

What is **the barrier
to playing your best?**



The Performance Elephant



Winning The Inner Game



The Inner Game

“The inner game is played against such obstacles as fear, self-doubt, lapses in focus, and limiting beliefs and self-imposed obstacles that prevent an individual or team from expressing their maximum potential.”

Timothy Gallwey, The Inner Game of Tennis

Skills, com
attitudes and
performance
Training is ak
wleda

$$p = p - i$$

PERFORMANCE CULTURES

**Play-Based
Cultures**

Jam Session

Sandlot Sports

Jazz

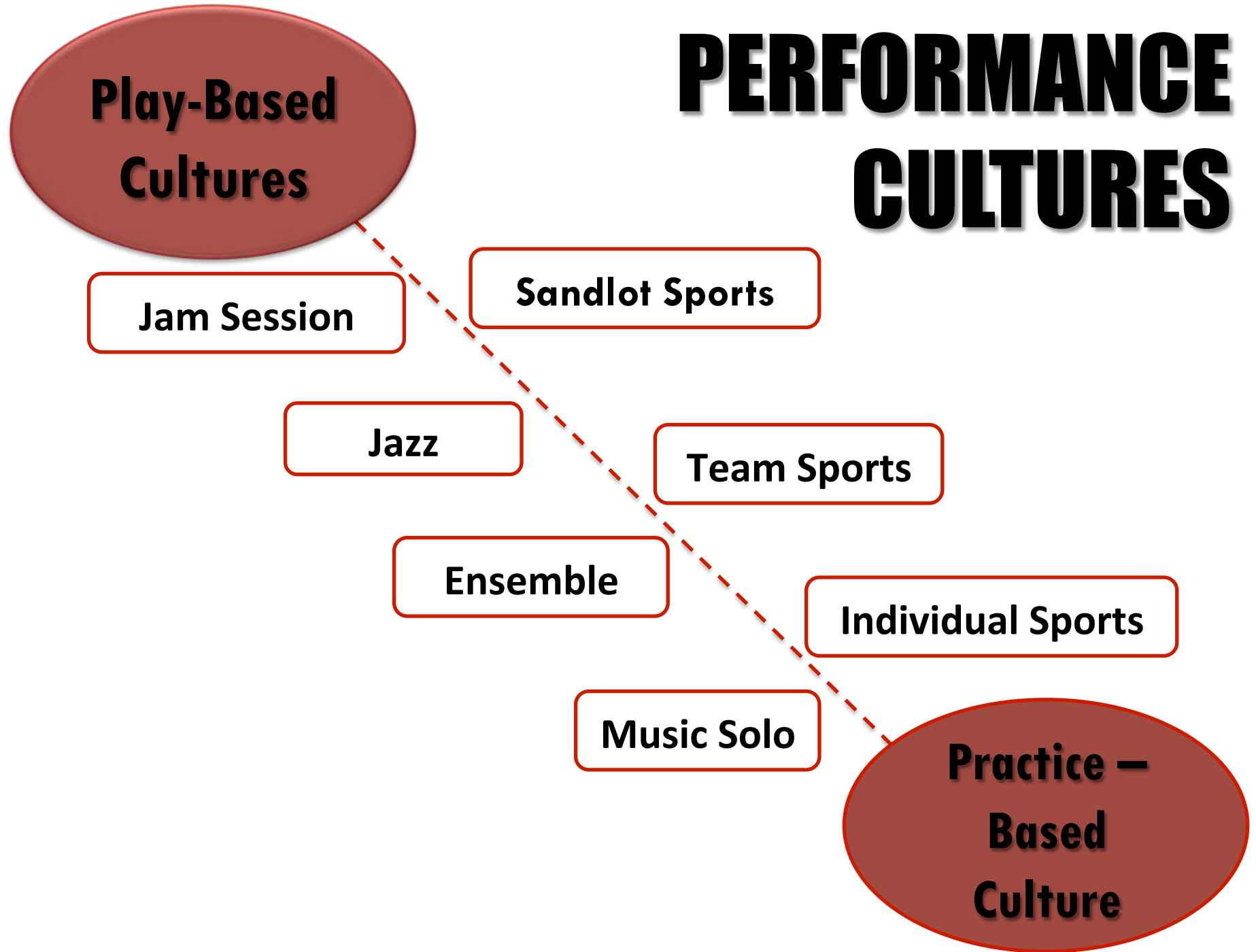
Team Sports

Ensemble

Individual Sports

Music Solo

**Practice –
Based
Culture**



“We call music a performing art, although musicians spend comparatively little time on the stage. The vast majority of a musician’s life is spent preparing to perform. We are, in fact, not performers but “practicers” who go before the public from time to time.”

- John Minahan, The Art and Science of Practicing

THE MENTAL SKILLS NEEDED TO PUT IT IN

are not the same ones needed to get it out

The background is a light blue gradient with a large, stylized number '2' and a circular shape. The '2' is formed by a thick, curved line that starts from the bottom left and curves upwards and to the right. A smaller, solid blue circle is positioned near the top of the '2'. The overall effect is a soft, abstract design.

2 Mindsets

Performance Mindset

Courage

Trust

Acceptance

Practice Mindset

Self-instruction

Self-monitoring

Analyzing cause & effect

Self-Monitoring Correctness


Consciously checking correctness or
competence

Analyzing Cause and Effect

Reviewing and evaluating mistakes to determine their cause and correction.

Self-Instructing

An inner dialogue of information and direction developed during practices and lessons.

A 3D rendering of a chain with a yellow link. The chain is composed of several white links, with one link highlighted in a bright yellow color. The yellow link is positioned in the foreground, slightly to the right, and is connected to the rest of the chain. The chain is set against a plain white background.

Performance Mindset

Performance Goals

APPROACH

EXECUTE

RESPOND

Personal Beliefs of Mature Performers





Performance
is not
Personal

“A musicians self-image has a direct bearing on their success. When your self-image is solid, you can go from one performance to the next, regardless of the reception you get.”

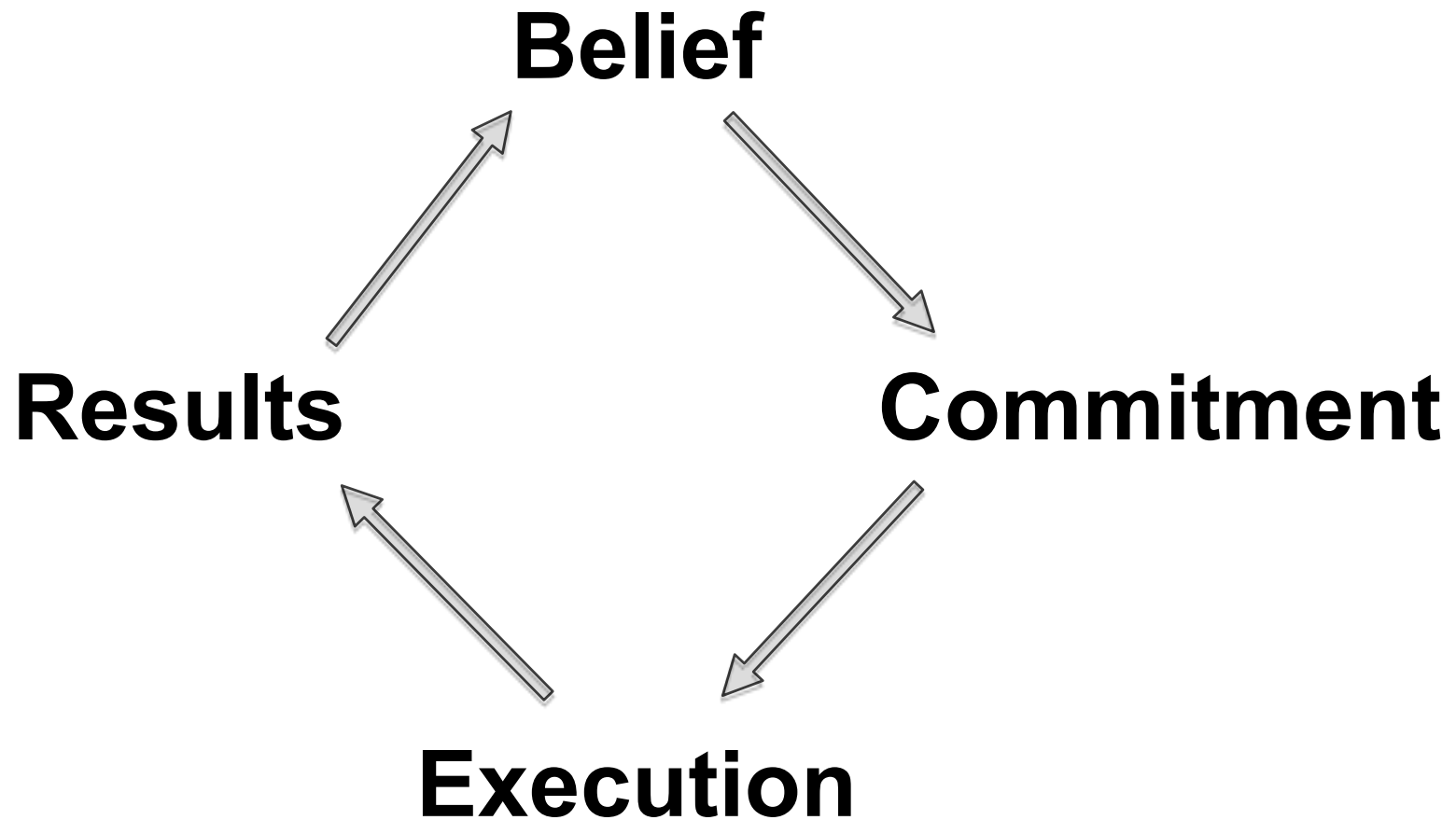
You cannot out-perform your self-image



The Process
is the
Product



Confidence Loop





**Strengths impact performance
more than weaknesses**

**Embrace strengths in yourself
and others**



**Facts are necessary
for good decision
making**





70 – 20 – 10 Rule

BE MORE

Positive, Focused and Fighting





Helping You Succeed In Performance Environments

www.DrBillmoore.com