Sustaining a life in music

Reflection and understanding | 1 of 2

Reflect on creative meaning alongside the practical and emotional demands of music work.

Name or initials (optional): _____ Date: _____

1. Which parts of music work give me energy or meaning? Which leave me depleted?

2. What pressures arise around performance, comparison, income, touring or irregular hours?

3. Which routines help with preparation, rest and recovery? What tends to disrupt them?

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Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What support could I ask for from collaborators, venues, colleagues or a specialist service?

5. What boundary would make my working week more sustainable?

6. What small change will I test before the next rehearsal, session or performance?

My next step / support I can ask for / date to review: