REFRIGERATOR CHECKLIST: FOR MUSICIANS WITH DAY JOBS
(Print this. Stick it somewhere visible. Read it on the hard days.)

DAILY REMINDERS
- ☐ My job funds my freedom—it doesn't define my talent
- ☐ Stability is not selling out
- ☐ I don't owe anyone a suffering narrative
- ☐ Progress counts even when it's quiet

CREATIVE PERMISSION
- ☐ I am allowed to rest without guilt
- ☐ I am allowed to create slowly
- ☐ I am allowed to protect my art from burnout
- ☐ I don't need to monetize everything immediately

MINDSET CHECK
- ☐ Comparison is not research
- ☐ Algorithms are tools, not judges
- ☐ My timeline is valid
- ☐ Longevity beats virality

LEADERSHIP TRUTH
- ☐ Artists with structure last longer
- ☐ Income diversity is smart, not shameful
- ☐ Discipline is a form of self-respect
- ☐ I am building something that lasts

ON THE HARDEST DAYS
- ☐ This is a season, not a sentence
- ☐ I chose sustainability on purpose
- ☐ I am not failing—I am preparing
- ☐ Keep going