



CREATIVISTA COACHING

Q's an Artist / Musician Should Ask Before They Quit

The following series of questions are based on a snapshot of common reasons artists, musicians, and bandmates consider quitting. Of course, there are both good and bad reasons to quit a band or project, and quite often there are competing areas of life, goals, and responsibilities that factor into the decision, making it difficult to find clarity. So, before you walk away, spend some time working through these questions both alone as well as with those you trust to offer healthy input.

- Is this an emotion-explosion or is it a slowly reasoned decision? Why do you think this matters?
- Am I running away from a difficult season, decision, relationship? How will this solve my issue(s)?
- How does this decision to quit/leave draw me closer to the future I desire to build?
- What role does my pride and/or stubbornness play in my decision to move on? Now what?
- Who do I know that has walked this road, is trustworthy, and would let me pick their brain?
- How is my marriage and/or family life impacting this decision? What is truly at the root of this?
- Are sex, drugs, and alcohol part of the decision to leave? If so, what is my next healthy step?
- What have I discovered about my values, talents, or goals that have led me to explore this exit?
- Have I given this project enough time and energy to succeed? How will I know when I have?
- Is there another opportunity calling me? Have I reflected on the pros/cons of each project?
- Can I do both? What are the potential obstacles? What are the potential wins?
- Am I just antsy? Bored? Scared? Unwilling to commit? Will I do this again if I don't buckle down?
- Imagine six months or maybe five years from now—what sort of regrets might I have if I quit now?
- How might my future look if I persevere where I am? Where can I grow in order to succeed?
- Do I have a solid gameplan for what's next if I leave today?
- What responsibilities will I drop if I run? How can I set us all up for success if I decide to leave?
- Have I spent time praying about and processing this decision both alone and with trusted others?



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Next Steps For Further Reflection and Insight

ABOUT COACHING

Creativity is your sweet spot. Songwriter, artist, author, you create because you feel alive with purpose when you do. But something's off. Maybe you feel like you're in a dry spell OR realize you're undisciplined with poor habits OR you've never cast a vision and are wondering if now is a good time? Now is a great time! How many more days, months, years are you willing to trudge in place?

Listen, Life Coaching for Creatives is a partnership designed to help you discover, clarify and take steps on your creative journey. Together we make a plan to move from where you are to where you want to be.

ABOUT RICH

Rich is not only a coach, but a working creative. He began his formal education in the late nineties at Musician's Institute in Hollywood. With experience playing in bands, recording, and authoring several books, he is actively engaged in the creative community. From there, Rich completed a degree in Religious Studies through Liberty University which sent him on a journey toward developing one-on-one equipping and, eventually, coaching processes and relationships. Rich continues to train today both formally through PCCI, and informally through ongoing study, research, and tool development.



Email Rich with any questions or concerns: creativistacoaching@gmail.com



Check out Creativista Coaching for yourself: creativistacoaching.com



Set up a free connect with Rich and explore how coaching can help foster clarity and confidence.