

# Start Now...*Finish Fast.*

WITH MIKE MONDAY

## Your First Step

Before you do anything else it's important to get clear about *what you want*.

And not just for your music...

What you want for the whole of your life.

This is a mistake that many make. They try to separate what they do in the studio from everything else. It cracks me up when people comment on my material and say “ignore the life stuff, just check the creative advice”.

Hello!?!

You might like to pretend your life and your creative pursuits are separate. They're not. What in your life stops you from creating? Job, courses, family, friends, accommodation etc are the very things you need to sort out most to get your music done.

And trust me on this, when you do make music your life, you're gonna find that life and work are even more mixed up!

The clue's in the phrase:

*“I wanna make music my life.”*

Guess what?

Yes - that involves focusing on your music.

*But also your life.*

So while you are going to be addressing some specifics of your creative process when you get the first “official” content in seven days, this is an essential exercise for you to complete before that...

# Your Future Self

When people try to make changes in their behavior, it's hard for them to associate their daily actions (like getting down to finishing tunes) with the reasons to change their behavior (like wanting to travel the world as a DJ).

Much research has been done on what stops people from behaving in a way which supports them long term. And a strong awareness of, and relationship with their "future self" is one of the most important features of a person who ignores instant gratification for long term success.

People who are strongly associated with their future self don't regard this person as a stranger. They see their future self as them - just in the future. This makes them more likely to act to support this future version of them, and not ignore that stranger they don't know or care about.

What's more, it is possible for you to strengthen your association with your future self. And doing this will make it easier for you to engage in goal directed behavior.

You'll do this in various different ways in the coming months, but this exercise is a great start.

It will help you determine (if you've not thought about it much) or clarify (if you have) who your future self is - or more accurately will be...

So the main purpose of this exercise is to strengthen the areas in your brain which process your association with your future self.

But a useful by-product is that the perspective you gain might bring up goals that you want to work towards in the next six months.

And an even cooler by-product which I and many of my clients have experienced firsthand (I've done this exercise multiple times. It's a large reason why I now live near multiple beaches in Australia instead of in the London suburbs), is that if you do it properly - lots of the things you decide you want, just start to happen. Weird - but true!

So onto the exercise. And please - *think big*...

# Your Perfect Average Day

Imagine your perfect "average" day. A day you could live for the rest of your life and be completely happy.

If there were no limitations or consequences what exactly would happen on this day? By limitations I mean people, financial, geographic, health etc. By consequences I mean what you could get into trouble for. But remember - this is a day you could live every day and not get sick of or die.

If all of these things (in fact everything) in your life were exactly as you'd want it to be, what would happen from the time you wake to the time you go to sleep?

Write it all down as if it's the most detailed diary entry you'll ever write.

Please take your time over it. The more detail you write, the more powerful the effect of the exercise on you and the stronger you'll be creating your association with your future self.

Think about your experience during this day. What are you seeing, hearing, feeling, tasting and smelling? What are you thinking about?

You don't have to decide exactly what possessions you'll have, but if they come up, write them down. What are they? What do they look like? Most importantly what do these things represent or mean to you?

When you've finished, read it through, add anything you've forgotten or that pops into your head and then put it away somewhere safe. (I keep my perfect average day on my computer and edit it regularly.)

I've also created a mind map that's the folder this pdf came in which has some questions on it to help get you started. Some might not be relevant to you, so don't worry about answering them all. They're just to get you thinking and help you if you get stuck.

Remember - THINK BIG...