

Performance Name: _____ Date: _____

Performance Preparation

Adapted from Jon Skidmore's Five Stages of Peak Performance

STAGE 1 - YOUR GOAL

How do you want to BE when you perform?

Trigger Words:

STAGE 2 - PREPARATION (READY!)

PRACTICE, PRACTICE, PRACTICE

Evaluate, Critique, Experiment, Observe, Adjust

Practice Plan (Technique, Learning, Performing) - Specific Dates & Strategies:

List of Items Needed for Performance (personal items, venue requirements, etc.):

Preparation Complete On: _____

STAGE 3 - PRE-PERFORMANCE (SET!)

Mental Focus - Breathing Exercise

STAGE 4 - PERFORMANCE (GO!)

HAVE FUN & PLAY!

Shift attention back to pre-performance focus when it strays

STAGE 5 - POST PERFORMANCE

Debrief (no bashing):