

# Embody

6

**Embody**—Allow yourself to be what you are and what you have prepared. Embody the music and your preparation. This is real time practice for the next performance. **Enjoy!**

Performance Date & Venue

Aim

My Performance is a success when

# Extend

5

**Extend**—Push your comfort zone a little to hone your craft. **Extend** your boundaries in performance to learn what happens. Give yourself permission to take risks.

Performance Date & Venue

Aim

My Performance is a success when

# Embrace

4

**Embrace**—Amazing preparation! You have done all you can, nothing will negate that. **Embrace** the process, the space and your audience at your next performance.

Performance Date & Venue

Aim

My Performance is a success when

# Explore

3

**Explore**—Assess your experiences so far and implement solutions. Now you get to put it all into practice by **exploring** performance on your own terms.

Performance Date & Venue

Aim

My Performance is a success when

# Experience

2

**Experience**—You have tightened up those areas revealed in stage 1. Now perform again to **experience** and discover more about this piece in performance— what's new?

Performance Date & Venue

Aim

My Performance is a success when

music  
me  
piano

# Establish Success Criteria for performance

1

**Establish**—Give the programme its first airing. **Establish** a performance base level from where you will begin preparing your piece.

Performance Date & Venue

Aim

My Performance is a success when