



**How would you describe your
best performance?**



**Athletes are players who practice.
Musicians are practitioners who play.**

The Performance Elephant

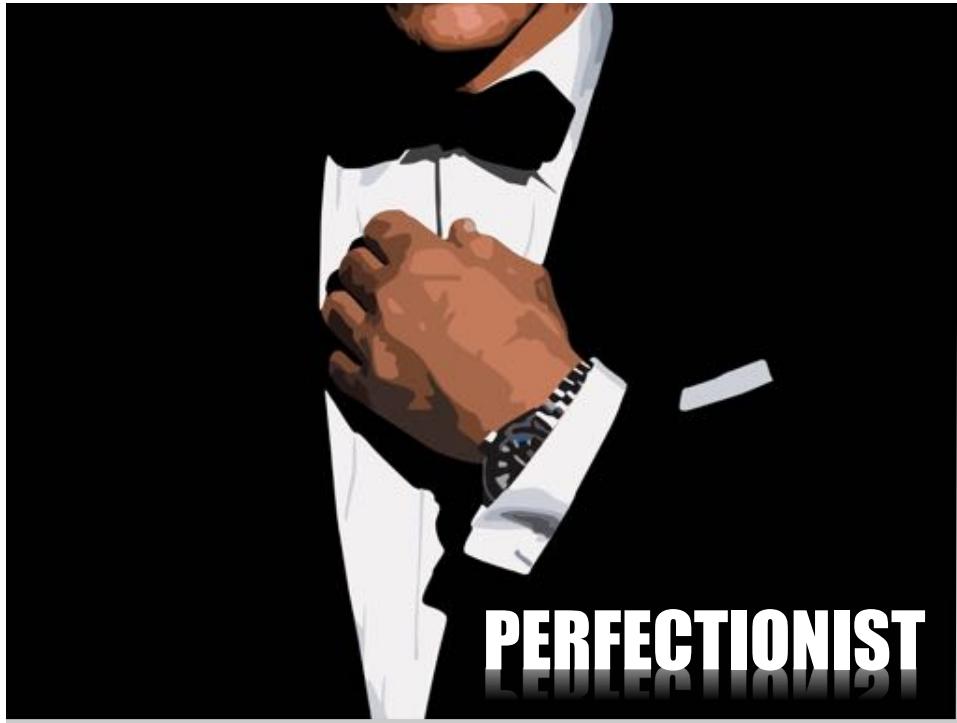


THE MENTAL SKILLS NEEDED TO PUT IT IN

are not the same as the ones needed to get it out

THE PERFORMANCE MINDSET
is not a personality trait





PERFECTIONIST



ARTIST



UNDER-ACHIEVER



PERFORMER

PERFORMANCE MINDSET

Courage
Trust
Acceptance



"Play your best when it counts"

PRACTICE MINDSET

Self-instruction
Self-monitoring
Analyzing cause & effect

Let go of conscious control OVER CORRECTNESS

*and attend to
the higher order
aspects of
performance*



**When great performers stop trusting
They stop becoming great performers**





TRUST

AS THE PERFORMANCE GOAL



TRUST

AS THE PERFORMANCE GOAL

80-20 RULE



COURAGE

PERFORMANCE SCRIPT

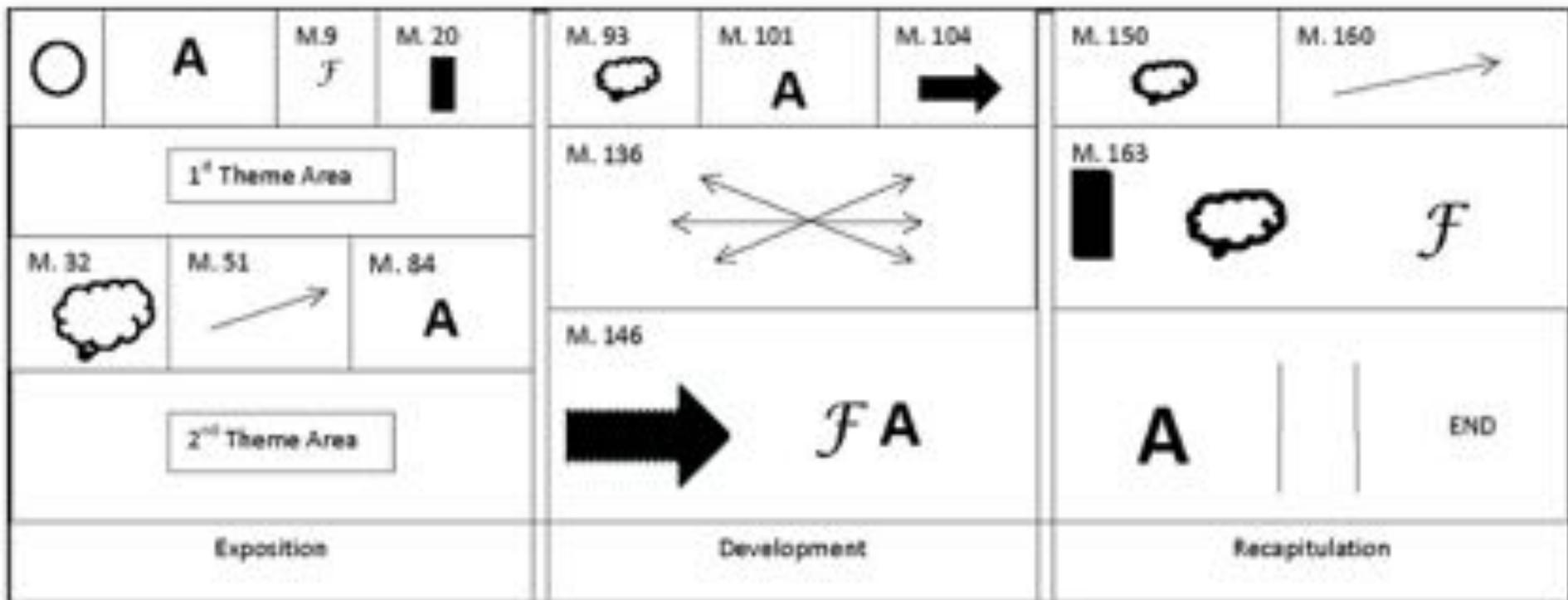
A SENSORY RICH DESCRIPTION OF PLAYING GREAT



ACCEPTANCE

Expands your attentional capabilities

Focus Plans

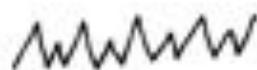


Giving Self-1 Attentional Targets

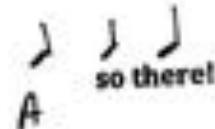
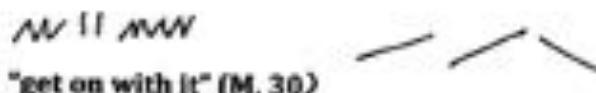
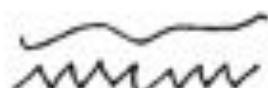
Clementi Sonatina in D, op. 36, No. 6 (first movement) Focus Map

Exposition

Theme I (mf)
D (key)
Cheerful



Theme II (p)
A (key)
Singing (m. 23)



Development

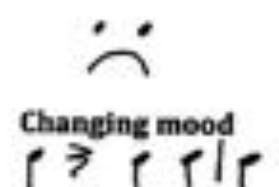
Euphoric

Jumping jumping

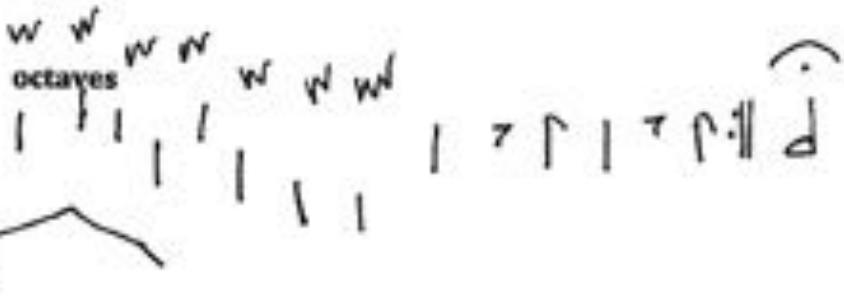
- - - - -

A:

D:

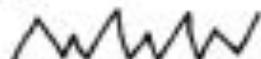


agitated (m. 52)

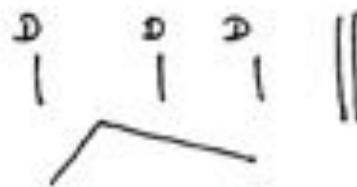
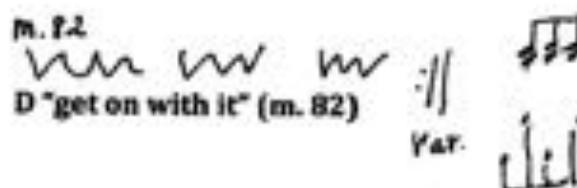
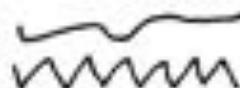


Recapitulation

Theme I (m. 57)
D (key)
Cheerful



Theme II (m. 75)
D
Singing

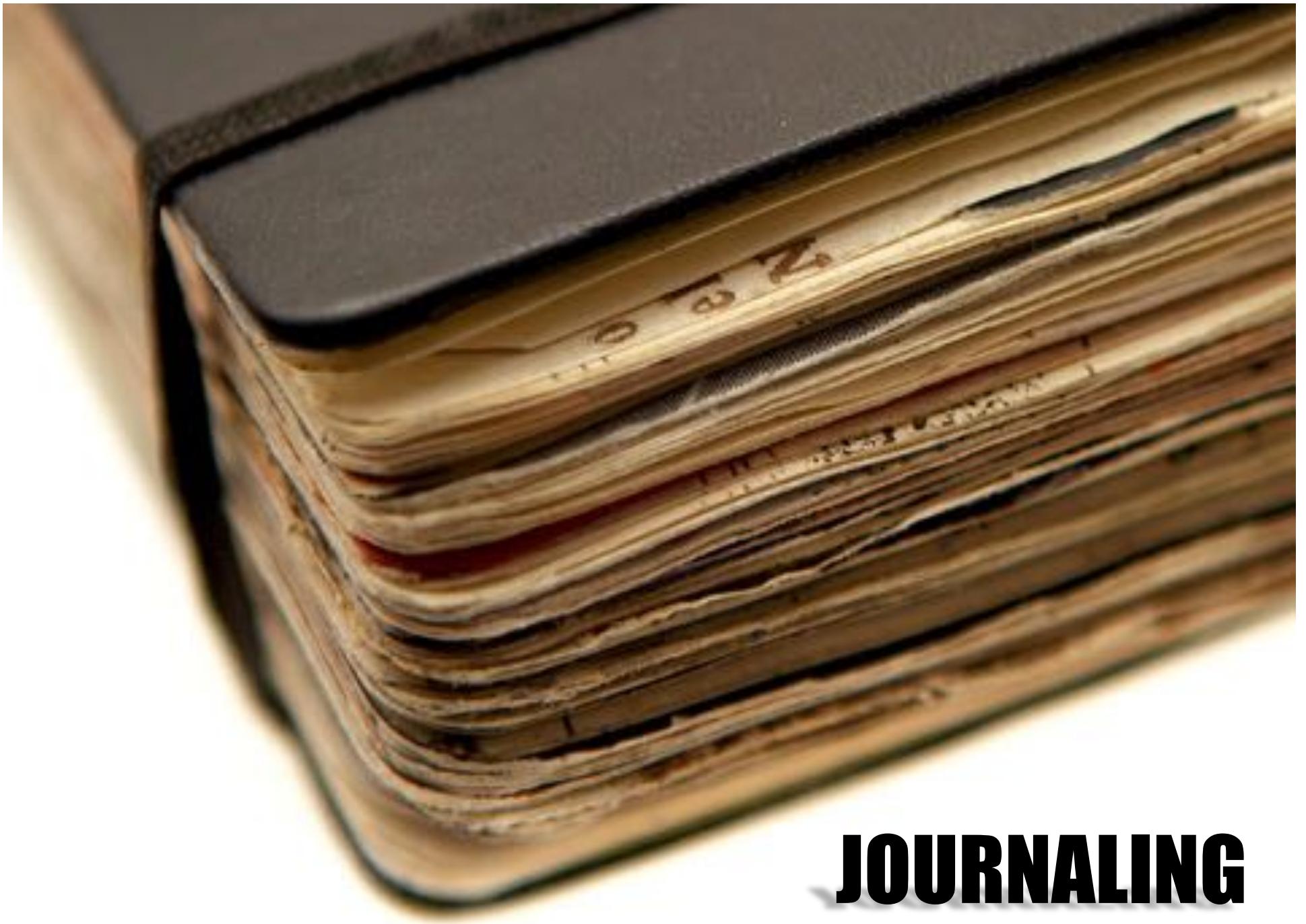


PERFORMANCE PHASES

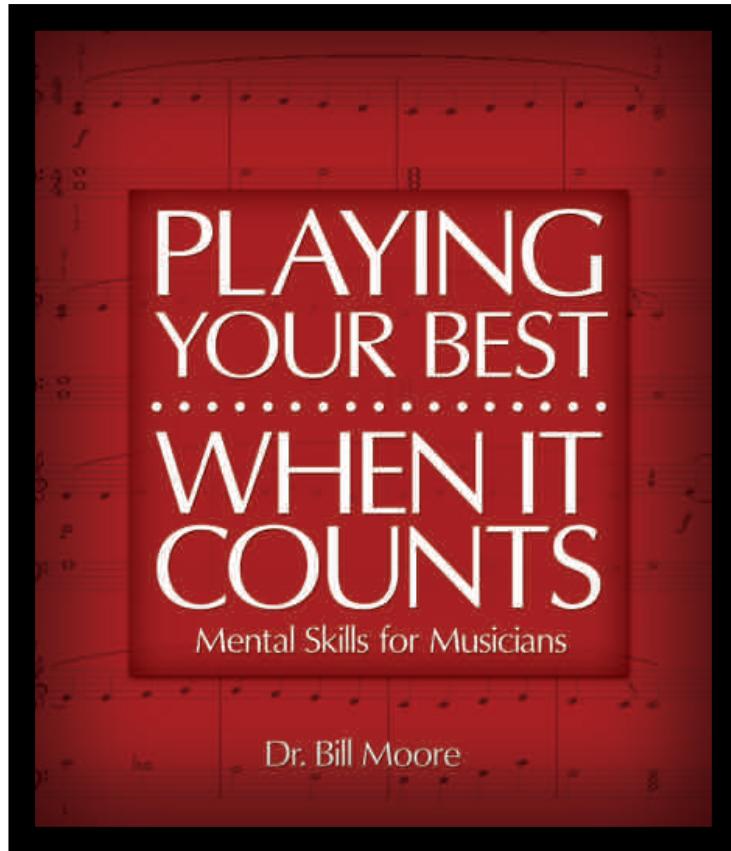
APPROACH

EXECUTE

RESPOND



JOURNALING

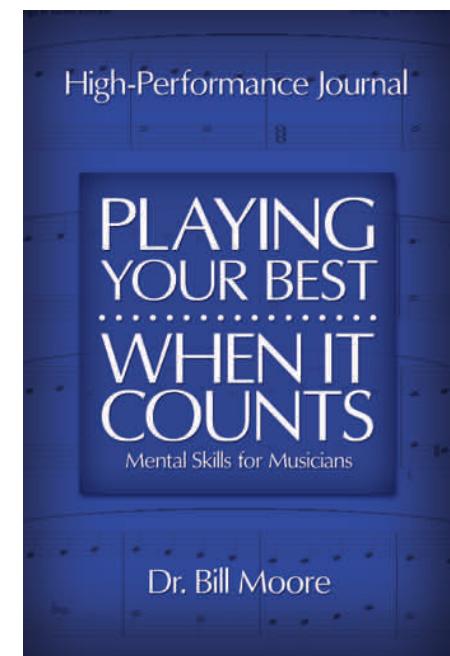
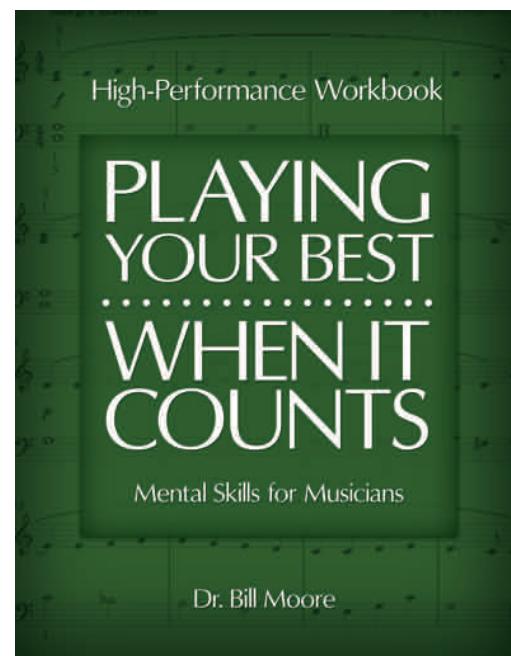


www.PlayingYourBest.com

RESOURCES



"Play your best when it counts"



THANK YOU!



„Play your best when it counts“



"Play your best when it counts"

"Play your best when it counts"