



# PEAK PERFORMANCE FOR MUSICIANS

*mental strategies that lead to peak performance*

## Are you a candidate for peak performance coaching?

*Check off all the statements that apply to you and your performing.*

- I perform better in practice than during competition.
- I do not have well-defined goals or goal specificity and I lack direction.
- I worry about what others think about my performing.
- I doubt my skills and performing ability before and during performance.
- I worry about letting others down by not performing up to their expectations.
- I am often self-conscious and worry about how others view me.
- I become very anxious, worry and experience excessive tension when competing.
- My nerves, anxiety, or jitters do not go away after the first few minutes of a performance.
- I am often afraid of failing and it affects my performance.
- I wonder if I fear success because I often sabotage myself when I am performing well.
- I don't really know why I am in music or I often let others serve as the source of my motivation.
- I am motivated by external rewards, recognition, or praise.
- I may attach my self-worth to how well I perform.
- I lose focus or have mental lapses during critical times in my performances.
- I go through the motions without mental focus or intensity.  in practice  in performance
- I am not excited enough or get too excited to perform my best under pressure.
- I get distracted by things that go on around me both on- and off-stage.
- I have doubts or negative thoughts before, during, or after auditions/competitions/performances.
- When performing well, I can sabotage my performance by expectations that limit me.
- I become easily frustrated because of high or strict expectations.
- I have trouble performing with freedom or trust when the pressure is on.
- I think about or concentrate on technique while I perform.
- I have trouble concentrating in the moment and find my focus drawn to other things.
- I think or worry too much about the consequences of my performance—good or bad.
- I overanalyze mistakes or my technique and end up thinking about it too much.
- I suffer from low self-confidence or self-esteem.
- I limit my performance with negative self-labels such as, "I am a loser." "I always mess up."
- I have trouble letting go of mistakes or forgetting poor past performances.
- My frustration or anger gets in the way of peak performance.
- I am frequently disappointed with my performance and wish it could be better.
- I have a burning desire to be the best performer I can and want to learn how to improve my performing.

*If you checked one or more of the boxes above, consider taking the MMAP © (Musicians Mental Aptitude Profile). The MMAP is a comprehensive assessment of your mental approach to performing, which identifies your strengths and challenges. Once you complete the MMAP, I can meet with you to discuss how to improve your mental toughness and, ultimately, your performing.*

Get started today by calling Peak Performance Coach, Dr. Diana Allan at 210-884-4500 or email her at [yourpeakperformancecoach@gmail.com](mailto:yourpeakperformancecoach@gmail.com)