

Creating Your Performance Plan

Performance: _____

Performance Venue/Date: _____

1. Based on past performances, write down your **THOUGHTS, FEELINGS AND BELIEFS** about this performance.

2. What **PERSONAL STRENGTHS AND QUALITIES** do you want to draw from for this performance?

3. What are you trying to **CONVEY** to the audience during this performance?

4. What are your key **PROCESS** goals for this performance? Process goals refer to how you want to feel while performing, what you want your experience to be like, and how you will know if you accomplished your goals for performing.

5. Do you have any **OUTCOME GOALS** for your performance? Outcome goals include winning an audition or game, surpassing personal performance goals, being offered a job or getting positive feedback.

6. What do you want your **FOCUS to be** during this performance?

7. Are there any **CRITICAL POINTS** in this performance that you will need to pay particular attention to?
