GET COZY

Welcome to Hygge with SEASON

THE MINDFUL MUSICPRENEUR

We put the extra effort in with our freebie-because you deserve it & becausewe know ½ assed doesn't fly in the music industry. We given you an example of what to expect throughout the journal & let's face it, we all need some *'extra'* right now.Enjoy this mini chapter...it's a low-key prequel of what to expect inside the real thing...There has never been a better time to calm your nervous system, be introspective & get focused on what serves you & *mindfully manifest your main stage.*

Grab your favorite beverage, get cozy, get still & let's head into it...



"That's What Winter Is: An Exercise In Remembering How To Still Yourself... Then How To Pliantly Come Back to Life Again." -Ali Smith

We Keep The Mindful Musicpreneur Fun, Funky, Fresh & Real... While still giving Hot Cocoa, (With or Without a Shot of Cream Bourbon) & An Iced Ginger Cookie OnThe Side Situation!

WINTER

& Shadow Work Are Each the Art of Hanging On & Letting Go...

SO- LET THE WINDS BLOW & SEE WHERE WE LAND WHEN IT SETTLES. . .

REFLECTIONS & CURIOSITIES

1. WHAT HAVE BEEN MY MOST REWARDING & FRUSTRATING MUSICAL EXPERIENCES THIS YEAR?
2. HOW HAVE MY MUSICAL INFLUENCES & SKILLS EVOLVED?
3. WHAT LESSONS HAVE I LEARNED FROM PAST PERFORMANCES?
4. HOW DO I DEFINE SUCCESS IN MY MUSIC CAREER?
5. WHAT THREE AREA'S OF MY MUSIC CAREER COULD USE IMPROVEMENT?
6. HOW HAS MY AUDIENCE CHANGED/ MAY IT NEED TO CHANGE OVER TIME?
7. WHAT NEW SKILLS MAY I NEED TO ACQUIRE TO OPTIMIZE MY CAREER?

SELF-CARE & ENCOURAGEMENT

1. WHAT SELF-CARE PRACTICES CAN SUPPORT MY CREATIVITY?
2. HOW CAN I CREATE A MORE BALANCED SCHEDULE?
3. WHAT ACTIVITIES OUTSIDE OF MUSIC BRING ME JOY?
4. WHAT ARE THREE THINGS I'M GRATEFUL FOR IN MY CAREER?
5. HOW CAN I CELEBRATE SMALL VICTORIES ALONG THE WAY?
6. WHAT POSITIVE AFFIRMATIONS CAN I USE TO BOOST CONFIDENCE?
7. HOW CAN I ENSURE I'M TAKING TIME TO REST AND RECHARGE?

When We Slow Down, Relax, Give Ourselves Time *to Just Be Curious,* No Judgment & Finally Realize that Self- Care is Necessity, Not Just a Trending Catch Phrase-
The Answers to Bubble Up & Quietly...

We Feel & Notice Aha Type Moments & 'Glimmers' of Clarity to Follow:

Then We Find Where They're Leading Us
How We've Grown
Where We May Feel Stuck/ Recognize Repeating Habits

When We Follow Those Glimmers Out of The Shadows, Our Psyche Serendipitously Opens Us to Moments of Celebrating Ourselves & Motivating Us *Out* of Our Shadows...
And Into Our Spotlights

WORK COZY

NOW LET'S GT TO WERK!

Winter is the Perfect Time to Reframe, Get Comfy, Snuggle In & Put Cozy Season to Work!

Mother Nature Knows...
Winter Is Not Only the *Opportunity* to Shed What She Needs to Let Go In Order to Bodaciously Bloom in Spring...
It's a Necessity.

As we discuss throughout *The Mindful Musicpreneur*... attitude *IS* everything, particularly in a music career. Sabotage hides in our shadows. And our shadows & those haunting the other's around us absolutely dim our shine. Shadow-work isn't about blame, shame, or guilt... it's about growth & freedom.

FOR THOSS UNFAMILIAR WITH TH TERM: SHADOW WORK IS THE PRACTICE OF NOTICING, UNDERSTANDING, AND ACCEPTING THE HIDDEN OR REPRESSED PARTS OF YOURSELF THAT YOU USUALLY PUSH AWAY

***The way we look at our challenging seasons can lead us to bloom- OR sometimes-* unconsciously keep us stuck, hanging onto mindsets, people & things that, in truth... aren't bearing fruit... subliminally keeping us stalled in seasons. In a life & world that is more & more overstimulating to our nervous systems; as we headinto the journey that is, The Mindful Musicpreneur... we need to consciously calm thatsh*t down, cue our curiosity & quietly, thoughtfully, let our creative minds wander intoan adventure of the particular type of letting go that will lead us to our big bloom!**

10 DAYS OF TO-DO'STO BE PRO-ACTIVE, ORGANIZE & OPTIMIZE FOR MOMENTUM

1. **Update and optimize your social media profiles.**
2. **Plan an impromptu holiday-themed online performance.**
3. **Organize and back up your music files.**
4. **Set goals for new music releases in the upcoming year.**
5. **Reach out to collaborators for feedback.**
6. **Research venues or festivals for spring performances.**
7. **Create a budget plan for upcoming projects.**
8. **Design new merchandise for the holiday season.**
9. **Schedule a photoshoot for updated promotional materials.**
10. **Plan a unique holiday fan engagement campaign**

TIP: The ONLY 'rule' for all of this is to *notice. Notice* your vibe-set as you approach each of these. If & whenever you notice your neck stiffening, distraction or anxiety and/or procrastination patterns hit... be aware of excuses.

***The Mindful Musicpreneur* was curated guide you in rising above these sabotaging, shadow type patterns. It's positive to... get out for a walk in nature, or hit your fav bodega for a kombucha, fall spice brew, or chai & chill, laugh, have deep talks, go wherever your mind starts to wander... creativity lives in the mystical the wander before the release!**

And if you want break the shadow cycles & create the lasting change that shifts your stuck energy & let's the abundant ideas flow... you must identify the shadows that create them. **Sometimes, to get a change of mindset, we need a change of location... other times we need a bestie, a beverage, fresh air, a sensory intervention, a mentor, or all of the above.**

The point is to notice when you're feeling cramped & allow yourself to take a minute to deep- breathe & get some fresh air until you feel yourself un-cramp.

LET'S BE REAL.. WINTER BLUES CAN CREEP UP ON ALL OF US. BETWEEN THE SHORTER DAYS, THE HUSTLE, BUSTLE & ADDED EXPENSE OF THE HOLIDAY'S CAN ALL TAKE THEIR TOLL ON ALL OF US IN ONE WAY OR ANOTHER. BUT IF WE CHANGE OUR MINDSETS, WE CHANGE OUR PERSPECTIVES, OUR LIVES, OUR RELATIONSHIP WITH WINTER, OUR PERSONAL LIVES, OURSELVES & OUR LIFE PERCEPTIONS ON A MULTITUDE OF FACTORS... ESPECIALLY OUR PRODUCTIVITY & SUCCESS

Here's where & why other shadow-work programs can feel as if they stop short... their approach

We ask questions but without the nuances of left brain-right brain types of promptsto engage creative minds & assist in leading you to the answers within yourself., they can leave you hanging. Shadow Work is a gentle, but deliberate process... And much like music, when you strike the sweet spot chord, *you feel it. And* like a writing a song, the process of unconsciously collecting our shadows & the process of guiding ourselves out of our shadows are each equally mystical.

The Mindful Musicpreneur Is Intentionally Curated As a Collaborative Journey To Lead You Into A Frequency which Resonates Safety & Healing. We Will NOT Stop Short or Leave You Hanging.

AREYOUREADYTOTAKE THENEXT STEPS TOGETHER REGARDING THESE & THE PREVIOUS. QUESTIONS? FYI: IT'S ALWAYS ABOUT: THE 'WHY'

Prompts: *(Don't Overthink or Judge Your Responses)*

- What is the most recurring negative thought/ narrative you notice playing in your head when taking on new things & finishing a project?
- When is the last time you 'gave yourself flowers' for the smallest things you do especially on the wiped out, tough days? Is that a habit?
- Where do you feel stuck both in your professional & personal life?
- What has your intuition been telling you to do in your music career & personal life? Have you been procrastinating or acting on the career you envision for yourself? Do you struggle with feeling seen or listened to & if so, in what situations does
- that happen most frequently?
- You have a dream & talent... do you consistently believe in *yourself* or find yourself scrolling socials & compare yourself, your talent & your journey to others?
- How much of a role does cynicism play in believing in yourself & others?

SHADOW WORK SUCCESS FOR CREATIVES IS ABOUT THE *WHY'S...*
AND THE WHY'S ARE DISCOVERED VIA CURIOUS, CONVERSATIONAL QUESTIONS, SENSORY CREATIVITY, STORIES, MINDING YOUR OWN SOMATIC VIBES, QUIETING THE MIND & NOISE AROUND YOU TO HEAR & TUNE INTO THE INNATE INTUITION & ORGANIC, MOTHER NATURE INSTALLED-CURIOSITY WITHIN YOU.

KEY POINTS TO PONDER:

Intuitively, do you feel your shadow is working for you or against you?
Do you sometimes wish you had a hype squad to get you out of your own head?
If you could take yourself on a journey of self discovery with career & mojo mentors where you could network... would you go for it or stop short? And why?
Active IS Attractive... If you're ready to max your unique ability to attract, we're here to guide you in discovering how you can keep consistent good mojo flowing.

**Your ideal audience cannot truly find you until you find the ideal you in yourself.*

NOW: Consider revisiting thequestions on thepreviouspage &this time,listentoyour intuition& write down an action you could take to set a plan in motion, follow through & actually realize *it.*

Next- Let's Get Curious About & Have Some Fun With the Mystical Woo World of Personality Profiling

Of course we'll have specialists from each of the Woo Systems among our inustry specialists leading the LIVE Collective Woo Sessions in *The Collective.* Whether you're a skeptic or a true believer, understanding your type can be a game-changer for personal growth and career development. So here's a small sample of *The Woo Of You* bonus session of Myers-Briggs. In this sample. we'll uncover how the Meyers- Briggs system can amp up your shadow work & help you hit all the right notes in your music journey. Relax & let's explore some seriously quirky & gangster ways each of the Myers- Briggs- crush the touring game. Because all Briggs personality types are the double edged side of the coin regarding personality types. *#ifyouknowyouknow*

(Because, LBR, as creatives we all have & need a little quirk & gangster in us)

WHAT'S YOUR MYER'S BRIGGS TYPE? WHICH BRIGGS DO YOU DIG?

When you knowyour types & the types of those around you... you can find balance, combine strengths with strengths, brainstorm, assign tasks, & create from a whole different level. So- from wild ideas to pro strategies, we've got the lowdown on making your tour both epic and efficient for each 16 types. If you don't know your type & want to take the test the official site is:

MBTIonline.com

Here's What Each of the Myers Briggs Letters Stand For:

I: Introvert, E: Extrovert N: Intuition, J: Judging, T: Thinking, F: Feeling, S: Sensing, P: Perceiving

Just for shits & grins, beside each type, we've put a job type each may be suited to in the music business.

Clearly this is JFFS, but if you find you want to switch careers within the industry, knowing this can be helpful in leading you to the job that you're drawn to.

INTJ - The Mastermind: Music producer, booking agent, tour manager
Quirk: Crafting an intricate, multi-scenario tour plan that accounts foreverything from blizzards to alien invasions
Gangster: Developing a comprehensive risk management strategy and backup plans for various weather-related scenarios

INTP - The Logician: Music producer, mastering engineer
Quirk:Designing a complex algorithm to optimize setlists based on weather patterns and audience demographics Gangster: Creating an innovative digital platform for real-time tour management and fan engagement

MYERS- BRIGGS PERSONALITY TYPES CONTINUED...

ENTJ - The Commander: Artist manager, music festival organizer
Quirk: Negotiating exclusive "igloos' and igloos" accommodation deals while simultaneously over-sweating the small stuff & planning world domination through music
Gangster: Securing strategic partnerships with winter gear brands and negotiating favorable venue contracts

ENTP - The Debater: A&R representative, music critic
Quirk: Brainstorming outlandish stage effects involving real snowfall and debating the merits of yeti-themed merchandise
Gangster: Developing unique, interactive show elements that set the tour apart from competitors

INFJ - The Advocate: Songwriter (lyrics), artist manager
Quirk: Creating a deeply meaningful tour concept that explores the metaphorical journey from winter's darkness to spring's rebirth
Gangster: Incorporating a charitable component into the tour, partnering with local organizations at each stop

INFP- The Mediator: Session musician, music video director
Quirk: Writing heartfelt, personalized thank-you notes to fans while daydreaming about performing in ice castles under the Northern Lights
Gangster: Crafting an intimate, emotionally resonant setlist and stage design that creates a strong connection with the audience

ENFJ - The Protagonist: Music director, artist development coach
Quirk: Organizing pre-show volunteer activities at each tour stop to "spread warmth in the winter cold"
Gangster: Building a strong team culture and implementing effective communication strategies among crew members

ENFP - The Campaigner: Singer-songwriter, music publicist
Quirk: Spontaneously booking gigs in random snow globes across the country for their "Shaken, Not Stirred" tour
Gangster: Creating an engaging social media campaign that builds excitement and involves fans in the tour journey

ISTJ - The Logistician: Tour manager, sound engineer
Quirk: Meticulously weather-proofing all instruments and creating a 200-page "Winter Tour Survival Guide"
Gangster: Establishing clear protocols for equipment maintenance and developing a detailed tour budget

ISFJ - The Defender: Stage manager, instrument technician
Quirk: Knitting personalized scarves for each band member and planning cozy post-show hot chocolate sessions
Gangster: Ensuring the physical and emotional well-being of the team through thoughtful planning and support systems

MYERS- BRIGGS PERSONALITY TYPES FINALE

ESTJ - TheExecutive: Tour director, businessmanager
Quirk: Implementing a strict "Winter Warrior" fitness regimen to ensure peak performance in cold weather gigs
Gangster: Creating an efficient tour schedule that maximizes performance opportunities while allowing for adequate rest

ESFJ - The Consul: Fan engagement coordinator, merchandise manager
Quirk: Coordinating matching thermal stage outfits and planning potluck dinners with local fans in each tour stop
Gangster: Fostering strong relationships with local promoters and media to ensure successful shows in each city

ISTP - TheVirtuoso: Livesound engineer, roadie
Quirk: Customizing the tour van with an all-terrain snow mode and built-in sauna for post- show relaxation
Gangster: Handling technical aspects of the show, ensuring all equipment is winter-ready and performances run smoothly

ISFP - The Adventurer: Session musician, music video director
Quirk: Designing a stage set that transforms from winter wonderland to spring bloom throughout the show
Gangster: Creating visually stunning and adaptable stage designs that work in various venue sizes

ESTP - The Entrepreneur: Promoter, talent scout
Quirk: Arranging impromptu snowboard half-pipe contests between sets and securing energy drink sponsorships
Gangster: Identifying unique promotional opportunities in each tour location to boost ticket sales and brand awareness

ESFP - The Entertainer: Performer, backup vocalist
Quirk: Choreographing a "Seasons of Love" medley that incorporates melting ice sculptures and planning surprise snowball fights with the audience
Gangster: Designing high-energy, memorable performances that encourage audience participation and social media sharing

This Mark's The Wrap Of The Mindful Musicpreneur Sample....

If you've found value/ had fun within this sample...wait until you experience the real thing... it is a ride. It's funky, it's fun, it's deep & it's on point. It's a chance to network & build community with a community that truly gets the ride you're taking, it's an opportunity to overcome your shadows , build newfound confidence, build relationships & connect... We all learn differently, need different creative approaches to opening up, so we release our baggage & transform our gaslighting shadows to step fully into our 5000-watt spotlight.

IT'S ALL OVER BUT THE MUSIC... NEXT, THREE COMPLIMENTARY PLAYLISTS! ENJOY!

The Mindful Musicpreneur is $40 & it's a vibe . So what do you have to lose?
Treat yourself & a friend for $60!
Challenge, Grow & Clear Yourself & Your Career.
And if you feel you're ready for the All Access Ticket,.. See you in *The Collective*!

Follow Us On Socials: *@TheMindfulMusicpreneur*



WINTER Playlist

AMERICANA/FOLK "Winter's Chill" - Sarah Jarosz "Frosty Fields" - Aoife O'Donovan "Snowy Mountain" - Sierra Ferrell "Icicle Ballad" - Rhiannon Giddens "Frozen River"- Courtney Marie Andrews "Winter's Lament"- Molly Tuttle "Cold Wind Blowing" - Allison Russell "Snowbound" - Lera Lynn "Wintertime Blues" - Valerie June "Frost on the Window" - Margo Price "Chilly Dawn" - Brandi Carlile "Winter's Embrace" - Yola "Snowy Evening" - Amanda Shires "Frozen Heartache" - Hurray for the Riff Raff "Winter's Tale" - The Weather Station

WINTER CHILL: "Winter Fields" - Bat For Lashes "Snow" - Angus & Julia Stone "White Winter Hymnal" - Fleet Foxes "Snowflake" - Kate Bush "Winter Song" - The Head and the Heart "Snow" - Sleeping At Last "Winter Trees" - The Staves "Winterlude" - Norah Jones "Wolves" - Down Like Silver "Winter" - Tori Amos "Snow Globe" - Chvrches "White Winter Hymnal" - Pentatonix "Winter Nights" - Bastille "Snowfall" - Ingrid Michaelson "Winter Song" - Sara Bareilles & Ingrid Michaelson **I**

NDIE "Young Folks – Peter Bjorn and John" "Electric Feel – MGMT" "Dog Days Are Over – Florence + The Machine" "Pumped Up Kicks – Foster the People" "Sea Shanty for the Far North – Fleet Foxes" "Skinny Love – Bon Iver" "Stolen Dance – Milky Chance" "Budapest – George Ezra" "Little Lion Man – Mumford & Sons" "Summer is Over" By Jon McLaughlin

CAFE AESTHETIC: "Morning Dance" - Spyro Gyra "Blue in Green" - Bill Evans Trio "Take Five" - Dave Brubeck Quartet "In a Sentimental Mood" - Duke Ellington & John Coltrane "Winter's End" - Cécile McLorin Salvant "Snowfall" - Becca Stevens "Cold Weather" - Karrin Allyson "Frosty Morning" - Tessa Souter "Winter Blues" - Nina Freudenberger "Like It Is" - Yusef Lateef "Soul Lament" - Kenny Burrell "Snowy Morning Blues" - James P. Johnson



WINTER

Playlist

INDIE:
"Lost In Time & Space" - Lord Huron Heavy Focus" - Adrienne Lenker "Starlight" - Rostam "Falling Apart" - Great Lake Swimmers "Change" - Hannah Georgas "Lost In Time & Space" - Lord Huron" "Tokens" - Will Stratton "The Pillar of Souls" - Sufjan Stevens & Antelo De Augustine "We're Not Different" - Lo- Fang "Four" - SleepingAt Last "Stranded" - William Fitzsimmons "Black Car" - Beach House Faith" - Bon Iver "Irish Hour" - Saint Sister "Heavy Focus" - Adrienne Lenker "Tornado Head" - Sean Rowe "Keep You Down" - Christian Lee Jutson "Faith" - Bon Iver"Trust" - The Weather Station "We're Not Different" - Lo-Fang
HYGGE VIBES: "Tiger Striped Sky" - Roo Panes "Love Together" - Holly Arowsmith "Cursive" - Billie Marten "Eloise" - Penny & Sparrow "Chemical" - Gregory Alan Isakov "Carry You" - Novo Amor "Front Porch" - Joy Williams "Wild Heart" - Mumford & Sons "Northern Wind" - City & Colour "Night Coloring" - Zach Winters "Fire Scenery" - S. Carey "Going" - Towers "Birdsong" - George Ogilvie "I Miss You, I'm Sorry" Gracie Abrams "Winter Song" - Head & The Heart "Cinder & Smoke" - Iron & Wine
POP: "Cool" - Dua Lipa "Glacier" - Tori Amos "Midnight Sky" - Miley Cyrus "Wind Blue" - Adele "Winter Bird" - Aurora "Frozen" - Sabrina Carpenter "Ocean Eyes" - Billie Elish "Chill Like That" - Ashe feat. Finneas "Hypnotic Winter" - Banks "Shivering Gold" -
Maggie Rogers "Blue" - Joni Mitchell "Cold As You" - Taylor Swift "Walk Out To Winter" - Aztec Camera "Crazier Things"
- Chelsea Cutler, Noah Kahan "Snow in California" - Ariana Grande "Winter Winds" - Mumford & Sons "Cold" - Aqualung & Lucy Schwartz

WINTER

Playlist

CHILL JAZZ:
"Blue Moon" - Norah Jones
"Feeling Good" - Jazzmeia Horn
"Winter Wonderland" - Diana Krall
"Snowy Morning Blues" - Cécile McLorin Salvant
"Frosty Wind" - Gretchen Parlato
"When There Is No Sun" - Esperanza Spalding
"Quiet Winter Night" - Madeleine Peyroux
"Frost" - Becca Stevens
"Chilly Morning" - Emilia Mårtensson
"Ice Storm" - Nubya Garcia
"Winter's Keep" - Tessa Souter
"Frozen Lake" - Kavita Shah
"Midwinter Nights" - Youn Sun Nah
"Snowfall" - Jane Monheit
"Winter's Lullaby" - Jas Kayser
"Love to Keep Me Warm" - Laufey

JAZZ-FUNK FUSION:
"Winter Song" - Paolo Sessa
"Frosty Fusion" - Esperanza Spalding
"Icy Grooves" - Nubya Garcia
"Snowfall Funk" - Saucy Lady
"Chilly Nights" - Maya Killtron
"Frozen Rhythms" - Lynda Dawn
"Winter's Groove" - Moniquea
"Cold Front Jam" - Amber Navran (of Moonchild)
"Snowy Syncopation" - Gretchen Parlato
"Frost Funk" - Camila Meza
"Icicle Improvisation" - Cécile McLorin Salvant
"Blizzard Boogie" - Cyrille Aimée
"Winter Wind Fusion" - Brianna Thomas
"Snowdrift Samba" - Luciana Souza
"Midwinter Groove" - Amalia & The Precious Lo's

DANCE PARTY:
"Cold Water" - Major Lazer (featuring Justin Bieber & MØ)
"Cool" - Dua Lipa
"Frozen" - Madonna (Dance Remix)
"Cold As Ice" - Foreigner (Sofi Tukker Remix)
"Cold" - Maroon 5 (featuring Future)
"Ice Cream" - Blackpink & Selina Gomez
"Cold Heart" - Elton John & Dua Lipa (PNAU Remix)
"Snowman" - Sia
"Colder Weather" - Zac Brown Band (Kygo Remix)
"Cold" - NEFFEX
"Ice" - Kelly Rowland
"Frozen" - Sabrina Claudio
"Cold" - Aqualung & Lucy Schwartz (Cheat Codes Remix)
"Sweater Weather" - The Neighbourhood (Gryffin Remix)
"Winter Nights" - Bastille (Seeb Remix)
"Icy" -Kim Petras
"Cooler Than Me" - Mike Posner (RAC Remix)
"Cool" -Jonas Brothers



THE *Collective*

But What Exactly Is *The Collective*?

It's a private, ye super inclusive, welcoming, vibrant community.
Both The Mindful Musicpreneur & The Collective address challenges uniquely faced & shared by women & non-binary individuals in
the music industry, overcoming gender bias in studio environments & furthering career & personal growth through networking events, and balancing personal life with a music career.
Imagine it asavirtualgreenroomvibewhere we come togethertochill,discover,grow& recharge beforesteppingbackoutontothe world's stage.

Here's What You Can Expect From *The Collective*:

While The Collective Community is designed with a strong female-centered focus- we warmly welcome, celebrate & uplift women & those who resonate & identify with a feminine energy & female-centric environment.
You'll have support & access to deep dive coaching session topics with me, the colleagues I bring in from the music industry, Q & A sessions & it will be tailored to the questions that are on your mind regarding navigating the music industry, the mindfulness realm, health, wellness, business & the woo. You'll be part of the fun of networking,
building relationships with the pros involved, with one another and to share new music, all in a very intimate, inspiring setting, twice a month.





YOUR walk-away...



WE HOPE YOU ENJOYED!

TheWrap:

Successinmusic isn't just about talent; it's aboutbuilding meaningful connections and embracingself-discovery.

Thinkof this guide as an opportunity to tune yourown interior instrument; it's an ongoing process that demands dedication and practice.

Each chapter of The Mindful Musicpreneur will be more expansive with career insights & personal prompts, Key Points, Tips, Quotes from artists who have been there too , a dabble into Woo of You section, Chapter Playlists & so much more!

I encourage you to notice the challenge it may have felt at first to calm your nervous system, settle yourself & your mind into concentration,relaxing into the mini-chapter, the words & feelings that rise for you in order to honor & grow yourself & career.

We hope you found value in this sample & if you're ready to liberate yourself, to free even more of your creative wizardry... Pour your mocktail, your cocktail, bubble tea, or seltzer, grab your garnish...

And--- *LETS GO!* It's self-paced, a.k.a.- *no pressure*! We created the choice for a Solo or Community Journey... whatever your preference & you always, the option to change your mind & opt in or out of *The Collective.*

We know first-hand the games the shady gaslighter between our ears can have on our lives & careers. So, if you've enjoyed the vibe of this sneak-peek sample...

I believe The Mindful Musicpreneur is calling your name. And we can't wait to see you shine!!

I WANT IN!