



Are you currently a 98% or 2% Musician?

Which kind of musician do you strive to become like?

Which point do you need help or improvement in?



What is your **THEME**?

(i.e. Education, Fan-building, Songwriting, Recording, Social Media, etc.)

S: Pick 1-3 very specific goals that are fairly big:

M: How will you measure that goal? How will you know if you're on track to achieving that goal? Break it down into 1 month goals

(i.e. Write 10 new songs in 90 days > write 3 new songs each month > 1 + song per week).



A: What are the specific **tasks** you need to DO in order to achieve that goal?
(i.e. Take a class on how to use Facebook ads to get superfans on my page. Set aside 1 hour per day to practice my instrument. Set an alarm 2x a day on my phone to check in with my social media accounts and talk to my fans, etc. WHO, WHAT, WHERE & WHEN.)

R: What might distract you from focusing on your theme? Is your goal big enough but also realistic?

T: Write in your calendar or a calendar app on your phone when your 90 days begins and ends. Schedule in your 30 day Milestones and your 2 week Sprints.

TIME & ENERGY

What kind of decisions do you make on a daily basis that are predictable?

What can you prepare ahead of time so you can think less, be on autopilot and save your energy reserves for music?



Clothes: What can you do to save time and decision energy about what you will wear all week?

Food: What can you prepare ahead of time, and what kind of purchases could you make so you have to think LESS about food and spend less time cooking?

Calendar: What happens regularly (or chaotic) that you're always trying to remember in your brain? How can you better keep track of this so you have to think about and remember less details?

AM/PM Routine: What would you love to accomplish every morning before you even walk out the door?

What time would you love to wake up so you have more time to do this?

What would you love to accomplish in the evening before you go to sleep?

What time would you need to go to bed to feel refreshed in the morning?



What can you do to prepare for your day the night before so you can save time and mental/physical energy for music later?

Will you commit to starting 1-2 things? Which 2 habits will you begin with?

It's best to start 1 new habit at a time.

Maybe it will be your bedtime or your food preparation.

Maybe just finding a great protein shake you can take with you to work or that you have 2-3x a day when you're too busy.

That's a great start!

Slowly add more things over time.

Schedule in the new habits you want to start implementing.

Set up alerts on your phone to remind you to complete tasks and try new ones.

This might sound extreme, but it's truly not! We have all this wonderful technology available to help us remember things, implement new habits and strategies.

Take advantage of the apps and technology around you to HELP you achieve your goals!

If you're ready to begin The Online Musician program or you have any questions, send an email to leahwebinar@gmail.com.