

Goal setting

It is recommended that preceding goal setting that you are feeling relaxed and centred. Goals should not be based on fear but come from a wise part of yourself that can recognise what belongs to you: what fits with your capacities, aptitudes and desires.

Check that your goals are SMART: specific, meaningful, realistic and time based and that they are a bit challenging (promoting motivation & engagement).

STEP 1: Long term goals

Close your eyes and imagine the following:

Imagine you have travelled 4 years into the future.

You are playing a concert. During the last years, you have developed your technique enormously, as well as your confidence. You are imagining your 'optimal scenario', where you are playing wonderfully. Allow your imagination to explore this scenario.

Take notice of any detail; the surroundings, how you feel and how you sound. What are you playing? Who are you playing with? Notice the reaction of the audience.

Remember – this is your optimal scenario. You are playing to your own potential. You are experiencing how it is to play from yourself – authentically and brilliantly.

Spend the next few minutes exploring this experience. If any doubts come up, put them aside until after this exercise.

Come slowly back into this room and this time. Write down what you experienced in as much detail as possible.

STEP 2: Medium term goals Draw a timeline for the next six months, or year, and mark in all your deadlines and events.

Define and list your goals for each one (use the SMART criteria below).

STEP 3: Short-term goals

Write down your goals for your next performance or lesson (use the SMART criteria).

Design a practice strategy according to your medium and short-term goals.