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MASTER THE STAGE

9 Key Mindsets for Overcoming Nerves and Achieving Peak Performance

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What are the shared characteristics of top musicians?

In the vast realm of music, where instruments, genres, and group sizes vary greatly, it is remarkable to find a common thread among the greatest musicians. Throughout history, successful musicians have showcased diverse personalities, each with their own unique traits leading to their achievements. Some exude extroverted energy, while others embody introverted introspection. Some are known for their wild creativity, while others for their precise technical mastery. The absence of a one-size-fits-all blueprint for success is unsurprising in such a creative domain.

However, there exists a specific cluster of mindsets that all accomplished musicians share. These crucial mindsets are not exclusive to the elite; they are accessible to anyone and can be learned.

Moreover, they must be learned. No individual is born with an innate ability to possess these skills. The development of these mindsets is entirely trainable. If you witness someone seemingly effortlessly embodying these mindsets, rest assured that they have undergone some form of training, often unconscious, facilitated by their unique life experiences. Nevertheless, it is through deliberate practice that these skills have been honed.

The secret to consistently great performances

To consistently deliver your utmost potential in both skill and talent, two components are vital. Firstly, you require solid mechanical technique, ensuring a strong foundation in the fundamentals.

Secondly, you must possess strong mental skills. Fluctuations in performance often stem directly from psychological fluctuations.

The shared mindsets of top performers lay the groundwork upon which exceptional performances are built. They are equally crucial to your growth within the practice room.

The extent to which you develop these mindsets will determine the boundaries of your accomplishments in performance and music as a whole. Areas in which these mindsets are lacking will hinder your progress.

The most accomplished musicians attain consistency in performance because they possess psychological consistency.

Playing well is the outcome of cultivating a specific internal state that enables your best performance to emerge.

In simple terms, musicians who can consistently create this internal state for themselves consistently perform well.

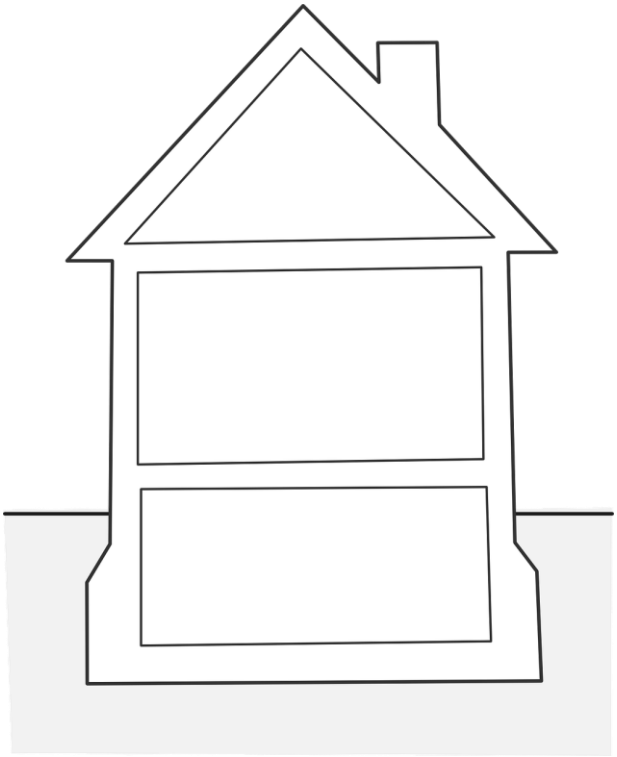
While this e-book cannot cover everything you need to achieve consistently great performances, it will provide you with a solid roadmap, enabling you to identify your trajectory and embark on this transformative journey.

Inside, you will discover:

- The key mindsets and their significance

- Techniques for evaluating and developing these mindsets

- A simple method to assess their application during performances



Regardless of the grandeur of your conceptual design and the technical skills you employ in its construction, it is essential to remember that the strength of any structure relies on its foundation.

Let's begin...

The vital components of Your Optimal Internal State

Contained within are the 9 key mindsets . For now , refrain from immediately applying them. Instead, carefully read through each mindset , and we will discuss how to evaluate your current position in the following section

1. Self-motivated

You are internally driven and require no external influences to guide or push you towards your goals. Your motivation and direction stem from within, as you make music for yourself, free from the expectations of others.

2. Positive but realistic

You consistently perceive situations from a perspective of success, focusing on possibilities and what can be built upon rather than dwelling on complaints or criticisms.

Your approach is grounded in practical steps rather than distant daydreams.always see things from the angle of success – what can happen and what is possible rather than the opposites.

3. Enthusiastic

Regardless of how you feel, the music you perform, or the circumstances you find yourself in, you possess the ability to energize yourself and deliver your best. Your energy transcends fatigue, unexciting music, or low-stakes performances and practices.

4. Alert and focused

You can sustain long periods of intense concentration, honing in on what is crucial while filtering out distractions.

Your focus remains unwavering, regardless of pressure, allowing you to perform with precision.

5. Self-assured

You You possess a strong and unwavering belief in yourself and your ability to perform well. You are not influenced by the worries or negativity of others. On the contrary, your confident demeanor and composed attitude tend to inspire and influence those around you.

6. Determined

Your determination to achieve your goals is so intense that it's unfathomable to those who don't share your passion for music.
You persevere relentlessly, undeterred by obstacles and setbacks, consistently moving forward one step at a time.

7. Responsible for your own actions

You don't make excuses or shift blame onto others. You take full responsibility for your choices and actions.

You inderstand that everything begins and ends with you, and you embrace this level of accountability.

8. In control of your emotions

Challenging circumstances or foolish mistakes can trigger negative emotions, but you have the ability to control them.

Anger, frustration, and fear do not dictate your reactions. Instead, you rise above negativity and tap into positive emotions.

9. Calm and relaxed under pressure

Rather than perceiving tests and high-pressure situations as threats, you view them as opportunities to explore the boundaries of your capabilities

You do not shy away from pressure but instead embrace it, remaining calm and composed in the face of challenges.

Where are you currently? Where would you like to be?

As you review the list of different mindsets, you likely gained a natural sense of where you stand for each one.

However, it's valuable to take a moment to be more systematic and ensure you have full awareness.

Understanding how you measure up against these mindsets and identifying areas for development is a significant step forward.

The essential takeaway from this checklist is to increase your awareness accurately. To achieve this, you'll need to put in some effort, but it won't be an overwhelming task, and I assure you it will be worth it.

Objective self-assessment is crucial. Go back and revisit the list of key mindsets.

Take a minute or two to reflect on each one. How strong do you perceive yourself to be in each area?

It's important to be honest with yourself because pretending things are better than they truly are only hampers your progress.

And Try to ground your evaluation in reality as much as possible.

Don't solely rely on your general feelings about each mindset.

Recall specific examples where these mindsets were relevant,

remembering precisely how you felt and thought in those situations.

In the pursuit of improvement in any domain, attaining awareness is a significant milestone. It is through awareness that we gain the ability to consciously address and modify the situation. Being aware marks the initial step towards change.

Increased awareness is half the battle when it comes to improvement in any area.

Only when you are aware of the situation can you consciously take action to change it.

As you go through the list of key mindsets, you'll notice that they not only relate to how you perform under pressure but also have implications for the bigger picture.

Both aspects are important, so consider everything. Are you evaluating your mindset based on both practice and performance?

Sometimes, examining the practice angle provides more data and deeper insights into your overall mindset.

Significant differences between your mindset in practice and in performance can offer useful information as well.

Plan where you’re going

INow, it's time to plan where you're going.

If you've taken the time to assess your current position, your increased awareness has already propelled you ahead of most other musicians.

By investing time in this reflection, you've already made significant progress.

But there's more to come. Remember that you have the ability to further develop these skills if you choose to.

If you identify areas where you feel lacking, you can work on improving them.

And if there are areas where you are already strong, you can strengthen them even further.

However, a word of caution: trying to improve everything simultaneously can lead to overwhelm and failure.

It's much more manageable and likely to yield lasting success if you focus on one area at a time. Look at the entire list of mindsets and choose one that is most important for you to work on.

This could be the one thing that is clearly holding you back, as improving it would make the most significant difference to your performance.

Alternatively, you might select an area where you believe making significant progress will be easiest.

Don't worry too much about making the "perfect" choice.

Just pick one and get started.

Once you have made significant progress in your chosen area, you can always come back and pick a new one to work on.

How to develop these mindsets

Now, let's discuss how to develop these mindsets. This is not the place for a comprehensive strategy and a detailed list of exercises for improving all these different mindsets.

However, I can provide you with a couple of simple yet effective approaches to get started

1. Increase Your Awareness even more.

Simply being aware of the mindset you want to develop and focusing on it during your practice and performances can go a long way.

While specific exercises exist, basic progress can be made without them

2. Broaden your perspective beyond music.

Take a moment to consider how these mindsets manifest in other areas of your life. It's common for people to discover that these mindsets are not fixed and unchanging across all contexts.

They tend to vary depending on the situation. For instance, you might feel completely self-confident when delivering a talk in front of an audience, but lack confidence when it comes to performing music for a similar audience, or vice versa.

If you can identify another area where the mindset you want to develop is already better developed than in music, leverage that knowledge. Connect with how you feel when the mindset is where you want it to be, and then strive to transfer that mindset to your music.

THE NEXT LEVEL...

Changing mindsets isn't something that happens overnight. It takes time. So don't be discouraged if you don't notice a radical transformation straight away.

And these mindsets are just **one** part of the toolbox of mental skills that allow the best musicians to access their full potential. Having the full range of these skills at your fingertips is what allows you to play your best consistently, improve much faster as a musician, and flat-out enjoy your music more.

If If you're interested in enhancing your playing by upgrading your mindset and mental skills, I recommend exploring my book and Course

"**Dare to Be Seen.**"

This resource provides step-by-step exercises, support, feedback, and more. It has already helped over 1000 musicians make significant progress in their musical journeys.

Alternatively, you can explore the **full list of my courses** or feel free to reach out to me via email at **info@elisadinapoli.com**