



winning on stage

Dr. Don Greene's Pre-Performance Checklist

As a performing artist you put hundreds if not thousands of hours into preparing for a significant performance or audition. However, the last week is the most crucial in the entire process. The performers that minimize the most variables will inevitably perform the best. Here is my checklist for you to use during the all-important seven days prior to the event:

- ☐ Cancel or reschedule all unnecessary appointments or unimportant projects.
- ☐ Organize all equipment, materials, clothes, and a travel schedule.
- ☐ Try to increase your sleep.
- ☐ Recognize and accept the increasing energy you'll be feeling through the week.
- ☐ Hydrate to the max. Make sure that your urine is clear.
- ☐ This is not time to cram or change your technique. Trust your practice.
- ☐ Reduce the amount of time you spend on physical practice.
- ☐ Mentally rehearse your ideal performances several times a day. See it, feel it, hear it.
- ☐ Avoid obnoxious or annoying people.



winning
on stage

Dr. Don Greene's
Pre-Performance
Checklist

- ☐ Your emotional sensitivity may be high. Caution others before conflicts arise.
- ☐ Ignore your doubts and challenge your fears.
- ☐ Formulate a plan of how to practice while traveling.
- ☐ Prioritize a good daily warm-up and review of technically challenging spots.
- ☐ Keep your sense of humor and positive self-talk.
- ☐ Be grateful for the opportunity to do your best.
- ☐ Believe in all of the hard work that you have put into this event.
- ☐ Ramp-up your courage for the challenge.
- ☐ Commit to go for it no matter what!
- ☐ Stay in the moment. Focus on the task not the outcome.