



THE ROCK/STAR ADVOCATE®

My Pity Party Contract

RSVP But Don't Overstay Your Welcome



It's My Party & I'll...

If you haven't known me long, you should know that I'm a big fan of setting boundaries and expectations. Doing so makes it easier when we struggle to give ourselves permission to do something or figure out our next steps.

Laying out ahead of time what you will and won't allow yourself to do when things get tough can be a helpful exercise in giving yourself some structure and realizing that setbacks will happen but don't need to define you or place a value on you.

As I said before, when shit hits the proverbial fan it's important to identify the control we have in a situation. While we may not be able to control outcomes, we can control how we react to the outcomes.

Additionally, just like any structure we set for ourselves, we may not always meet it.

Sometimes you will talk yourself out of having that pity party and other times you may find yourself staring at the bottom of a pint of ice cream crying as you listen to Adele on repeat.

Hey, shit happens.

But this exercise I'm about to walk you through is meant to ground you and provide an example of what you want to strive for each time your plans don't go as planned.

Ready?!?!

I, _____, agree to allow myself to take a break and throw a pity party today because this happened:

It may not feel like a big deal to some, but to me it feels like:

I know I have other work and responsibilities, but I've agreed to give myself _____ mins/hour(s) to unplug and step away so I can come back focused on what matters. During this time away I'm going to do the following:

I am going to do the following to ensure I don't overstay my welcome at this pity party {i.e. set an alarm}:

If after this amount of time I'm still not feeling motivated/focused, I promise to call this friend _____ or visit this community online _____ so I can get the support I need to keep going.

I also agree to seek professional help if this situation turns out to be much worse or more difficult for me to handle than expected, whether that professional help be someone to help solve the issue {i.e. broken tech, missing instrument, rejected FB Ad, etc.} or a medical/psychological doctor to help me with my personal issues so I can move past this hurdle.

The professionals I am able to reach out to if need be are:

I realize this setback does not define me or determine my ability to reach my goals. I know there are worst things in the world, but I also know I need to take a step back and feel some feelings.

Pity Party Planner & Attendee,

Date: _____



CONGRATULATIONS!

Congratulations on setting boundaries while giving yourself permission to hit the pause button & take out the fat-FULL ice cream! Moving forward, consider keeping this guide nearby for further reference as needed, until these steps become habits.

Want to keep the action going? Check out my FREE [3-Day Get Sh*t Done Challenge](#) currently available to help you increase productivity and make time for what matters!

Don't forget, acknowledging & celebrating your wins {no matter the size} is crucial for implementing healthy habits that stick around. Be sure to come join us in our private FB Group - [The Rock/Star Collective](#) - to share your most recent wins with us!

If you've found value in this worksheet then you'll LOVE the episodes of my podcast, The Music-Preneur Mindset. You can get them delivered to your inbox every #WisdomWednesday when you subscribe [HERE!](#)

I thank you, once more, for taking the time to do something impactful for your career. I look forward to supporting you on the rest of your journey. Keep living your dreams & keep on rockin'!

Always Your Advocate,

Suz