

Excerpt or Piece: _____

Pick an excerpt or piece, and attempt to perform it while fully focused, using one of the strategies we discussed in class (singing brain, pulse, note groupings, etc.).

You may continue to play so long as you are 100% focused on the task at hand, but as soon as your attention goes to irrelevant things like traffic noise, lunch, a difficult passage coming up, or something in the past, STOP. Make a note of how far you got and write down what popped into your thoughts. Then, re-center, and try again from the beginning, seeing if you can get further this time.

Notes & Observations

How far did you get?
(Measure #)

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 still have? _____
