

I WILL TRUST MYSELF.

I HAVE COMPLETE CONTROL OVER WHETHER I TRUST MYSELF OR NOT.  
THERE ARE MANY THINGS I CAN'T CONTROL, BUT I CAN AND WILL CHOOSE TO TRUST MYSELF.

I WILL STAY IN THE PRESENT.

I WILL FOCUS ON EACH MOMENT AS IT HAPPENS, AND THAT WILL BE THE ONLY MOMENT THAT MATTERS. WHEN IT'S OVER, I'LL SEE HOW I DID.  
I WILL STOP WORRYING ABOUT WHETHER THINGS ARE "GOING WELL," IF THE PIECE "SOUNDS GOOD" OR WHETHER I "LOOK GOOD."  
I WILL ANALYZE WHAT HAS HAPPENED—*BUT ONLY AFTER THE PERFORMANCE HAS ENDED*. DURING THE PERFORMANCE, I WILL BE IN THE MOMENT.

I WILL BECOME MORE CONFIDENT, MORE JOYFUL  
AND MORE FREE AS THE PERFORMANCE UNFOLDS.

I WILL EMBRACE BUTTERFLIES.  
I ONLY GET BUTTERFLIES WHEN I AM IN POSITION TO REALIZE A DREAM.  
THE PHYSICAL SENSATIONS I FEEL ARE CAUSED BY ADRENALINE, AND ARE COMPLETELY NATURAL AND NORMAL. THESE FEELINGS HELP ME PERFORM BETTER AS LONG AS I KEEP MY MIND CLEAR.  
THE FIGHT-OR-FLIGHT RESPONSE WILL NOT DEFINE ME.  
I'M NOT GOING TO RUN AWAY AND I'M NOT GOING TO HIT ANYBODY. I AM HERE TO MAKE MUSIC.  
I WILL STAND MY GROUND.  
TODAY'S CONCERT IS BUT ONE STEP I AM TAKING IN A LONG JOURNEY. THERE IS NO REASON TO BE CAREFUL OR DOUBTFUL.

I WILL ENJOY THE EXPERIENCE.

I AM GOING TO BE IN A GOOD MOOD AND A GREAT STATE OF MIND FOR THE ENTIRE PERFORMANCE.  
I WILL ACCEPT MISTAKES AND BE TOUGH IN ADVERSITY.  
I WILL NOT ALLOW ANYTHING THAT HAPPENS TO BOTHER OR UPSET ME.

I WILL BE DECISIVE AND COMMITTED.

I HAVE WORKED HARD TO BE PREPARED.  
I BELIEVE IN MYSELF; THEREFORE I CAN PERFORM FREELY.  
I KNOW EXACTLY WHAT I WANT. I WILL BE DECISIVE, COMMITTED AND CLEAR.

I WILL MAINTAIN A CONSTANT, IDEAL LEVEL OF INTENSITY.

I WILL FOCUS ON THE PROCESS, NOT THE RESULT.

I WILL MAKE GREAT MUSIC. I WILL LET GO.

I WILL FOCUS ON WHAT I WANT TO HAPPEN.  
I WILL PERFORM WITH THE INTENTION OF MAKING GREAT MUSIC.  
PERFORMERS WHO LACK CONFIDENCE WORRY ABOUT WHAT THEY DON'T WANT TO HAPPEN.  
I UNDERSTAND THAT AVOIDING MISTAKES IS DIFFERENT THAN MAKING MUSIC, AND  
I AM HERE TO MAKE GREAT MUSIC.

*I will be my own best friend.*