

Jon Gorrie

Performing in The Zone

Unleash your true performing potential!



Appendix 2. Performance Journal

Step 1: Practise Performing in Your Mind

Day/Date/Time _____

Location _____

Up-coming performance _____

Performance arousal level(s) required _____

Performance arousal level(s) experienced _____

Techniques utilised _____

Noted positive effects _____

What did I do well? _____

What can I improve? _____

Notes

Step 2: Practise Performing by Yourself

Day/Date/Time _____

Location _____

Up-coming performance _____

212 Performance arousal level(s) required _____

Performance arousal level(s) experienced _____

Techniques utilised _____

Noted positive effects _____

What did I do well? _____

What can I improve? _____

Notes

Step 3: Practise Performing to a Recording Device

Day/Date/Time _____

Location _____

Up-coming performance _____

Performance arousal level(s) required _____

Performance arousal level(s) experienced _____

Techniques utilised _____

Noted positive effects _____

What did I do well? _____

What can I improve? _____

Notes

Step 4: Practise Performing to Close Friends or Colleagues

Day/Date/Time _____

Location _____

Up-coming performance _____

214 Performance arousal level(s) required _____

Performance arousal level(s) experienced _____

Techniques utilised _____

Noted positive effects _____

What did I do well? _____

What can I improve? _____

Notes

Step 5: Practising Performing

Day/Date/Time _____

Location _____

Up-coming performance _____

Performance arousal level(s) required _____

Performance arousal level(s) experienced _____

Techniques utilised _____

Noted positive effects _____

What did I do well? _____

What can I improve? _____

Notes
