

INSTRUCTIONS: Think about your goals and dreams as a musician then answer the questions by selecting the response CLOSEST to how you currently feel. Remember, the answer you select is just an indicator-there are no right or wrong answers.

1.) Can you visualize or imagine the benefits of working towards meeting the goals you desire?

- a.) Yes, I can clearly visualize or imagine the benefits of achieving my goals
- b.) I know what the benefits might be, but I can't quite imagine achieving them
- c.) No. I find it hard to imagine things being different.

2.) How prepared are you to make changes to your life to achieve your goals?

- a.) I'm ready to do whatever I need to do to achieve my goals.
- b.) I'd like to see how much I can achieve./ I'm pretty busy but ready to put in the effort.
- c.) I'm not ready to make big changes yet/I have to much going on to make big changes.

3.) How passionate are you about achieving your goals?

- a.) Very, I want it more than anything else right now
- b.) I want to get there but at my own pace.
- c.) A little, If i can make a small change I will be happy

4.) How much support would you like planning and working towards your goals?

- a.) I would like specific support (eg brainstorming/action planning/identifying obstacles/accountability)
- b.) I want to get there but at my own pace.
- c.) A little, If i can make a small change I will be happy

3.) Do you persevere? How committed are you to achieving your goals

- a.) When I set my mind to do something, I achieve it.
- b.) It varies; sometimes life gets in the way / I get distracted
- c.) Not much I often gave up in the past, due to a lack of commitment.

a's	b's	c's

Your Scores

*"I was obliged to be industrious.
Whoever is equally industrious
will succeed equally well."
~J.S. Bach*



Defining your results

MOSTLY A's – The Big Leap!

- You are well-motivated, determined, and ready to make changes. You'll achieve your goals eventually; if you don't, there's always a good reason. You may be so focused on achieving your goals that you forget to celebrate and 'enjoy the journey. Remember that often, goals are easier to achieve when we slow down and let things flow rather than pushing.

MOSTLY B's – The Middle Way!

- When a goal is big and important enough, you take action. But, like most people, you occasionally struggle to stay focused and motivated. You have a full life and probably know what works for you, but are you set in your ways? It's easy to get nice and settled in your comfort zone. You may be taking longer to achieve your goals because you don't have the motivation, clarity, organization, energy or support to go that extra mile.

MOSTLY C's – Small Steps

- Perhaps you're happy with your music career and your goals are simply a fine-tuning exercise. This is a good place to be!
- Or perhaps you're not enjoying your music career and are struggling to achieve your goals. Or is life simply too busy and overwhelming to fit another thing in.

: If you only want your life to be a little different, small steps are the perfect way to hone and shape your life the way you want it. Change rarely happens overnight, and taking it slow also lets you fit change into a super busy life. Plus, setting—and achieving—smaller goals can actually motivate us to go for something bigger next time!

Now that you've completed The Happy Musician Assessment and gained some clarity, you are closer to achieving your goals. I look forward to reviewing and discussing this assessment at your discovery call.

Candace Lark