

## A Tool for Self Reflection

1. The strongest aspects of my playing (musically and technically) are:

2. I like the sound of my playing.

Yes

No

Why/Why Not

3. My playing needs improvement in the following areas:

4. I feel confident as a musician

Yes

No

Why/Why Not

5. When it comes to my music, what's important is:

6. I need to improve my practicing

Yes

No

If yes, I need to improve my practicing in the following ways:

7. My practicing gives me a solid foundation for having strong auditions.

Yes  
 No

8. I am overly vulnerable and tend to take it personally when an audition does not get me the job I was trying for, someone criticizes my playing, or when I think someone does not think I am a good musician.

Yes  
 No

If yes, it usually takes me a

a long time  
 a short time

to recover from the experience.

9. I am:

An organized person  
 A disorganized person

10. My lack of organization affects my practicing, playing and auditioning in the following ways:

11. On average, I practice \_\_\_\_\_ hours each day. If I am honest with myself is this enough? If not, how long should I be practicing?

Yes  
 No

12. I plan my practicing.

Yes

No

13. When it comes to practicing:

I enjoy it

It feels like a duty

14. I avoid practicing the things that I should

Yes

No

15. If yes, why do I avoid practicing the things that I should?

16. As a musician, I would describe myself as:

17. I usually prepare for a special event by:

18. Are there any aspects of this preparation that I need to change?

Yes

No

If yes, what needs changing?

19. My goal as a musician is:

20. To achieve this goal I must:

21. The main stumbling blocks in the way of achieving my goal are:

22. I can overcome these stumbling blocks by:

23. So far, my greatest musical success has been:

24. Having that success made me feel:

25. When it comes to my musical life, I am:

\_\_\_\_\_ Happy with it

\_\_\_\_\_ Unhappy with it

26. I would describe my perfect musical life as:

27. The following things increase my energy as a musician:

28. The following things make me happy as a musician:

29. Money plays the following role/s in my life:

30. As a musician, money affects me in the following ways: