

Reading Questions: *Balanced Musician* Chapter One

Name: \_\_\_\_\_

1. When performing the visualization exercises, what adjectives came to mind to describe your mindset, your emotions, and/or your physical sensations during your “peak” performance?
2. What were the differences between your peak performance and your less successful one?
3. How could perfectionism potentially have a negative influence on a musical career?
4. What was Albert Bandura’s definition of self-efficacy?
5. Why is self-efficacy important?
6. Why do you want to be a performer?