

Pre-Performance Plan

Brainstorm all of the things you need to do in the week leading up to your event in order to be prepared. What do you need to do to be mentally and physically ready to go?

PRE-PERFORMANCE PLAN

DOING:

THINKING:

FEELING:

DOING:

THINKING:

FEELING:

DOING:

THINKING:

FEELING:

DOING:

THINKING:

FEELING:

DOING:

THINKING:

FEELING:

DOING:

THINKING:

FEELING: