



Confidence? or Confidence!

The Four Pillars of Confidence

Pillar #1: Choice

1. Clearly define your goal or intention.

I am performing _____ on _____.

2. Know your motivation. Why are you doing this?

I am performing on _____ because:

- a.
- b.
- c.

Get out of the land of “reasons rule” and into the land of “I choose!”

When you make a choice you choose all that comes with it.

Pillar #2: Mindset

You have a mindset about everything related to your performance experience. Did you design your mindset or is it there by default? Is your mindset supporting your performance? Can you stay in your positive mindset even if there are breakdowns?

Write down three words that describe your designed optimal performance mindset.

- 1.
- 2.
- 3.



Pillar #3: Preparation

Finding the balance between the demands of the task and your level of skill is the home of confidence.

Do you know what you are doing? Have you put in sufficient practice time? Is the money in the bank? When is enough, enough?

Have you declared your preparation complete?

Pillar #4: Enjoy the Process

Is a performance a big scary event shrouded in the expectation of success and the fear of failure or disappointment?

Is a performance a small, but important part of a process glowing in growth, excitement, challenges and progress?

Confidence is a choice!



S E M I N A R S

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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, instrument, transportation, food, grooming, and musical warm-up.

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! Sandbox it!

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

No thoughts of victory, no thoughts of defeat!

Stage V. And now what? 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!