



Singers' Checklist for Pre-Performance Attitude

Mental Prep Area	Pre-Performance Attitude Checklist
Enter Role of Performer	<ul style="list-style-type: none"><input checked="" type="checkbox"/> I'm acknowledge distractions from my life<input checked="" type="checkbox"/> I commit to "parking" life issues or hassles<input checked="" type="checkbox"/> I fully enter into & commit to role of performer
Game Plan or Strategy	<ul style="list-style-type: none"><input checked="" type="checkbox"/> I study the music, practice, and devise a plan to perform<input checked="" type="checkbox"/> I will use my strengths to perform my best<input checked="" type="checkbox"/> I have set a strategy to be successful in the performance
Proactive with Confidence	<ul style="list-style-type: none"><input checked="" type="checkbox"/> I reviewed my list of reasons to be confident<input checked="" type="checkbox"/> I use positive self-talk statements to be confident<input checked="" type="checkbox"/> I shoot down any last minute pre-performance doubts
Set Process Goals	<ul style="list-style-type: none"><input checked="" type="checkbox"/> I know what cues to focus on during my performance<input checked="" type="checkbox"/> I set one or two process goals to focus on execution<input checked="" type="checkbox"/> I commit to not staying in the "here & now"
Rehearse Performance	<ul style="list-style-type: none"><input checked="" type="checkbox"/> I see and/or feel a successful performance by trusting myself<input checked="" type="checkbox"/> I see and/or feel myself performing with confidence<input checked="" type="checkbox"/> I rehearse the first entrance or phrase in my mind
Prepare to Trust	<ul style="list-style-type: none"><input checked="" type="checkbox"/> I am in performance mode & do not practice technique<input checked="" type="checkbox"/> I do not judge as I'm warming-up—only accept singing "as it is"<input checked="" type="checkbox"/> I commit to trusting what I have practiced
Embrace the Butterflies	<ul style="list-style-type: none"><input checked="" type="checkbox"/> I feel pumped and ready for performing, not scared<input checked="" type="checkbox"/> I welcome butterflies as a sign that I & care am ready<input checked="" type="checkbox"/> I channel extra energy to help me narrow focus to begin