

Accuracy – perceive, review, analyse, respond

[accurate!] Performers Receive Applause and Roses

Perceive

Step-back – disengage, relax, take time-out

Focus - ask yourself

Really listen, really see – don't assume: record yourself, ask others to look and listen – seek feedback

–STOP–

Review

From what you have perceived –

What needs to be done (persistence)?

What can be done (push the limits),

How is it going to be done (**PLANNING**)

–THINK–

Analyse

(from planning)

How am I going to achieve the goal?

What tools do I have (or need)?

What solutions need to be implemented?

How will I measure success?

Respond

Let's do it – go for it

–GO–

Measure my success

and for this, guess what! You then need to.....

Perceive

Example

I have a solo performance coming up – how is my piece coming along?

Perceive – I think it would be good to record myself playing it with people in the room. From there I have listened to the feedback and taken the time looked at my performance.

Review – the end scalic section needs work and I look tense when I play.

What needs to be done – the A major scales need work (**what can be done** – *I know I can play these at speed with the help of a metronome (push the limits).*

What needs to be done – My setup doesn't help my movement (*I can* rearrange easily and *I can* look relaxed and comfortable playing.

Plan and analyse – don't play what I can already play, scale work (and permutations) (**persistence**), breath and relax when I play, explore various set-ups (**planning**).

Respond – **Put it together again** – and aim for a performance in the space with an audience

(And then start all-over again)