

# **Make an EP in 30 Days**

## **Ableton Course**

**Day 1**

**Daily Habits**

## **Daily Habits**

**Your daily habits rule  
your results in  
everything you do.**

*There is a secret that real writers know that wannabe writers don't, and the secret is this: It's not the writing part that's hard. What's hard is sitting down to write –  
The War of Art*

**What you commit to on  
a daily basis can  
quickly bring you to the  
top 5% of your field.**

**Lack of commitment &  
Resistance are the  
enemy of art & the  
artist.**

**What you accomplish in the next 30 days has less to do with your technical or musical abilities & more to do with your level of focus on the right things in the right order.**

**Music making is like cooking. There are certain fundamentals you must understand, but once you have that down, you are free to create your own recipes.**

**Don't wait for inspiration.  
Inspiration only comes to  
those who are willing to  
work when they are  
uninspired.**

# Information Overload

Repeat after me.....

You don't need more stuff.

You are fine with what you have.

Less is truly more if you want to finish music.

## The Best

Do not hunt for the “best” plugins & don't spend time in music forums during this training unless otherwise stated. I need 100% of your focus on the training.

## Inside the box

I highly recommend you work with Ableton's internal plugins & instruments when possible during this training.

## Free Ableton Trial

For those who will be downloading a trial version of Ableton suite. You'll want it installed & ready to go for tomorrow's training.

## Fear of making the wrong choice

Making the wrong choice is the 2<sup>nd</sup> worst thing you can do. The first being to make no decision at all. Make quick choices often & learn from every one.

## The right choice

The wrong choices you make now will lead to the right choices later.

Sometimes a wrong choice can create magical moments.

Embrace them.

Ready Aim...Aim...Aim...

The “ready aim fire” approach is a faulty approach. It leads to analysis paralysis & will bring your productivity to a halt.

## Ready, Fire, Aim

It's much better to take the “Ready Fire Aim” approach. Spend a small amount of time preparing & then take action. If you don't hit the target, that is fine, just re-aim & fire again.

## Time Management

Expect to be spending at least 1 hour to 90 minutes a day in training.

Let any family or friends know you need a specific time each day to devote to your studies. Preferably the same time each day.

## Making Time

Plan to make extra time by reducing your email & social media time to 30 minutes a day at most & skipping some time in front of the tv.

## Batching

Got things how have to do daily? Any way to batch them & knock it all out in 1 day?

An extra hour

Consider sleeping an  
hour earlier & getting up  
an hour earlier for  
training.

## Top 3

Keep your 3 most important activities in front of your computer the night before to help you know exactly what to focus on.

# Homework

1. Write down what you would like to have accomplished in the next 30 days.
2. How are you planning to carve out the time for daily practice
3. Are you willing to go beyond the point that most people give up at?