



# Performance Prep Checklist

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## **Memorize**

Practice slow, fast, in different locations, with different dynamics, etc. If singing, say lyrics like a poem.

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## **Rehearse**

As many times as possible, and in front of different people. Eg. when visiting friends/family.

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## **Analyze**

Make video recordings. What went well? Where did you feel insecure?

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## **Visualize**

Visualize yourself in the space (visit or look at photos, if possible).  
Imagine a confident performance.

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## **Self Care**

Get lots of sleep the week before.  
Stay hydrated. Go for walks.  
Practice slow belly breathing.