



Dr. Jon
Skidmore Psy.D.
Performance Coach & Psychologist

361 E. 1200 S.
Orem, Utah 84059-0336
801-426-2685
Jon@JonSkidmore.com
www.JonSkidmore.com

Creating an Optimal Performance Mindset

Mindset by default or by design?

Write down three words that describe your optimal performance mindset.

- 1.
- 2.
- 3.

Write down three words that describe the shift into your default mindset.

- 1.
- 2.
- 3.

The Optimal Performance Mindset

1. Right focus
2. Right attitude
3. Right energy: (freetorelax) Discount code for *Relax the Body /Focus the Mind*
4. Right action

Your Optimal Performance Mindset

1. Clearly define your goal or intention.
2. Know your motivation. Why are you doing this?
3. Identify the attitude you are committed to bringing to your performance process.
4. Master the necessary mental and musical skills for a great performance.

Performance Attitude Questionnaire (Short Form)

Complete the following sentences. Just put down whatever comes to mind.

- ___ Performing is...
- ___ I know I am ready to perform when...
- ___ The audience...
- ___ Criticism is...
- ___ What I like most about performing is...
- ___ Mistakes are...
- ___ I'd have more confidence if...
- ___ I get stress out when...

The Performance Profile Questionnaire (Short Form)

The **Performance Profile Questionnaire** explores different aspects of your experience as a performer. Read each question and reflect on your personal experience.

Answer each sentence as **TTrue, FFalse or SSometimes.**

1. _____ I usually feel anxious before I perform.
2. _____ I am easily distracted when I perform.
3. _____ I usually feel confident about my performance preparation.
4. _____ I critique my performance while I am playing.
5. _____ I am afraid of mistakes.
6. _____ I often think about past "bad" or embarrassing performances.
7. _____ I am critical of myself.
8. _____ I have confidence in my ability to perform well.
9. _____ I often wonder what others think of my playing.
10. _____ I enjoy performing.



The Five Stages of Peak Performance©

Stage I. The foundation

What is your goal or intention?

Why are you pursuing this goal? What is your motivation?

How are you committed to being as you pursue this goal?

Write down three words that describe how you are committed to being as you perform.

Trigger words: _____

Stage II. Ready!

Skill acquisition and mastery – Practice, Practice, Practice!

Constant self-awareness: evaluate, critique, experiment, observe, adjust.

Mental preparation/visualization.

How are you being as you pursue your goal?

What is incomplete? What is your plan to complete it?

When you plan your work and work your plan, your plan works!

Important: Declaring your preparation complete allows you to perform with freedom. Declare complete what is incomplete!

Stage III. Set!

Get yourself mentally and physically set to perform.

Physical preparation includes your uniform, costume, props, transportation, food, and grooming, etc.

Being mentally set: attention control and positive self-talk.

Pre-performance routines (warm-up routines) to access motor programs. No Rituals!!

Trigger words to access the desired mental states for the performance.

How are you being? Confident, Expressive, Bold!

Stage IV. Go!

The performance.

Step into the sandbox, stay in the sandbox! Go Play!

Limited self-awareness, a present focus of awareness, ease, flow, in the zone.

No thoughts of victory, no thoughts of defeat!

Stage V. The post performance debriefing

Each performance is a practice in performing.

What worked?

What didn't work?

What will you do next time?

No post performance bashing!