

## Audiation performance tool

***Focus on 'ideal music' whilst performing. Imagine vividly the notes or fragment of music that you are about to play, rather than the sound you are actually hearing. By keeping your focus on what you are about to play/sing, you are priming the body to produce it for you; you are engaging in task focus (and leaving little space for judgement and analysis) and you can avoid getting 'off track' after an error.***

Whilst performing:

Imagine vividly the next notes or section of music

Hear the resonance; the sound colours and effects that you are about to produce in as much detail as you can