it is moving or exercising, practicing piano, and reading or writing. What are yours?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- If you go to the internet and search “66-day habit challenge,” you should be able to find many types of 66-day habit calendars available for you to download for free. Print one of those and start your ONE habit challenge today! Put that paper somewhere visible. You can always apply the two-day rule when needed. Just don’t skip two days in a row!

## 5 | The Turtle Wins the Race over the Rabbit

### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

What is it that you always wanted to learn and would love to do, but haven't started yet because you think it is too late or you're discouraged as you think you don't have the talent for it?

- » I would love to learn how to \_\_\_\_\_.
- » Find an instructor to help you (perhaps through an internet search), and do this NOW.
- » Make that first call today for the first appointment, or simply to ask a few questions.
- » Find YouTube videos on how to do that activity . . . and start NOW.
- » Be motivated . . . NOW.
- » Make a decision to commit to your chosen activity and follow through with it.

## 6 | Water Boils at the 100-Degree C Mark

### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

I love (*write one activity*) \_\_\_\_\_.

It takes time and effort! Often, I am not always motivated to

\_\_\_\_\_.

- » I do it anyway.
- » I don't feel progress.
- » I do it anyway.
- » I believe I am making some progress.
- » I do it anyway.
- » I don't feel like doing it today.
- » I do it anyway.
- » Today I feel good about this.
- » Good job, I do it anyway.
- » Continue!

*I promise you that you are moving forward, and you will feel the progress soon. Just don't stop.*

Love is what you DO regardless of how you feel.



# INTERMISSION #1 | Waltz Op. 64, No. 2 by Frédéric Chopin

To listen to the piece and learn more about it, scan here



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## **MOVEMENT #2**



Guard Your Mind and Keep  
Negativity at Bay

# 1 | Don't Let Others Dump Trash in Your Mind

## SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- When was the last time you gave power to another person's negative thoughts? How did it make you feel?
- The next time you feel like you are giving another person's negative thoughts and opinions energy, think about these ideas:
  - » Believe that those words are toxic for you.
  - » Physically separate yourself from the source if you can, delete it, and do some other positive activity that can help you forget about it.
  - » Don't talk about what was said with others, or as little as possible if you can, because, by doing this, you still give it a chance to live in your head longer.
  - » Avoid all future interaction with that negative person.
  - » Imagine you have an eraser in your mind and believe that you can simply erase that thought. Try to visualize it.
  - » If you can't avoid the person physically, simply **DO NOT GIVE POWER** to that negative voice; do not permit it to harm your mind. It is trash that you need to throw away. Believe that you can choose how to direct your mind.
  - » Listen to music or try yoga. Breathe in and out, then smile.

## 2 | Dealing with the Monster in Your Head

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- Make a list and write out all of your monster's thoughts.
  - » Then try to analyze the root of each monster's thought. Was it from your childhood? Someone in the past? Just yourself?
  - » Write 3 to 5 sentences of great defense—as your angel would—for each of those negative thoughts. Explain why those negative sentences are silly and untrue. (I know it might be difficult, but just be objective and try pretending you're a good lawyer instead of thinking about it too personally.)
- Let's form your affirmation sentences!
  - » I am \_\_\_\_\_  
(your great personal characteristic).
  - » I am \_\_\_\_\_  
(another wonderful character trait of yours).
  - » I am \_\_\_\_\_  
(another wonderful trait of yours).
  - » I am \_\_\_\_\_  
(some character traits you aspire to).
  - » I am \_\_\_\_\_  
(another characteristic you want to express).
  - » I am always \_\_\_\_\_  
(some activity that you like to do).

### 3 | Winner's Mindset

#### SOMETHING TO TRY WHENEVER YOU'RE READY:

- When was the last time you felt you made progress, big or small, toward becoming a better version of yourself? What did you do to make that happen?
- Do you believe your max efforts would make a difference in who you are, how you show up in the world, and who you become? When was the last time you consciously tried something really difficult? What was it? How long did you try?
- Let's try the following:
  - » I want to make a full effort of doing \_\_\_\_\_.  
I do it for myself because it gives me joy to push something forward and feel I'm making progress in my life. I understand every change will always start from my point of limit. I am committed to doing this activity for at least (*duration*) \_\_\_\_\_.  
I don't expect any specific outcome from doing this, but it will give me joy and a sense of freedom, as I will not be left with any regrets.

## 4 | Rewrite Your Story

### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

A suggested perspective to think about for yourself . . .

- I can clearly see now that the failure I had in the past ( \_\_\_\_\_ ) was a great turning point of my life. It was a needed stepping-stone for my life.
- I accept that I will go through many difficult times and many failures in my life. I will feel bad and I will be hurt. That is normal.
- I accept that it takes time to get better—often longer than I wish. The good day is coming when I least expect it.
- I understand that moving forward is hard, change is hard, and failing is hard.
- I understand that continuing my daily routine regardless of my emotional difficulties is helping me mentally.
- I will not make any decision out of fear.

## 5 | You Can Control Some Things, Just Not Everything

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- Make your own list of two columns: things you can control and things you can't control in life. This was a powerful exercise for me and helped me get this concept in my head more clearly. I highly recommend you try it also.

Things you CAN control in life	Things you CAN'T control in life
1. Ex) how to prepare for an event	1. Ex) mistakes/accidents

- Do you have a big presentation, concert, or event coming up? Try to visualize that important day in as much detail as possible—in the best-case scenario with the most positive version of yourself—and write that down. Imagine the best-case scenario playing out, detail by detail. Then, visualize it as often as possible before the big day.

## 6 | Stay Away from the Mind Virus

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- A self-screening test for the self-pity virus (choose yes or no):
  - » I have felt that the current situation is unfair to me. (Yes/No)
  - » I have felt that bad things are happening to me more than to others. (Yes/No)
  - » People never understand my situation, as they can't experience it in my shoes. (Yes/No)
  - » I don't want to do anything. I am miserable. (Yes/No)
  - » I feel pity for myself. I have been going through a lot lately. (Yes/No)
  - » More than 80 percent of what I told others and myself last week was related to how miserable I feel right now. (Yes/No)
- Let's think about three things that you are grateful for today. Give at least one full breath in and out with each one to give enough time for this to sink in. Then smile. What are you thankful for today or right now?
  1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*This list is here to help you be aware of your own thought process. This is not a criticism toward you. Only you can get out of this self-pity trap. Don't just sit and contemplate how bad your situation is and do nothing about it. Do something! Anything. Go for a walk. Let's start with that.*



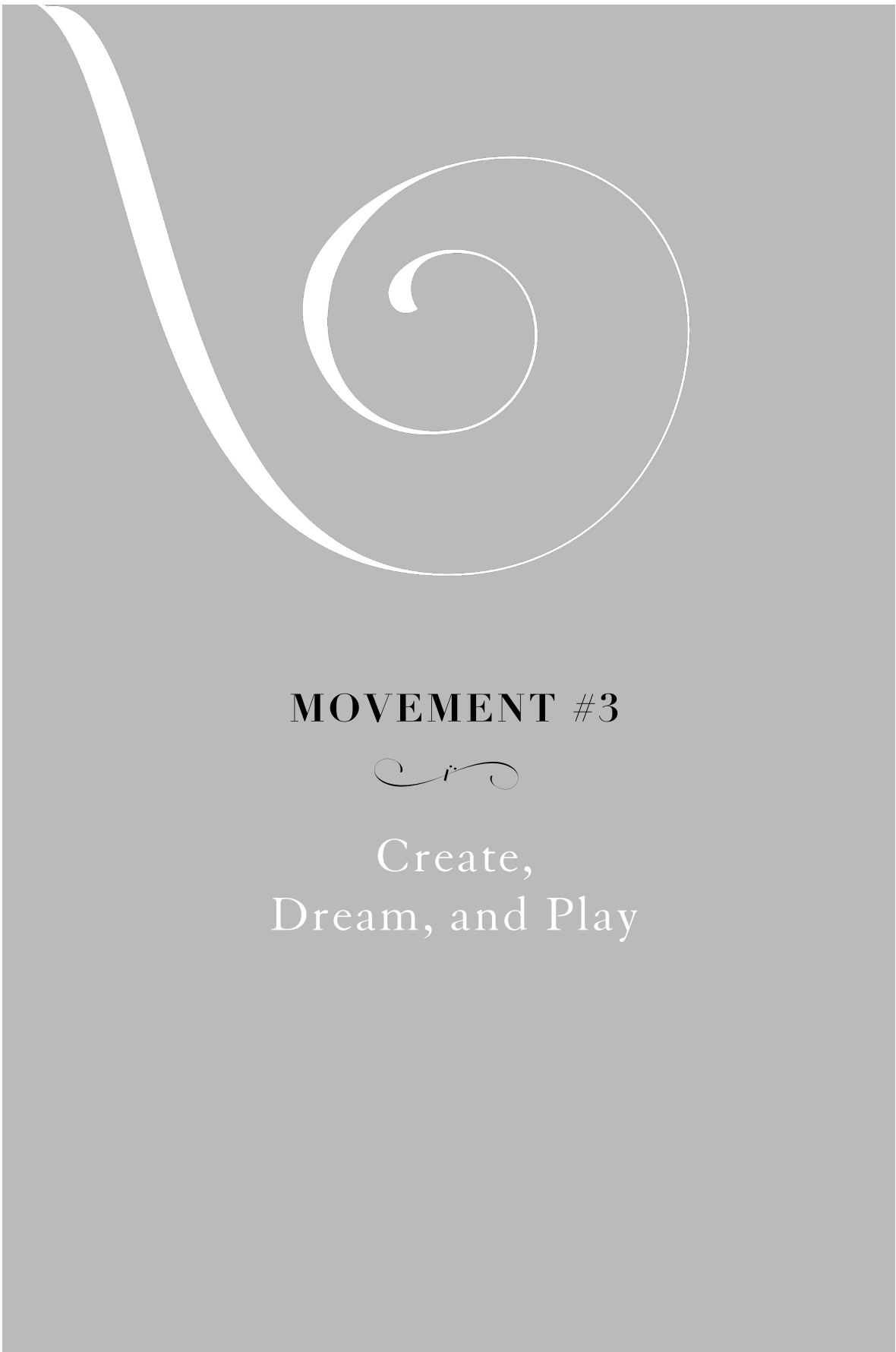
# INTERMISSION #2 | Intermezzo Op. 118, No. 2 by Johannes Brahms

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## MOVEMENT #3



Create,  
Dream, and Play

# 1 | Create Your Own Path

## SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- Think about your current job. Do you like what you do or simply like the paycheck? What are the aspects that you like and dislike about your current job?
- How could you adapt your current work to the new world we are facing with the COVID-19 pandemic? Is there anything you find that is more effective with our new digital world? How can you keep your core offering to the world without physical contact?
- Are you retired? Even better! You have a total white canvas to begin fresh on. How exciting! If you could create something you would love to do for the rest of your life to keep engaged and involved, what would that be? What makes you happy? What can you do well to solve the problems of others? Do that and create ways to share with others.
- Are you still searching for your job, but getting nowhere? What aspect of the job you are searching for is so appealing to you? The work? Or financial security?
- Have you thought about creating your own job?
  - » This kind of thinking requires you to be an entrepreneur, but don't think about money yet, just think about *what problem you can solve for people* in your own way.
    - ◇ I can \_\_\_\_\_ for people.
  - » Let's create a new dream job based on your criteria. Have fun with it. Don't limit this job just because it doesn't exist yet in the world.
  - » What is something you can do about it right away? You can simply research more about it on the internet, or write about this thought in your diary, or find books about the subject. Anything, small or big, just do it. Now.

## 2 | Redefine Your Success

### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- Trace back to the last time that you felt perfectly content. What were you doing? What were you thinking? What made you feel that way?
- Let's try to envision an image of success as the status of your being—as content, calm, and peaceful. What brings you close to that feeling?

1. I am content when I do/think about

\_\_\_\_\_.

2. I am calm when I do/think about

\_\_\_\_\_.

3. I am peaceful when I do/think about

\_\_\_\_\_.

Let's repeat those activities each day. Don't wait for success. You are successful *now*.

### 3 | What You Do Matters

#### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- Imagine yourself as a big company. When I go to your imaginary website for this company, I would like to see your mission statement. Can you form a few sentences that resonate with you about the person that you want to be, principles that you believe in, and the things you want to do in your own way?
  - » I believe in \_\_\_\_\_. I can always help someone in this world with my own unique skills or my character by doing \_\_\_\_\_. I always strive to \_\_\_\_\_.
- Your way of finding a mission in life should reflect who you are and what you excel at. If you fix houses as a handyman, you are contributing to the world with your interests and strengths by helping people solve problems with their homes. If you are a full-time mother, you are impacting your child's life in the most significant way, more than anyone in this world can. Your impact will create a butterfly effect on other people, now and in the future. Every small thing you do influences everyone around you. You are the influencer of the universe.
- Do a random act of kindness whenever you see a chance. It can be as small as holding a door for a person behind you. Always look for an opportunity to help. Imagine the good butterfly effect to that person and the world by your small act. The world may not always recognize or appreciate your efforts, but keep doing your piece of the puzzle for the universe.

## 4 | Indulge Your Dreams

### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- Close your eyes and try to dream the wildest and craziest dream.
- Then ask that dream, “Why not?”
- If that dream represents a direction you would like to go, what is the tiniest and smallest action you can take today?
- Don't be discouraged if your wild dream is not achieved in the near future. It is still great to dream, to let yourself loose and head in a new direction. You can always slow down or even pause in life. The speed is not important, but having a sense of direction is.

## 5 | Share Yourself

### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- Ask yourself, “What would I do if there was no possibility of failure?” Then turn this question into “What is worthy of doing even if I fail?” (The first question addresses a perfectionist mindset; the second is the way I would like you to think.)
- After answering the second question, share that thing of yours with others. Take a picture, write a blog, record it in your journal, post a note on social media, share with your friends and family—document the process. You are impacting the world around you in your own way by doing what you love. Start practicing by sharing small with the positive group of people around you. Notice if an act of sharing enhances your experience of your work. Make a mental note. Do it again.

## 6 | Play Like the Little Child Inside of You

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- Is there anything you are interested in now? Anything? Spend time learning more about that or have fun doing it.
- Go to a park and sit on a bench one day. Just enjoy watching people or nature, or do nothing. Daydream.
- Change up a routine on purpose. Change the way you cook a certain meal. Experiment with a new walking path. Observe the new scenery with a sense of curiosity.
- *Do* things. Don't be just a passive receiver. Walk, read, talk, teach, explain, plant, write, organize, create, play, exercise, draw, record, meet, and build! Your inner child will be happy that you finally took some time to play.



## INTERMISSION #3 | Pagodas by Claude Debussy

To listen to the piece and learn more about it, scan here



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## **MOVEMENT #4**



Connect with Yourself,  
Others, and the Universe

# 1 | Meet Yourself First

## SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- Is there anything you want to improve about yourself? What have you done about it? Have you considered talking to a therapist or a mentor? You can always do *something* about it, even if it is small. Also, reading is one of the best ways to keep improving yourself. Try it.
- What are the top 3 things that you know work positively for you when you feel down?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- What are the top 3 principles in your life?
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- What makes you laugh?
- What are your tendencies in a relationship with others that you would like to improve?
- What is your best personality trait?
- What are you good at?
- What helps you calm down when you feel angry or frustrated?
- What makes you happy?

## 2 | Choose to Feel and Connect with Others

### SOMETHING TO THINK ABOUT WHENEVER YOU'RE READY:

- When you watch a movie or attend a play or read a book, try to feel what it would be like to be one of those characters. Go there deeply, as if you have become that person.
- Think about the hardest day in your life, the most heartbreaking and painful day you went through. Try to remember that feeling. When you know that someone is going through a difficult time, simply imagine they are going through their hardest day too. Feel the pain with them.
- When you have a conversation with anyone, consciously try to hold a two-way channel as much as possible. Listen, react, receive, then give, feel, and connect.
- When you go to a classical concert, try to feel what the composer was feeling when they created that music. Think about what they might have been going through on the day they composed it. Try to feel what the performer feels. Imagine yourself becoming the performer. Let the music take you to a place of raw emotion. If that brings you to a memory of your past, go there and feel it.

### 3 | Use the Power of Positive Words

#### SOMETHING TO TRY WHENEVER YOU'RE READY:

- Be highly aware of anything you say today. Count how many times you speak negatively toward yourself or to others.
- Try simply not say anything negatively to yourself or to others for the next week or month—or even a year. You might have those words in your head, but just don't say them out loud.
- At every opportunity, say out loud positive and encouraging words to yourself and to others. (Texting is also a form of saying things out loud.) Splurge with it. Of course, don't be artificial, but when you feel any positive feeling toward something, express it fully!
- Write positive and encouraging words to yourself in a diary. Keep practicing until those words become natural to your hand and your ear.
- Make your own energy bomb scrapbook where you can collect nice cards that you received or printed-out emails or texts from the past that you want to reread whenever you feel down or feel negative. (Remember, you always have a chance to be that person who can give that energy bomb to someone else.)

## 4 | Don't Do It Alone

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- When you talk to a friend or a colleague about their projects, the best help you can give them is to support and encourage their efforts. You can't live their life. But you can cheer them on their journey.
- Take a look at who you meet regularly. Are they positive? Are they a group of people who strive to be better in their lives? Do you have anyone whom you look up to? We can't change who we have as our family members or coworkers, but we do have control over many of the people we choose to share our life with. Choose to meet a group of people who have positive energy and avoid negative people.
- Join a group that has similar interests and good energy. When you don't have any group that you click with, try to create your own. Who would be a great ally to help your amazing group get started?
- Be the person whom you want to be around. Be that friend you want to have as a friend first. When you want to receive something, whether that's positive words, texts, emails, calls, or to spend time together, give that to your friends first.

## 5 | Talking to Strangers

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- When you are in a line, try to talk to the person behind you or to the cashier. Asking a quick light question is a great way to start. Or look at them, smile, and say “Hi!” Complimenting others is also a great way to break the ice.
- Every time you pass someone when you take a walk, make sure to say hi with a smile. Take the time to say hello to their pets when appropriate.
- Taking it to the next level . . . When you are in a plane or taxi or Uber or bus, or perhaps just in a waiting room, start a conversation with someone. That person might respond coldly, or this might be the best conversation you ever have. You simply don't know. Experiment for yourself.
- Always make a mental note if conversations with strangers light you up afterward. Think about how much better your contact with them was than you initially assumed or expected it would be. Make sure to do it again, allowing this to become part of your lifestyle.
- Visualize that every time you connect with anyone, it electrifies you positively. Remember the image of the sparkling Milky Way.

## 6 | Express Yourself through What You Do

### SOMETHING TO TRY WHENEVER YOU'RE READY:

What do you support? Animal rights? Justice against race discrimination? Green environment? Performing arts?

- » I support \_\_\_\_\_.
- » What is something you can do about it? You can always learn more and become more involved with it. Read about what you support. Volunteer in the organization you support or donate something, small or big. How can actions you take today express love to your family members or friends? Maybe send a text message, or call, or wash dishes, or clean the house, or fix something for them. Something small with an action. Try it.



# INTERMISSION #4 | Impromptu Op. 90, No. 3 by Franz Schubert

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## **MOVEMENT #5**



Take Care of Your Body  
and Your Environment

# 1 | The Power of Walking

## SOMETHING TO TRY WHENEVER YOU'RE READY:

- Make a plan to walk for at least 20 minutes every day this week and see how you feel.
- Do some physical activity like running, swimming, biking, walking, or hiking as a form of relaxation and a break. Before you do it, always think first about that good feeling you get afterward. For me, it helps to get over the initial laziness or procrastination before any physical activity by thinking about its positive effect on me.
- Try to meet up with your friends for walking rather than at a restaurant or a coffee shop, or call while you walk. I always have a great conversation while I walk.
- Taking it to the next level . . . Try to walk 10,000 steps for a month and see if that affects you positively. (I am very curious to hear the outcome.) When you have the energy, walk at a brisk tempo with longer strides.

## 2 | Awaken with Meditation

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- Meditation is nothing fancy. Simply put a timer on for 3 minutes now and start counting your breaths. Breathe in for one, breathe out for two. When you reach ten, then start back again with one. The key is to gather your mind to focus on your breathing. Some thoughts might take you other places, but don't go there. Observe it as if it is someone else's thought. Watch your thoughts arising and going while you feel and focus on your body breathing in and out. Be with it.
- My favorite three apps for guided meditations are Calm, Headspace, and Waking Up. I still like to do a guided meditation regularly, although I can certainly do it solo. It is simply a preference. Sometimes you like to walk alone, other times you don't mind having company walking along with you.
- While you are stuck in traffic or in a grocery line, try to meditate by focusing on your breathing. It is a perfect excuse to be with yourself.

### 3 | Get in Touch with Your Body through Yoga

#### SOMETHING TO TRY WHENEVER YOU'RE READY:

- Any ache or pain in your body today? Try to find that specific ache-focused yoga on YouTube now and try it for 10 minutes. For example, yoga for low back pain or yoga for a tight hamstring.
- What are you feeling now? Try to find that feeling-related yoga practice on YouTube. For example, yoga for depression or morning coffee cup flow for boosting energy.
- Try to find a private instructor. For me, this was a game changer to really learn deeply about yoga at my own pace in my own body. Just like taking a piano lesson, a good instructor will be able to guide you on this fascinating journey of yoga and help you discover more about yourself and life.

## 4 | Get in Touch with Your Body through Yoga

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## 5 | Design Your Environment for Yourself

### SOMETHING TO TRY WHENEVER YOU'RE READY:

- What is important to you? What is the focus in your life? If there isn't only one, identify a few things in your life.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- Then design your environment based on that notion. Make it your focus to stand out and declutter things that may hinder you from focusing on those things that are most important to you.
- Let's choose one corner of your space and start to clean today. Get rid of things that you haven't used for years and rearrange some of those items again in the way that you can easily scan all of the items that you own. Just like Marie Kondo says, if that object still sparks joy, keep it; and if it doesn't, say thank you and let it go. Don't think too long. I find that a quick, intuitive decision about a thing works for me. (And it always improves with practice.)
- Choose one object that you use today and try to have some conversation either out loud or internally. What can you tell it? What do you like about it, and what are you thankful for?
- Try to build a habit of putting a thing back in its original place. Create a home base for every single item in your house if they don't have one. Hopefully, things piled up on a kitchen countertop are not in their permanent homes! As long as you know where their home should be, put them there after each use. For example, I have a basket that I simply throw my pajamas or clothes that are not quite dirty enough yet for the laundry, but otherwise might wind up on the floor. And I have a little cup at the entrance of the house where I put my keys and other small objects.
- Clean your space now. A neat and organized space might give you a great energy boost and inspiration to start something new.
- Try to make the bed each morning for a month. Experiment with it and see if that works for you positively.

## 6 | The Beauty of Our Limits

### SOMETHING TO TRY WHENEVER YOU'RE READY:

Write a short poem for your imaginary funeral just like in that Japanese tradition. And live today as if it is your last day, and appreciate every moment of your life as a gift. Then repeat the process every day. Life is beautiful, isn't it? Here I would like to share my poem with you.

*I walked onto a stage with a smile  
a velvety tone of a piano  
gliding through  
a ray of golden sunshine touching our souls*

*you asked me, was it lonely,  
was it hard?*

*the most beautiful thing often doesn't come easily*

*what a journey  
to be,  
and once to have existed  
to fill your heart with the magic of music*

*carry it on  
feel it  
now go and play your tune.*





## ABOUT THE AUTHOR

**A**ward-winning classical pianist Jeeyoon Kim delights audiences with a sparkling combination of sensitive artistry, broad emotional range, impeccable technique, and innovative concert experiences. A native of South Korea, Jeeyoon has inspired a dedicated and passionate fan base from around the world. As a performer, she defies convention by expanding on the traditional classical concert experience. Her 2016 debut album, *10 More Minutes*, features a conversation with the audience from onstage. For her next act, Jeeyoon collaborated with New York–based visual artist Moonsub Shin to create a multimedia masterpiece, *Over. Above. Beyond*.

Jeeyoon began studying the piano when she was just four years old, and her love of music and the piano propelled her through her undergraduate studies in piano performance in Korea. After moving to the United States, she graduated with distinction with a master's degree and a doctorate degree in piano performance, all on a full scholarship from Indiana University's renowned Jacobs School of Music.

In pursuit of an even deeper understanding of music and wishing to refine her ability to share it with others, she earned another master's degree in music education, piano pedagogy, with a full scholarship from Butler University, where she

simultaneously served as a faculty member. As a testament to Jeeyoon's abilities as an educator, she was recognized with the Top Music Teacher Award from Steinway & Sons for three years in a row, from 2016 to 2018.

Today, between performances at venues like Carnegie Hall, the Chamber Music Society in San Francisco, and the Stradivari Society in Chicago, Jeeyoon remains focused on finding new ways to connect with audiences and bring a fresh perspective to the magic of classical piano music. In 2020, she launched a fast-growing podcast dedicated to helping people of all musical tastes and backgrounds discover the beauty of classical music. *Journey Through Classical Piano* delivers short episodes that feature concert-like musical experiences and in-depth explorations of classical compositions, hosted by Jeeyoon.

Jeeyoon is an art activist, educator, podcaster, YouTuber, and award-winning performer who strives to connect with new audiences and help them discover the magic of classical music. During her COVID-19 quarantine, she is creating *[si-úm]*, a project that blends classical piano with poetry and spoken word performances. She also walks daily, teaches, and performs via livestreaming from her home. For more information, please visit [www.JeeyoonKim.com](http://www.JeeyoonKim.com).



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