

<b>1</b> Focal Point	<b>2</b> Clear Intention	<b>3</b> Breathe	<b>4</b> Release Tension	<b>5</b> Get Centered	<b>6</b> Process Cue	<b>7</b> Direct Energy
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Pick an excerpt you know well, set aside about 15 minutes, and practice centering and the transition into playing 7 times (7 "reps"). Don't play the entire excerpt, just the first line or two will do. After each repetition, take some notes, rate your success, and repeat, until you've completed the worksheet.

**Excerpt or Piece:** \_\_\_\_\_

**Clear Intention:** \_\_\_\_\_

**Notes & Observations:**

**Rating (1-10)**  
(How successfully did you realize your intention?)

Rep #1	_____	_____
Rep #2	_____	_____
Rep #3	_____	_____
Rep #4	_____	_____
Rep #5	_____	_____
Rep #6	_____	_____
Rep #7	_____	_____

**Reflection:**

What is one insight you gained? \_\_\_\_\_  
\_\_\_\_\_

What is one question you have? \_\_\_\_\_  
\_\_\_\_\_