

The Procrastinating Musician: How to shake it off

By Samuel Archer

The zeal to start the musical journey can elude some musicians. Some seek inspiration while others seek the right conditions. Whether the condition is financial or creating a suitable atmosphere, some musicians just can't get it together. The missing zeal can be a short season or it can be a dry spell. Finding the drive or the zeal is not magical as the flamboyant lights, award shows and red

carpets. It's certainly not sitting in a state of the art studio with the best producer.

If a musician reading this article is procrastinating, these pointers may help.

1

A healthy mind and body is important for a musician. A medical check up is recommended, also following a good diet and regular exercise.

Musicians often overlook health as a factor in losing their zeal.

2

The next thing is to focus. Think about what direction there is to go with the talent. Once a direction is established, the aimless focus will change and put perspective in the mind of the artist. Many musicians have great ideas and putting these ideas together can be a job in itself, which can lead to discouragement.



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3

Defining the main issue. What is the obstacle in the way of reaching the goal? Popular opinion may choose the issue of money but obstacles can also be; bad time management, not prioritizing duties and not having the right attitude.

4

Stay in the company of musicians that are progressive and ambitious. Be observant and willing to learn. This will also help to ignite the flame within.


5

Be prepared to WORK. Anything worth achieving doesn't always come easy. It's a must to keep up with technology and the music industry by reading recent articles, research and upgrading.

6

Being a musician is a full-time job. The present day job is considered the side job. If an artist is going to be successful, this must be the mindset.

In conclusion:

As life moves on, only the strong will eventually make it to the finish line. The artist must find a way to get his or her voice out there. Procrastinating is normal for some but too much of it can be damaging. Once these pointers are implemented the drive will return. 

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LAST TRANE, a short film inspired by the legendary life and music of John Coltrane, chronicles the troubled journey of a celebrated jazz musician as he employs unorthodox means to rid himself of the addictions that plague his life.



Samuel Archer is a songwriter, musician (Keyboardist), music producer and poet. He lectures on songwriting, musicianship, music business and recording.

He graduated from New York City Technical College with a liberal arts and science degree and is presently working on a Music Business degree at Full Sail University.

Samuel also maintains an online poetic community on Face-Book and engages discussions on various topics.