

Reading Questions: *Balanced Musician* Chapter Six

Name: _____

1. Of the mental skills listed on page 98, what are two that you would like to try to strengthen to become a more “mentally tough” performer?
2. What are the three phases of human performance, according to Moore?
3. How did Gallwey refer to the highest form of concentration, which occurs during the best performances?
4. Write down three sound cues that you can use in specific places in your ICP.
5. Write down a self-focused phrase that you remember from a previous performance. Then write a sound-focused phrase that you could use to replace it.
6. What is mental quiet?
7. What are the four combinations or quadrants of focus?