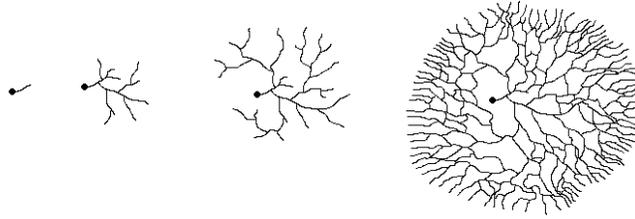


DESIGN THE ECOSYSTEM OF YOUR MUSIC



ec·o·sys·tem

/'ɛkō,sɪstəm/

a biological community of interacting organisms and their physical environment.
(in general use) a complex network or interconnected system.

per·ma·cul·ture

/'pɜrmə,kəlCHɜr/

noun

noun: **permaculture**

the development of ecosystems intended to be sustainable and self-sufficient.

permaculture is a holistic, living-in-harmony-with-nature worldview, as well as technical approach for how to do so

You are the designer of the permaculture of your artistic world. This is where your success comes from:

maintaining a healthy artistic + living ecosystem.

You can think of the parts of your system as the things which feed your soul:

- Music practice
- Producing
- Playing your instrument
- Jamming with your band
 - Songwriting
- Exercising, moving your body
 - Your relationships
 - Your home
 - Your nutrition

...Basically anything that allows you to get up everyday and rise to the opportunity to be the best human + artist you can be TODAY.
We'll do a writing exercise to explore these things in your life on the next page... feel free to grab a journal, write in the notes section of your computer or phone, start a google doc, or print this PDF out.

BRAIN DUMP EXERCISE:

Write out answers to each

SELF-REFLECT

What are the basic principles of your life?

What do you stand for? What do you most value?

How has music helped you get through the toughest times in your life?

What supports you in your life today? Who supports you? How are they supportive to you?

OUTLINE MAJOR SOUL-GOALS

At the end of my life, I want to look back and say that I've...

- 1.
- 2.
- 3.

MY ROOT SYSTEM / WHAT SUPPORTS MY ARTISTRY MOST

- 1.
- 2.
- 3.
- 4.
- 5.

5 ESSENTIAL AREAS OF FOCUS TO ACCOMPLISH GOALS:

What I'd like to nourish consistently is...

- 1.
- 2.
- 3.
- 4.
- 5.

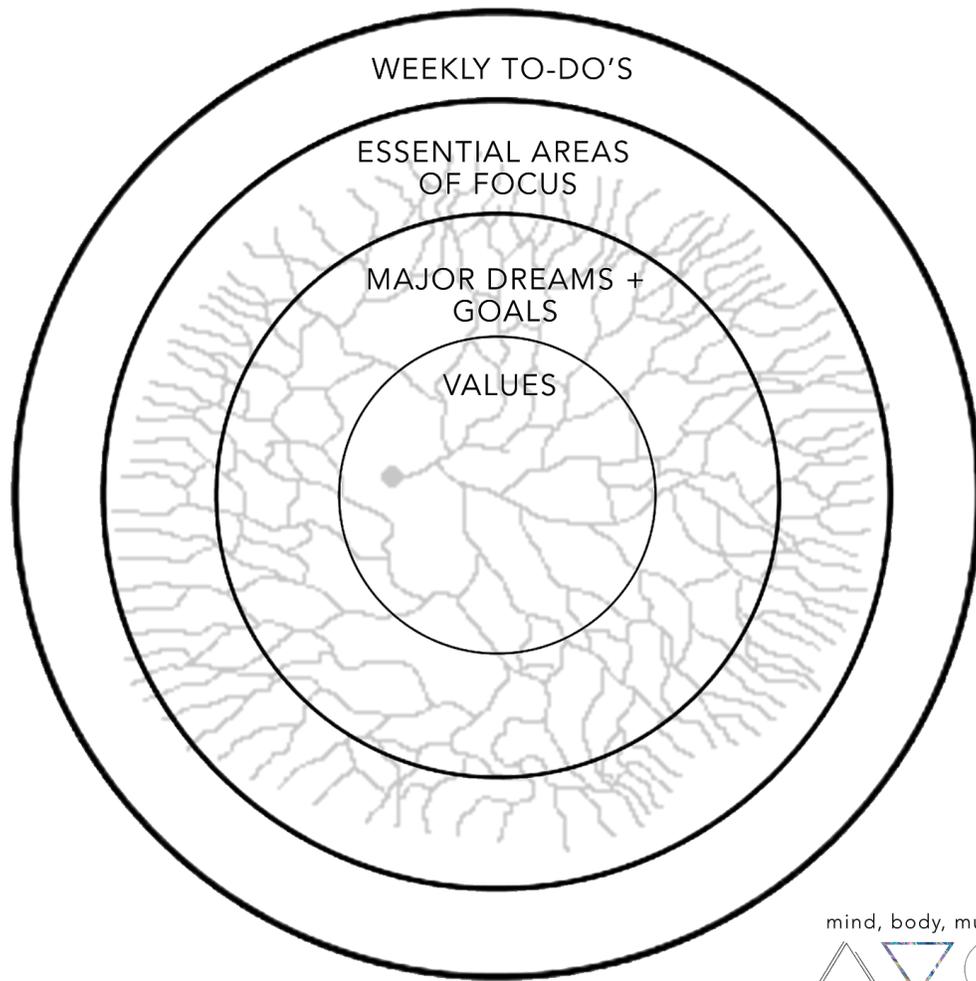
WEEKLY TO-DO'S

If I spend even 10 min daily on one of these areas, I know I am working slowly toward my soul-goals.

1. Social Media / Network / Follow up
2. Practice music / Write new material
3. Strategize / Plan new releases

Draw this system in an artistic way:

ECOSYSTEM OF MY MUSIC PATH



*Feel free to fill this out, and revisit it as often as you need. I recommend at least **once per season** sitting down and taking 10-20 min to fill this out. See where and how things have shifted, and what has stayed the same.*

These layers of your musical ecosystem feed each other in organic ways. Trusting this, knowing this, and feeding this will help the ecosystem thrive. Just focus everyday on what's being called of you to feed the ecosystem.

WE ARE CREATIVE

Allow for there to be some spontaneity with how you get done what you need to get done!

Rather than trying to force it (i.e. from 12-1 on Wednesday I will complete this song...) use your CALENDAR and this SYSTEM as a GUIDELINE, to allow the MUSE to enter and play with it.

muse¹

/myōoz/

noun

a person or personified force who is the source of inspiration for a creative artist.

Who and what is your muse? Is she female or is he male? Or maybe is there no gender, or multiple?

How do they deliver messages of inspiration to you?

Does it come in the form of late-night melodic vocal whispers? (If so, have your voice memos or recorder nearby!!)

GETTING TO KNOW THE MUSE - *EXERCISE*

Sit down with your muse. Make a cup of your favorite tea. Light a candle. Have a conversation. A pact: That you will always allow the Muse to have a part to play in your creative operations. Speak to it, sing to it, write it a letter.

Let it know that you are here to listen, and play with its murmurings.

Spend 10 minutes doing this practice, then write down any observations.

Finding the BALANCE

- *the creative in the logistical and the order in the creativity* -

Practice a: Put on your current fave song. Dance for 5-10 min. Then go layout your IG posts for the month.

Practice b: Do 40 breaths of fire, or 10 pushups. Then, write out a list of your current songs in progress, and write notes on what needs to be done to each in order to reach completion.

-LINKING THE LEFT AND RIGHT HEMISPHERES OF THE BRAIN-