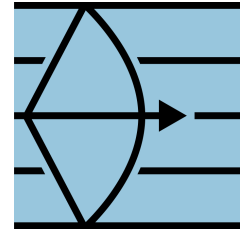


TASK FOCUS REPORT

"Fill your mind with sound. Use nuances. When you have controlled the sound (in your mind), you will have controlled the body" (Arnold Jacobs).



Name:
Date:
Piece:

1. In preparing your piece: how did you practice task focus?

2. What do you intend to focus on during the performance?

3. What is the intention of the performance? What do you want to achieve/express/experience?

4. How confident do you feel that you can achieve the above outcome?

Not at all Completely
I-----I

5. Describe your performance experience:

- Thoughts, feelings, sensations
- Your assessment of the performance

6. To what extent did you stay in task focus?

Not at all The entire time
I-----I

7. How engaged were you during the performance?

Not at all Completely
I-----I

8. For next time: Write down what you learned from this experience.