

A close-up, slightly blurred photograph of piano keys. The keys are arranged in a row, with the focus on the central ones. The lighting is soft, creating a gentle gradient across the keys. The text is centered over the lower half of the image.

**How would you describe your  
best performance?**



**Athletes are players who practice.**

**Musicians are practitioners who play.**

# The Performance Elephant

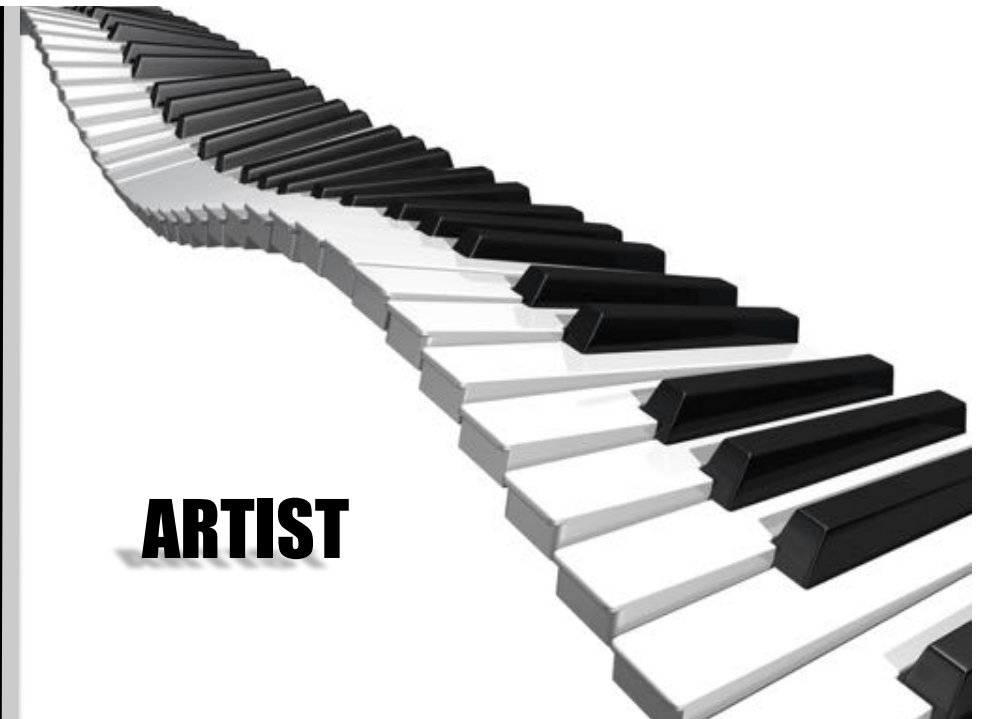


**THE MENTAL SKILLS NEEDED TO PUT IT IN**

are not the same as the ones needed to get it out

**THE PERFORMANCE MINDSET**  
is not a personality trait





**UNDER-ACHIEVER**



## PERFORMANCE MINDSET

Courage

Trust

Acceptance



*"Play your best when it counts"*

## PRACTICE MINDSET

Self-instruction

Self-monitoring

Analyzing cause & effect



**Let go of conscious control  
OVER CORRECTNESS**

*and attend to  
the higher order  
aspects of  
performance*





**When great performers stop trusting**

**They stop becoming great performers**



A photograph of a male conductor with grey hair, wearing a black tuxedo jacket over a white shirt and a white bow tie. He is captured in a dynamic pose, with his right hand raised high, holding a thin baton, and his left hand positioned near his face. The background is solid black, which makes the conductor and the white text stand out. The text 'TRUST' is written in a large, bold, white sans-serif font, and 'AS THE PERFORMANCE GOAL' is written in a smaller, white sans-serif font below it. Both lines of text have a subtle reflection effect underneath them.

# TRUST

AS THE PERFORMANCE GOAL

A photograph of a male conductor with grey hair, wearing a black tuxedo jacket over a white shirt and a white bow tie. He is holding a thin baton in his right hand, raised high, and his left hand is near his face in a conducting gesture. The background is solid black.

# TRUST

AS THE PERFORMANCE GOAL

## 80-20 RULE

A sepia-toned photograph capturing a daring leap from a rocky cliff. The lower half of a person is visible in mid-air, their legs and feet extended towards the bottom of the frame. On the right, a hiker with a backpack and sunglasses stands on the cliff's edge, looking up at the jumper. The background reveals a vast, deep canyon with layered rock formations and a winding river at the bottom. The word "COURAGE" is superimposed in large, bold, black letters across the center of the image.

**COURAGE**

A black and white photograph of a piano keyboard. The focus is on a single key being pressed by a finger, with the surrounding keys blurred in the background. The lighting creates strong highlights and shadows, emphasizing the texture of the keys and the motion of the finger.

# **PERFORMANCE SCRIPT**

**A SENSORY RICH DESCRIPTION OF PLAYING GREAT**



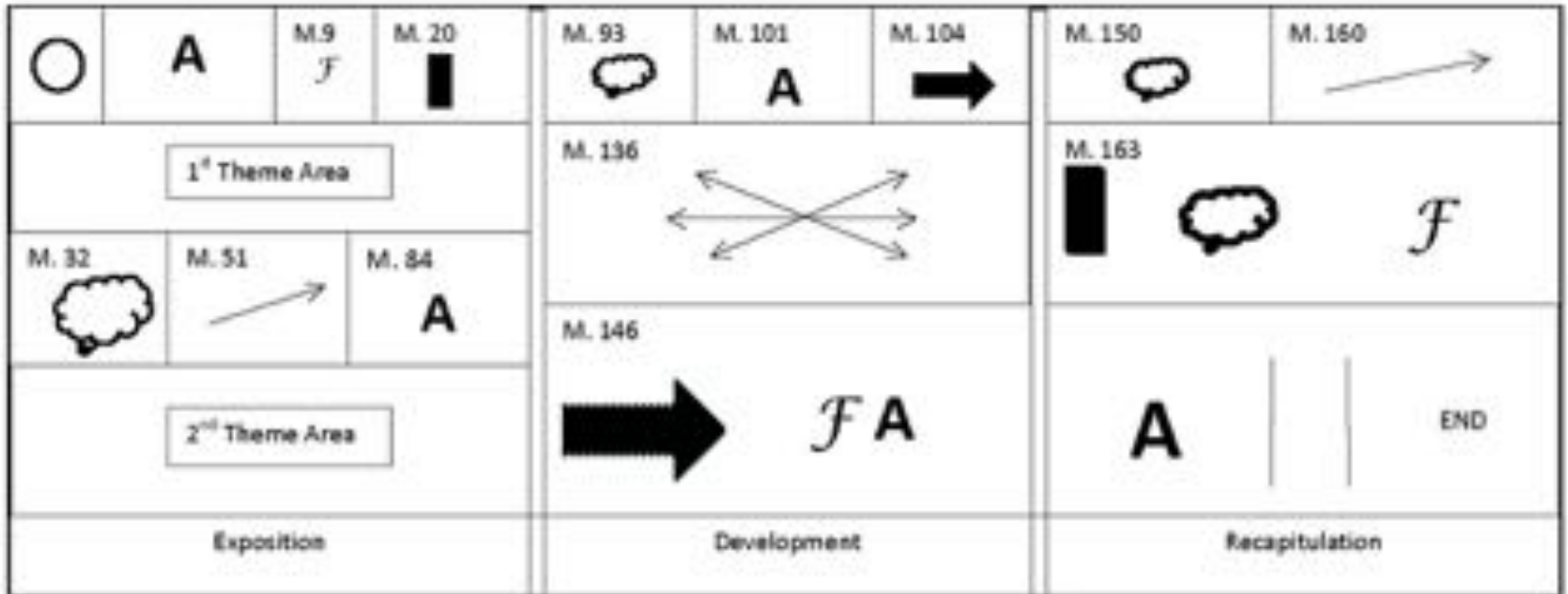


# ACCEPTANCE

Expands your attentional capabilities



# Focus Plans

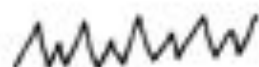


Giving Self-1 Attentional Targets

# Clementi *Sonatina in D, op. 36, No. 6* (first movement) Focus Map

## Exposition

Theme I (mf)  
D (key)  
Cheerful

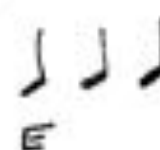


Wheel!  
(m. 9, RH scales)

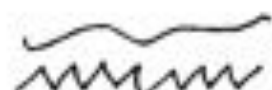


Pedal pt.

teasing



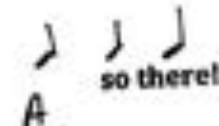
Theme II (p)  
A (key)  
Singing (m. 23)



"get on with it" (M. 30)



so there!



## Development

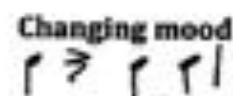
Euphoric

Jumping jumping



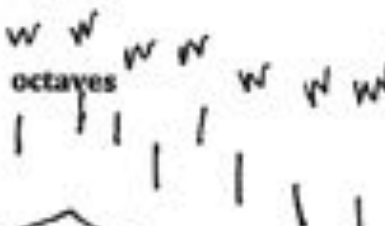
A: D:

Changing mood



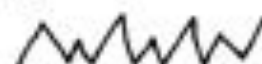
agitated (m. 52)

octaves

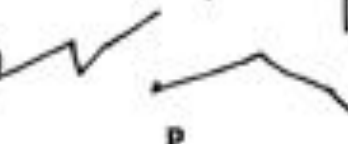


## Recapitulation

Theme I (m. 57)  
D (key)  
Cheerful

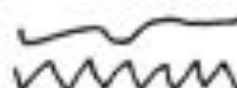


(scales)  
Wheel



p

Theme II (m. 75)  
D  
Singing

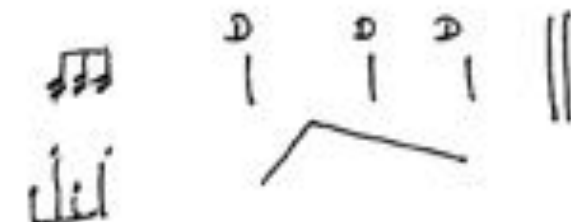


m. 82

D "get on with it" (m. 82)



Var.



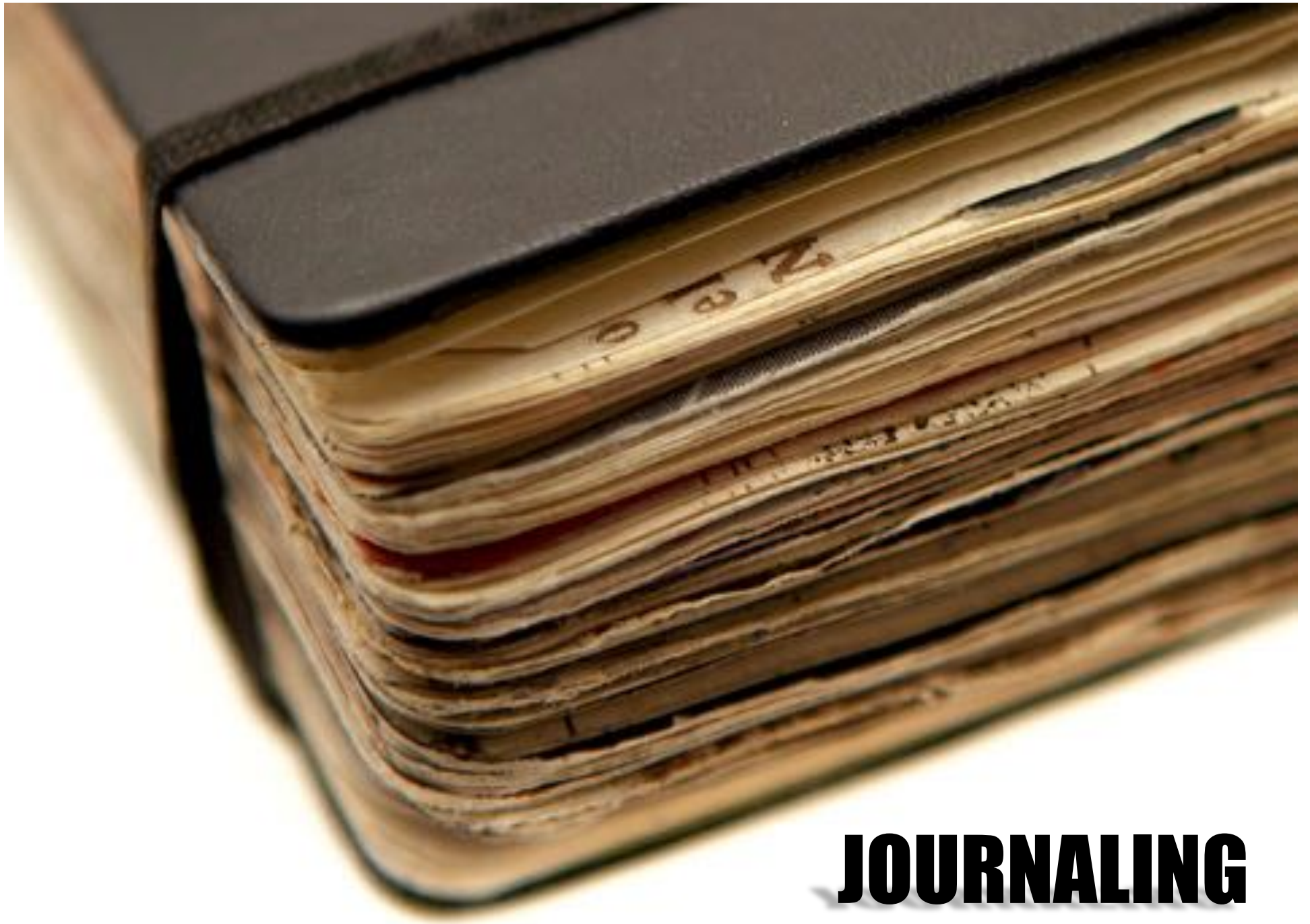
# PERFORMANCE PHASES

The diagram consists of a dark blue rectangular background with a subtle gradient. Two vertical light blue lines divide the space into three columns. The text 'PERFORMANCE PHASES' is at the top, centered across all columns. Below it, the word 'APPROACH' is in the left column, 'EXECUTE' is in the middle column, and 'RESPOND' is in the right column. All text is in a bold, white, sans-serif font.

**APPROACH**

**EXECUTE**

**RESPOND**

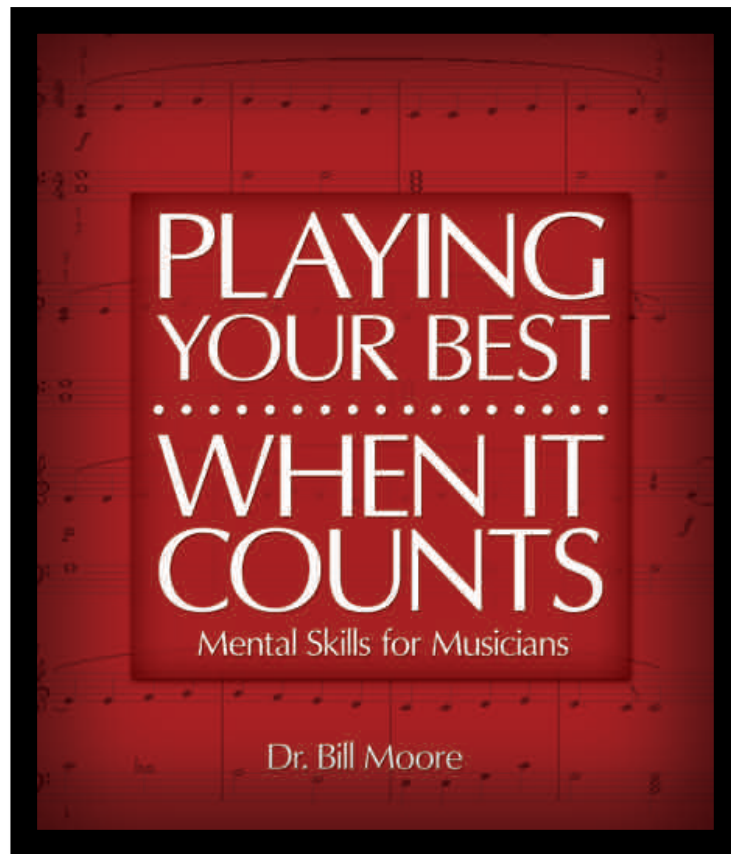


**JOURNALING**

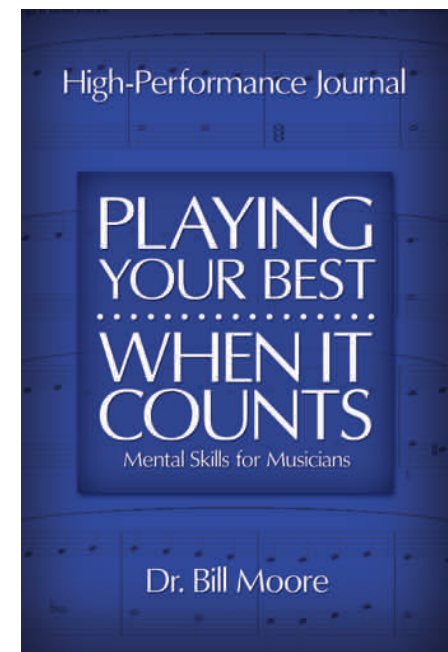
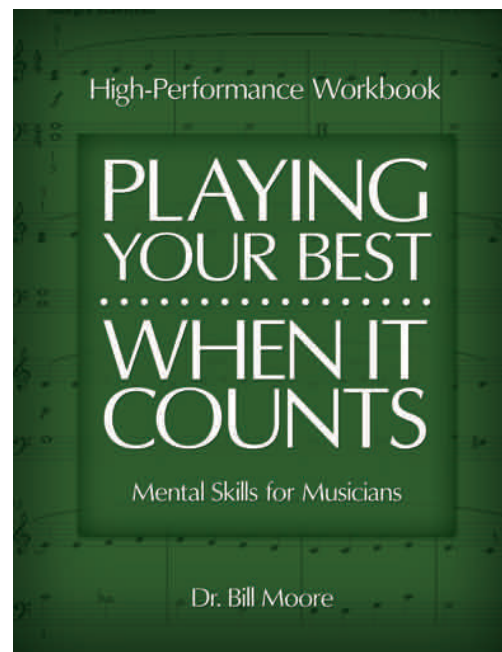
# RESOURCES



*"Play your best when it counts"*



**[www.PlayingYourBest.com](http://www.PlayingYourBest.com)**





# THANK YOU!



*"Play your best when it counts"*

*"Play your best when it counts"*





*"Play your best when it counts"*

*"Play your best when it counts"*