



PEAK PERFORMANCE FOR MUSICIANS

empowering performers to excel

Commitment Wheel

Using the tool below, make a list of the things you do each day for singing. Mark each activity on a scale of 1-10 from the inside (1) to the outside (10): 1 indicating little time spent and effort spent and a 10 indicating a great deal of time spent. This will allow you to "see" how committed you are to pursuing all the activities necessary to succeed.

Ex:

