

Entering the Moment: Pre-Performance Checklist

When planning for an important Moment of Performance (MOP), several strategies can help you to sustain your focus. Prior to each performance, consider the following questions to optimize your alignment to the moment:

1. Why is this performance important? How will it advance your broader mission, vision, or legacy?
2. My specific goal(s) for this performance is/are:
3. My strategies/plans for this performance include:
4. What principle(s) do I need to keep in mind that will support my success:
5. I have the faith and hope that all will happen as it should. Yes? No? Explain:
6. What rules, standards, ethics, or personal philosophy will I maintain throughout:

7. Visualizing success and performing at my best looks like this... (describe in detail)

8. Thoughts, affirmations, self-talk I will keep top of mind during this performance:

9. Emotions I will tap into to be fully engaged include:

10. To optimize energy my sleep, rest and/or recovery strategies will include:

11. What do I need to eat/drink/consume (and when) to maximize my energy?

12. What tools and resources will I need to maximize my performance:

13. What might I need to do to set or organize the stage prior to my performance?

14. My pre-performance rituals/routines include:

15. If things aren't going my way I'm going to _____ to get myself on track:

16. What kind of support do I need to optimize my performance:

17. To perform my best, I will focus on these key things:

18. The reasons why I will perform at my best during this performance is because...

19. These past successes give me the evidence and confidence I need to succeed?

20. What mistakes have I learned from that will inform this performance?

21. My confidence level going into this performance is:

1 2 3 4 5 6 7 8 9 10

22. My motivation level going into this performance is:

1 2 3 4 5 6 7 8 9 10

23. I am fully committed to being fully engaged in this performance:

Yes No

24. I will be charitable and patient with myself through mistakes and challenges:

Yes No

25. What else will assist you in your preparations: