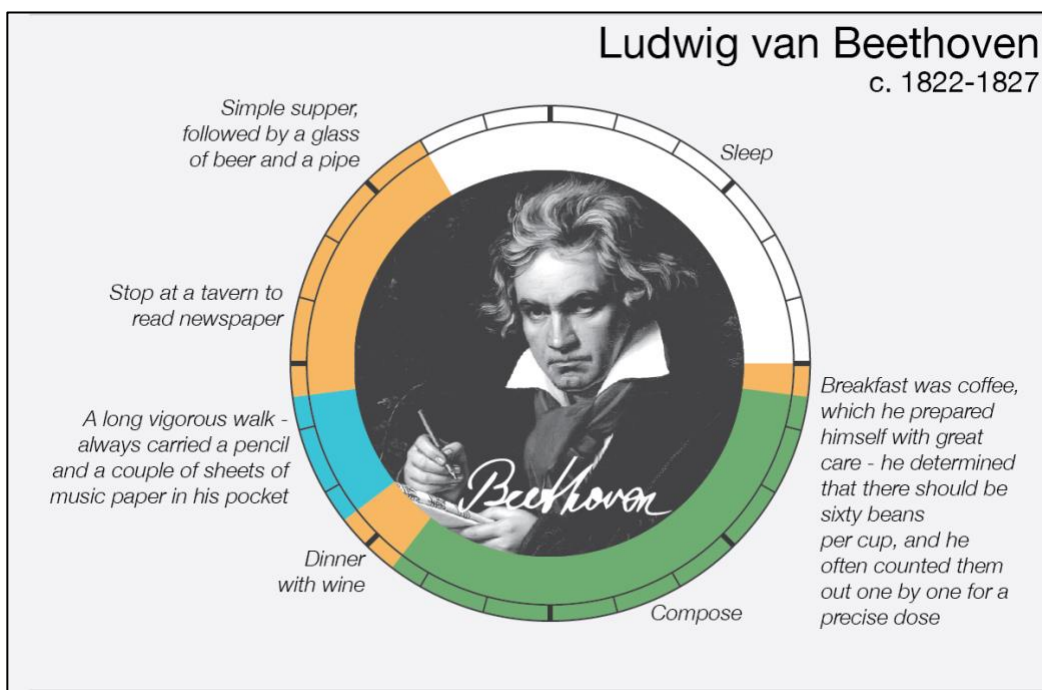


## I Tried Beethoven's Daily Routine



Infographic source: <https://infowetrust.com/project/routines>

During COVID-19 stay-at-home last spring, British singer-songwriter Mary Spender decided she would structure her daily routine after one Ludwig van Beethoven followed. She tells about her experience in this video: <https://www.youtube.com/watch?v=kns30P9m9Pg> (10:43)

*Note: Smoking a pipe or drinking beer and wine is not condoned. Remember laws, norms, and science were very different in the 1800s, and Beethoven was well over the age of 21.*

After you've watched Mary Spender's video at least two times, choose four questions to answer.

- What were some changes Ms. Spender needed to make in order to follow Beethoven's routine?
- She lists some benefits she experienced. What were they?
- What aspects of Beethoven's routine would you like to try for yourself?
- How do you think Beethoven's routine had an impact on his composing?
- Ms. Spender mentions Beethoven's resilience—his ability to keep going in spite of personal tragedies like the death of his mother, his father's alcoholism (and Ludwig's resultant abusive childhood), his isolation and depression, and his own deafness. Do you think his routine had an influence on his resiliency? If so, how? If not, why not?

## Now, it's your turn!

Choose a day, and safely follow Beethoven's routine yourself. As you go through the day, think about how Beethoven's routine is the same or different from your own. How do you feel throughout the day? How is it the same and different from your usual?

- \_\_\_ Get up at dawn
- \_\_\_ Have some coffee or another beverage with/for breakfast  
If you drink coffee and have access to beans and a grinder, give his 60-bean cup a try
- \_\_\_ Work  
Take breaks to go outside or perhaps attempt meditation, like Mary Spender did
- \_\_\_ Have lunch
- \_\_\_ Take a long walk  
Or workout, like Mary Spender did?
- \_\_\_ Have a simple supper with your family  
Or perhaps while reading or talking with friends
- \_\_\_ Go to bed early

Write about your experience, such as...

- Did you find this had an impact on your creativity? Discipline? Mental and physical health?
- What did you have to change in your life to make this happen?
- What was your favorite part? Your least favorite?