

## PERFORMANCE LOG

When:

Where:

What:

Intention/Goal:

Focus:

### 1-2 Weeks before:

How prepared do I feel? |-----|  
How confident do I feel? |-----|  
What concerns me?

Important aspects for this performance (make a list below)

### Afterwards (assess each aspect):

- Engagement ☹️ |-----| 😊  
- Expression ☹️ |-----| 😊  
- ☹️ |-----| 😊  
- ☹️ |-----| 😊  
- ☹️ |-----| 😊  
- ☹️ |-----| 😊  
- ☹️ |-----| 😊  
- ☹️ |-----| 😊

What went well?



What did I notice?



What do I take with me for next time?

