

Performance Enhancement - P675

Assignment #1: Take the Mental Skills Audit

Instructions

1. Go to members.bulletproofmusician.com/courses/msa-juilliard
2. Enter the password **juilliard**
3. Click the MSA link
4. Answer the questions honestly (but don't think too hard)
5. Print a copy and bring to class to turn in (click the "Print-Friendly Page" button at the bottom of the page and print out the first page)