Mental Skills Questionnaire

Write the number in the space on the left column below that best expresses the degree of agreement or disagreement with each of the statements.

Strongly Disagree 1 2 3 4 5 Strongly Agree

Motivation
1. _____ In performance, I usually manage my mental energy well enough to sing my best.
2. _____ I really enjoy performing when the other singers are of high caliber.
3. _____ I am good at motivating myself.
4. _____ I find that I usually try my hardest.
5. _____ I normally have a clear idea of WHY I sing.

Goal Setting
6. _____ I always set goals for myself in lessons and coachings.
7. _____ My goals are always very specific.
8. _____ I always analyze and evaluate the outcome after a performance.
9. _____ I usually set goals that I can achieve.

Self-Confidence
10. _____ I suffer from a lack of confidence about my performance abilities.
11. _____ I approach all auditions, competitions and performances with confidant thoughts.
12. _____ My confidence wavers as auditions, competitions and performances draw near.
13. _____ Throughout all performances, I keep a positive attitude.

Anxiety and Fear
14. _____ I often experience fears about failing in performance.
15. _____ I worry that I will disgrace myself when singing in performance.
16. _____ I let my mistakes and omissions distract me while I perform.
17. _____ My anxiety is harder to control in the presence of other singers.
Relaxation
18. _____ I am able to relax myself before a performance.
19. _____ I become too tense before a performance.
20. _____ Being able to calm myself down is one of my strong points.
21. _____ I know how to relax in difficult circumstances.

Concentration and Focusing
22. _____ My thoughts are often elsewhere during performance.
23. _____ My concentration lets me down during performance.
24. _____ Unexpected noises and sights distract me during performance.
25. _____ I am good at pretending to be focused even though I am distracted.
26. _____ Despite distractions, I can control my focus during performance.

Imagery
27. _____ I can rehearse my repertoire in my imagination.
28. _____ I can rehearse my musical, vocal and dramatic skills in my head before I use them.
29. _____ It is difficult for me to form mental pictures.
30. _____ I can easily imagine how technical vocal and dramatic maneuvers feel.

Expression and Meaning
31. _____ I am good at personalizing the text of my music.
32. _____ I have difficulty expressing my intended emotional state with my body.
33. _____ My face reflects my emotions accurately and expressively.
34. _____ Without props, costumes and sets, I find it difficult to summon up dramatic truth.
35. _____ I can usually understand the musical and textural clues that give dramatic meaning.
**Scoring Instructions:** Work out your score by adding up the numbers you have recorded to the left of each question for each section. Now calculate your percentage score for each category. Do this by dividing your sum score by 35, then moving the decimal point two digits to the right. For example, if you scored 14 in one section, you will calculate the percentage score as $14/35 = .40$. Then move the decimal point two digits to the right to get 40%. Score the rest of the categories this way. These scores do not show right or wrong—only where you are now in terms of your mental skill level.

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<thead>
<tr>
<th>Category</th>
<th>Score</th>
<th>Percentage</th>
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<td>Motivation:</td>
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<td>Goal Setting:</td>
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**Mental Skills to Focus On:** Select Three Lowest Percentage Scores

1. __________________________________________________
2. __________________________________________________
3. __________________________________________________