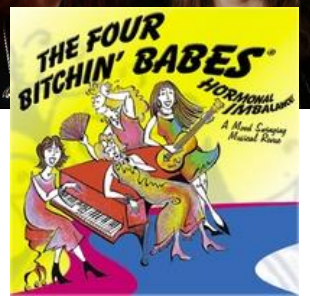
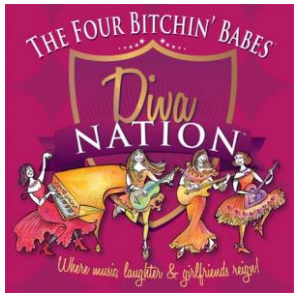
BECOME UNSTOPPABLE!

TRANSFORMING MINDSETS HOLDING YOU BACK

Nancy Moran

Singer • Songwriter • Artist Development Coach

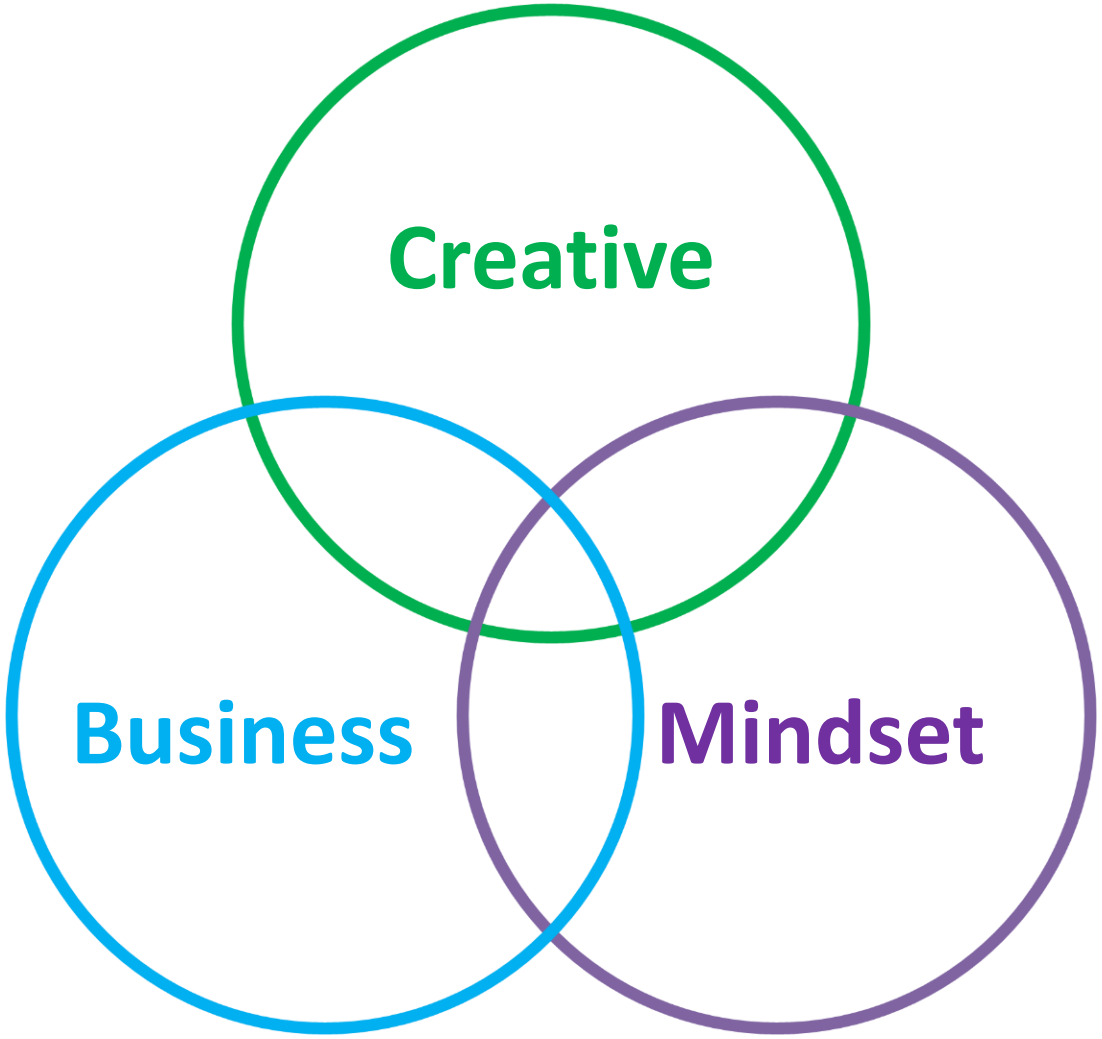




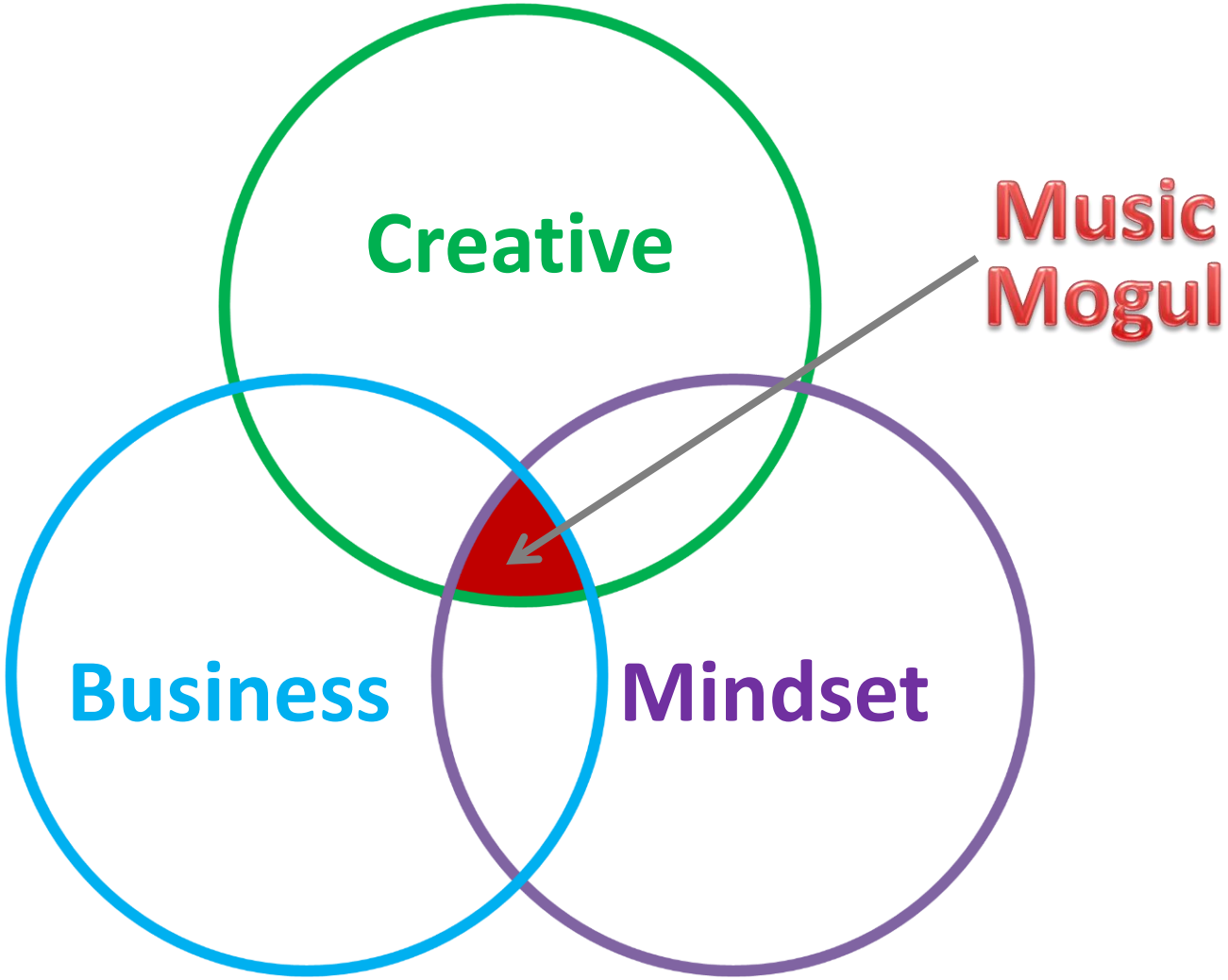
Azalea MUSIC GROUP

Ultimate Booking & Touring Program

3 Pillars of a Successful Music Career



3 Pillars of a Successful Music Career



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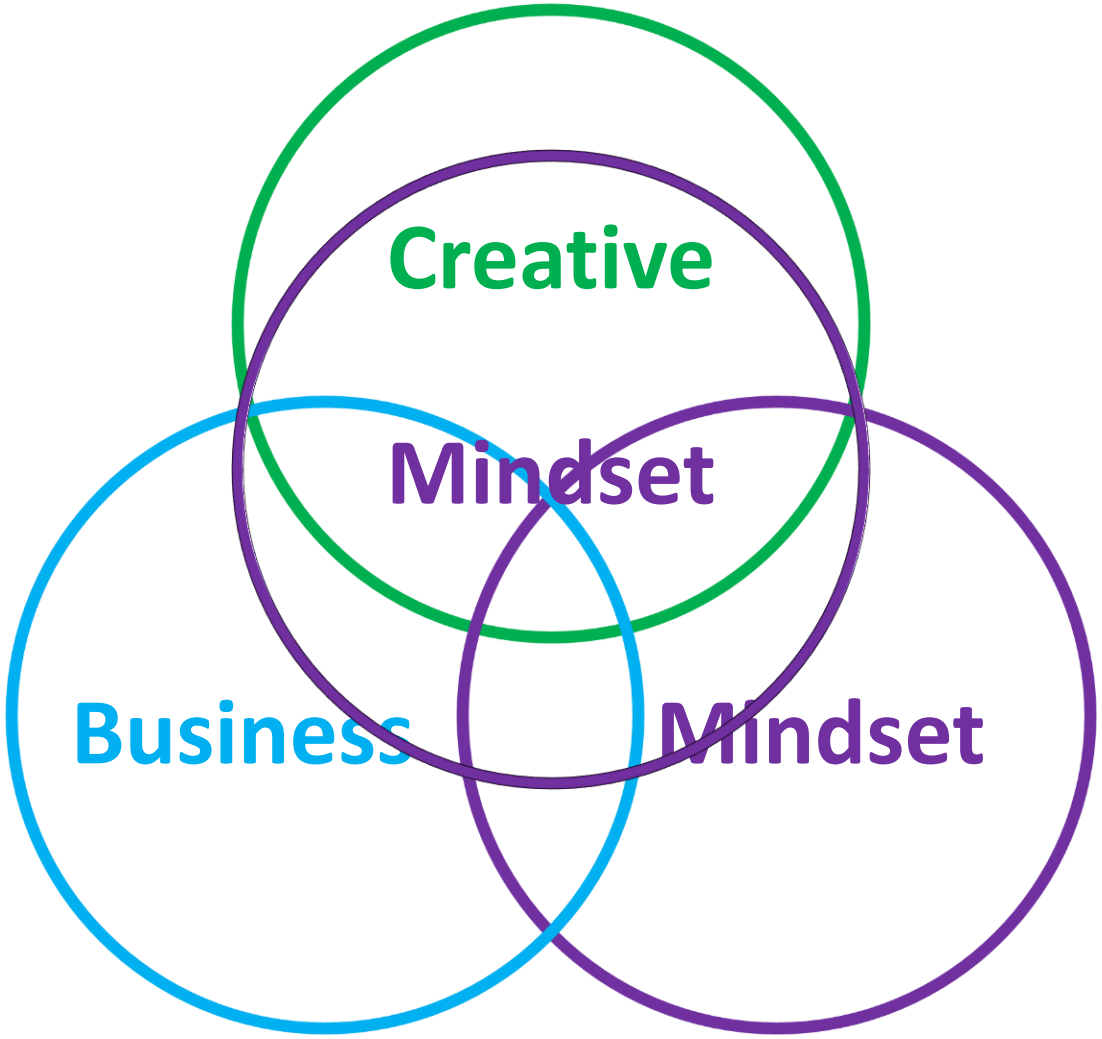

Mindset (noun):

1. an attitude, disposition, or mood
2. an intention or inclination
3. a set of beliefs or a way of thinking that determines one's behavior, outlook and mental attitude

Mindset. Is. Everything!

It’s often the difference between…

METALLICA
P.S.L.
Will play
4 Food

Mastering Your Mindset is MORE than just positive thinking.

Mastering Your Mindset is about…

- Managing your thoughts & feelings
- Looking at your underlying beliefs that may be holding you back
- Taking action in spite of fears & insecurities

You have MORE Power than you think!

In which direction is the train traveling?

Just by **thinking**, you can change its direction

The #1 Obstacle is…

Fear

ACTION CREATES
MOMENTUM

REPETITION IS YOUR FRIEND.

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Warning:

Fear sometimes comes in disguise!

Fear (a.k.a.):

- Procrastination
- Perfectionism
- Frustration
- Anger
- Jealousy

ACTION CREATES
MOMENTUM

LIMITING
BELIEFS

I’m not good enough.

I’m THE BEST!

No one touches me!

Adjust Your Focus

“Yeah, but…” syndrome

I don’t have the money.

I don’t have the time.

What are you resisting?

How can I
make this work for me?

EXERCISE #1

What limiting beliefs do you have?

- write down at least 3

EXERCISE #1 – Write down 3 limiting beliefs

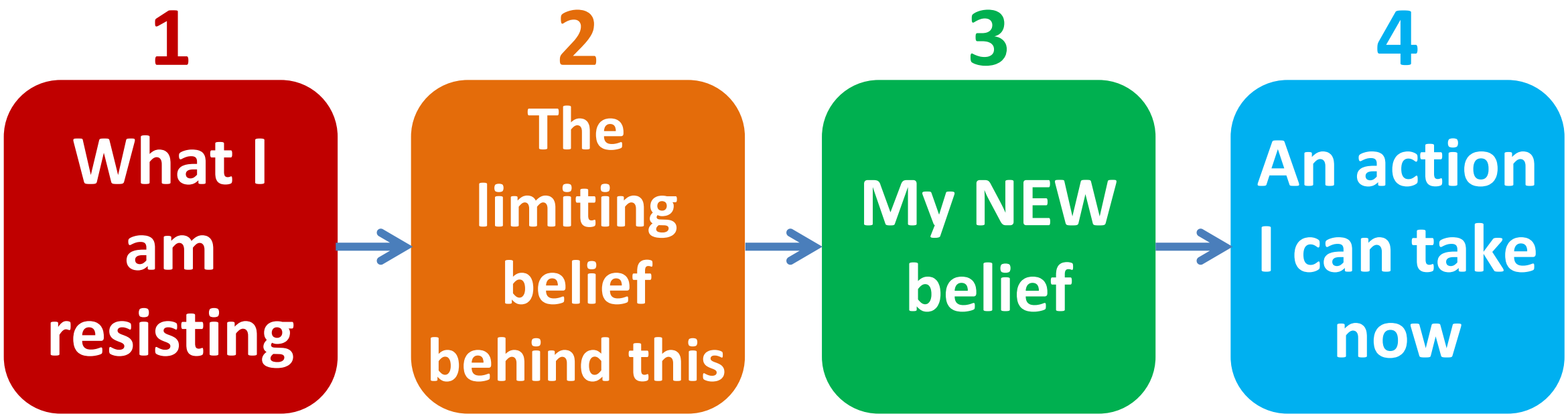
- What **limiting beliefs** do you have?
- In what ways do you **hold yourself back**?
- What are you **resisting**?
- What **negative stories** are you telling yourself…about **YOU**, about **YOUR MUSIC**, and/or about **THE MUSIC INDUSTRY**?

EXAMPLES of Limiting Beliefs

- I am not good enough
- I am not special
- I am a failure
- I am a loser
- I am always number two
- I am stupid
- I am imperfect
- I am uninteresting
- I am insignificant
- No one gets me (or my music)
- I am no good
- I am worthless
- I can't
- I can't do it/this
- I can't make it work
- I'm not understood
- I don't know
- I don't matter
- I finish last
- I am unworthy
- I will fail
- I'm not anybody
- I don't fit in anywhere
- I don't have any choice
- I'm nothing
- I don't belong
- I am powerless
- I am never enough
- It is pointless to try
- It is not fair
- I always get rejected
- I am a fraud
- Nothing works out for me
- Something is wrong with me
- I can't be myself
- There's something wrong with me
- I am unsuccessful
- I am flawed
- I'm too old/young
- I'm too [fill-in-the-blank]
- I'm not talented enough

REFRAME LIMITING BELIEFS INTO EMPOWERING ONES

4-Step Reframing Technique



Changing your mindset doesn’t
happen overnight.

INSTANT Shifts!

…yet

…until now

What if it’s possible…?

How can it get any better than this?

Practices for Shifting Your Mindset

Your Word Choices Matter.

Watch what you're saying
…even joking

Energy *flows* where attention goes.

Anonymous

Daily practice of
“Good News & Gratitudes”

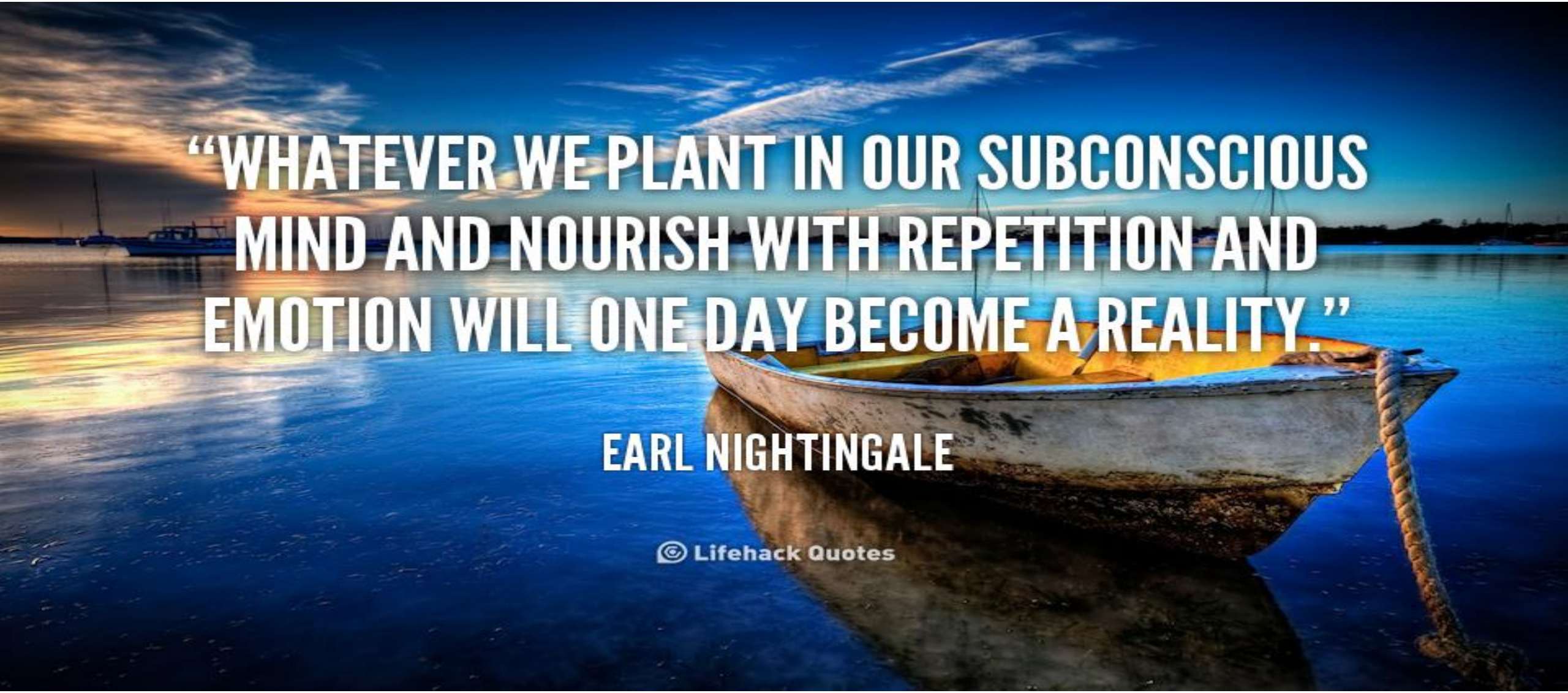
Affirmations

are consciously repeated,
positive self-talk

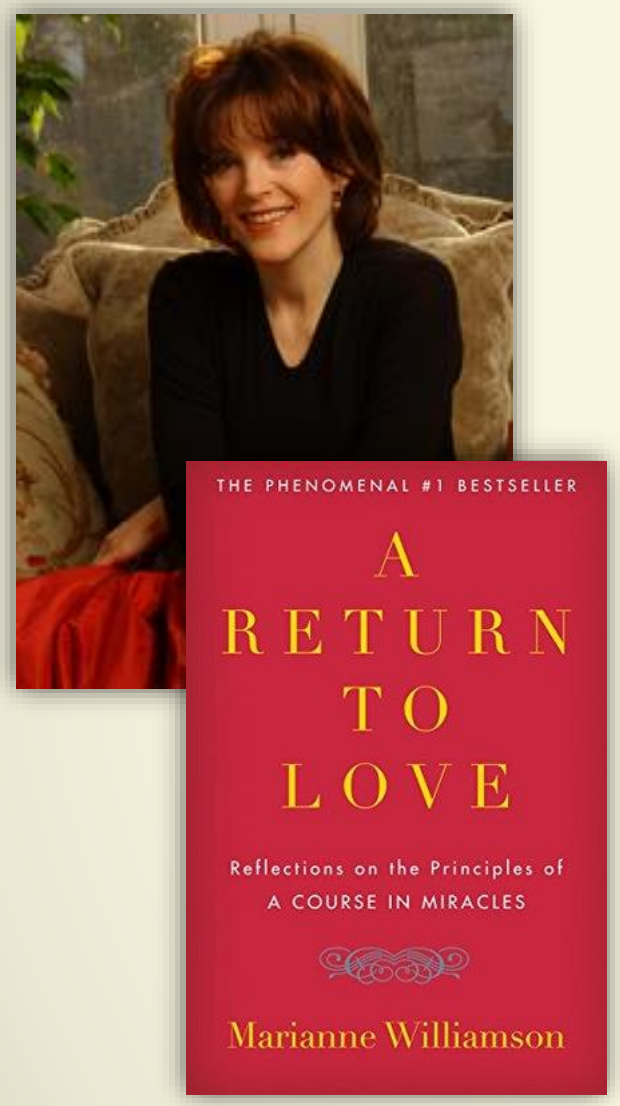
Visualizations

are positive, focused & detailed purposeful day dreaming

The subconscious cannot distinguish between what is REAL and what is IMAGINED.


“WHATEVER WE PLANT IN OUR SUBCONSCIOUS MIND AND NOURISH WITH REPETITION AND EMOTION WILL ONE DAY BECOME A REALITY.”
EARL NIGHTINGALE
Lifehack Quotes

Thank-you note
to The Universe



“Our deepest fear is not that we are inadequate. **Our deepest fear is that we are powerful beyond measure.** It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

— Marianne Williamson

Artist Development Coaching

I work with a **limited number** of private clients.

Talk to me here at the conference **if you want to learn more.**

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