

Module 4

When to Move On

This will be a quick video but it is something that needs to be addressed because it is something I get asked all the time by my online students, my offline students, the ones in person, the ones through email. All the time I'm getting asked - when do I know I need to move on? When can I move on? When do I know finished with something?

I'm kind of foreshadowing to module five because we are going to talk about that a little bit more, but. How do you know when you're going to move on? How do you know that it's OK to move on? Well, here's the great thing - if you have built this system out and you have taken the time in your scheduling time to sit down...and don't do your scheduling time before your practice. That's the worst time to do it. You can't do it before your practice time. You do it away from your practice time. Allow time that is not even butting up against your practice time because once you start inching into your practice time in your brain you're going, "man I'm just taking up my practice time, man I should be practicing." Do it on a Sunday night when everybody's gone to sleep and you have an hour and it's too late so you can't practice anyway. Do it away from your practice time.

But what is beautiful is if you've done the system, you've planned your assembly lines, you've planned your zones, you've gone through it. You've set your big goals, you've set your smaller goals, you've reduced those to weekly and daily goals. You're keeping a practice journal, we will talk more about that in the next module as well. If you're doing all of those things, then you know when to move on. Have you completed your assembly line? Yes. Ok, is it beginning to show up naturally in your playing? Yeah, because in my cool down I start...ok. Have you hit your goals? Yeah, I've hit my goals. Do you want to take it any further? That's the last question I ask myself. Am I done with this concept where I'm comfortable with where it is and I can comfortably move on without any guilt. Feeling like I've reached the point I need to reach with it. If the answer to all of those is "yes" you move on. If the answer is "no" I haven't completed my



Module 4

assembly line. Ok, why haven't you completed your assembly line. Well, I got stuck at this certain point. Ok, do you want to abandon this topic? Kind of. Is it showing up in your playing yet? No. Have you hit your goals? No. Ok, we don't move on. Simple as that.

Remember, we're reducing this to a series of "yes" or "no" questions. It takes the emotion out of it. I don't care if you want to move on, it's not time because in that time you sat down and scheduled you said you wanted to do 'that' so we need to stay with the thing you said you wanted to do. So just ask yourself a series of questions - have I completed the assembly line that I started out with this thing? Have I worked through all my zones? Is it beginning naturally in my playing without me having to force it out? Have you hit your goals? Do you want to take it any further?

Those are the questions that I ask myself and if it's showing up in my cool down and I'm beginning to see it on gigs, I know if I begin to see things on gigs...we're going to talk about how to transfer things to your gigs. If I begin to see it show up in my gigs, I know I've got it. Because I'm thinking about so many other things when I'm playing live, there's people watching, if it's showing up without me having to think about it and I look down and go, "wow my foot is doing that and I didn't tell it to." I've just been practicing it, so that's good. And then you move on. That's when you know - ok, it's time to take that to the next level. It has become an automatic, we need to go back to that first phase of learning.

So ask yourself a series of "yes" or "no" questions, and those are different for everyone. But the big ones are - have you completed the assembly line you start in, have you gone through all your zones, is it showing up in your playing naturally, have you hit your goals, do you want to take it any further? Those are some very simple yes or no questions and if the majority of the answers is "yes" then you move on. If one of those is "no" you really need to stop and assess, "do I need to move on or am I leaving this half learned?"

