

# 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

Strongly Agree

5

## 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 confident 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.

Category	Score	Percentage
Motivation:	_____	_____
Goal Setting:	_____	_____
Self-Confidence:	_____	_____
Anxiety and Fear	_____	_____
Relaxation:	_____	_____
Concentration/Focusing	_____	_____
Imagery:	_____	_____
Expression/Meaning	_____	_____

**Mental Skills to Focus On:** Select Three Lowest Percentage Scores

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_