

## Acting as if (by Williamon, 2004)

- Before starting the mental practice, identify someone who expresses a performance quality that you would like to emulate
- Use a relaxation exercise that you find works best for you
- Observe this person in a specific situation where he or she expresses this quality. Step into the situation yourself and imagine being this person in this situation. Notice physical sensations, and notice what it feels like to be the person
- Keep this image in your mind and imagine playing a piece of music your want to perform. Notice what you see, hear, and feel subjectively when you play like this person with the qualities that they possess
- And as you finish the piece, let the scene fade.