



PEAK PERFORMANCE FOR MUSICIANS

empowering performers to excel

Distraction Identification

In the space provided below, list the specific distractions you encounter in practice, pre-performance, during performance, and after performance. These distractions will fall into the following categories: environmental (the space you are in), body/emotions (feelings or thoughts), and the people in these environments.

Practice/Pre-Performance Environmental	Practice/Pre-Performance Body/Emotions	Practice/Pre-Performance People
ex: other performers	ex: shaking	ex: other performers around
Performance Environmental	Performance Body/Emotions	Performance People
ex: audience movement	ex: sweating	ex: family in audience

Coping Strategy Identification

In the space provided below, in the left column list the most nagging and persistent distractions from the list above. In the middle column, identify the relaxation strategy you will immediately engage when you experience the particular distraction again. In the right column, identify the coping strategy you will use to shift your focus back to the here and now.

Practice/Pre-Performance Distractions	Relaxation Strategy	Coping Strategies
ex: other performers	ex: deep breath in & out	ex: take headphones backstage & listen or just have them on to FOCUS
Performance Distractions	Relaxation Strategy	Coping Strategies
ex: audience movement	ex: deep breath in & out	ex: acknowledge movement, then blink and "I'm back!"