

How to make your Music Career less Stressful and get back into balance!

Hello, and thank you for requesting this Report. Before you get down to reading it, you may find it more useful to print the Report off and use it as your own personal workbook – there are spaces within it to add your own goals, timetable, thoughts etc.

So, whilst it's printing off, clear the decks (no pun intended!) make yourself a drink and get comfortable...are you ready? Here we go...

Are you finding it hard to maintain some balance in your musical life? You may feel exhausted by all the rushing around, trying to get everything in your music career sorted as well as trying to fit in an every day existence. Is the constant pressure of your music career stressing you out and beginning to keep you awake at night, or even worse are you feeling 'burned out'?

It doesn't have to be this way – you have choices. Choices are sometimes difficult to make, but if you follow some basic tips, you can make it easier for yourself. Check out the Issues and Solutions below and the exercises contained within them.

Issue: Are you feeling constantly under pressure?

Solution: Check out your Priorities

Do you find that feeling constantly under pressure can take its toll on you? You can become irritable, anxious and feel totally disconnected with what you used to consider as being important, within your music career as well as the rest of your life.

You may be a signed artist busy promoting your new album – you find yourself literally running from interview to interview – radio, TV, Hello Magazine – never mind all that that entails – having your hair and makeup done for all the TV shots or photo shoot to accompany an article. Then you're touring around the UK and probably farther afield, generating more interest in your album – it's gruelling and on top of that you miss your family, significant other and your mates – its not a bed of roses this music industry lark! Or...

You may be an unsigned artist: but just as busy. You're in a band gigging at venues in your nearest town, trying to enthuse the locals and getting that local support for your music – a sure sign of getting the record labels interested in you. However you're also trying to hold down a day job,

Issue: Everyone wants a piece of you

Solution: Communicate your needs so that you don't get pulled in all directions

Whether you're a signed or unsigned artist, a session musician or you work for a record company; you seem to be constantly in demand from someone or other. This is a common problem for musicians and those working in the music industry.

Let's take a look at who those people may be, in your musical life, if you are a signed artist: Your manager, record company, the recording studio, your producer, the promoter, your personal trainer, your hairstylist, the media, your fans, let alone your family, your lover, your friends. Finally don't forget to add yourself to the list – yes, most people make demands on themselves!

In reality your list may be much longer than the example above. But it gives a good idea of the situation you are in. If you are a signed artist you may not deal with some of these people on a daily basis, as your Manager will be doing this on your behalf. However you will undoubtedly meet all of them throughout your music career, as they are the ones that support your career in the music industry.

If you're not a signed artist, or you work in the music industry, I'm sure that you have situations where it seems like everyone has demands on your time.

So the next question to you is: "Do your priorities as a musician clash with the demands made of you?" Inevitably there will be clashes. So, what do you currently do when a clash occurs?

In a situation where you feel that you are being pulled in more than one direction, it becomes increasingly important to know what your priorities are for you at this time. If you don't know them, then making a decision that will undoubtedly disappoint the people around you, will become an absolute torment to you.

However if you are aware of your priorities and can make your decisions, then this is great. But, how do you communicate those decisions to those people who are demanding your time: especially when there is a clash of demands and you inevitably have to let someone down?

Communicating your priorities to those around you is of the utmost importance. By doing this you will gain an understanding from those people and they will do their best to support you in your endeavours.

For example, take a scenario where both your manager and a close family member have invited you to attend a function on the same evening. Neither party know anything about your current priorities, but you still have to make a choice between the two functions.

If you told your manager that you wouldn't attend their function because of other arrangements, he or she is likely to put pressure on you to attend – telling you how good this would be for your career and that you were not taking your career seriously enough etc.

However, if they were to know about your priorities and what was really important to you at that time, they would be far more tolerant and find ways to support you rather than make you feel guilty about not doing the 'right thing'. The same goes for your family.

So the upshot is that by communicating your priorities to those who need to know, you will feel far less pressured as a result. You may even find that your manager will take your priorities on board when arranging meetings for you – making sure that they do not clash with the goals and priorities in the remainder of your life.

So, are you communicating your priorities?

I'm sure that you have found the tips in this report useful. If you are a musician or work in the music industry, and you find yourself under pressure and you just never seem to have enough time: I'm sure I can help you. Give me a call today on (01246) 231 249 to schedule your complimentary consultation where I can discuss how I can help you in your specific situation.

If you have been given this Report from a mate and want your own free copy – please feel free to contact me or go to my website – there are other free materials available...

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I work with musicians and music industry personnel, who struggle with their constantly demanding lifestyles.

I help you to regain the balance between your career in the fast paced music industry and the rest of your lives outside of it.

