



KNOWING WHAT YOU WANT

Many performers know that they want to improve some aspect of their performance, but when asked the question, "what is your ideal performance?", so many of them are unsure. What is 'right' for one person may be 'wrong' for another, so what constitutes an ideal performance resides with the performer or individual. Knowing what you want is the first step in creating your ideal performance.

Take the time now to think about your ideal performance and **make a list of the things which will help you positively in your performance**. Do you need to be relaxed or energized, or both at different times? Do things need to be planned or done spontaneously? What do you need to see, hear or feel? think also about wanted states such as confidence, relaxation, creativity, motivation; as well as communication with self & others, event, venue, ambience and audience.

Once you have completed the above, ask yourself the question, "**how will I know when I have achieved my objective?**".

Will you know because you will feel a certain way? or perhaps you could see the happy expressions on peoples' faces, or maybe because that voice in your head says 'well done!' the clearer you are about what you want, the easier it becomes to get it. The great thing is that your list can be flexible and may be altered as many times as needed, because as your performance evolves, your ideal performance may also change.

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Now do this exercise.

Imagine someone who you consider to be an excellent performer; perhaps this person's performance equates with your ideal performance. Visualize them in front of you.

How do they stand or move, what expression do they have on their face? Notice what you notice about them.

Now step into that person (yes, take a physical step forward), stand or move the way they move and take on their facial expression. This time notice what you notice about you! What do you see, hear or feel? Enjoy your ideal performance for this moment and remember it. **Have fun!** ~
END

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