

Motivation

Goal Setting - short term / long term

Intentional Practice - Structure, Breaks, Timers, Lists, SUBDIVIDE

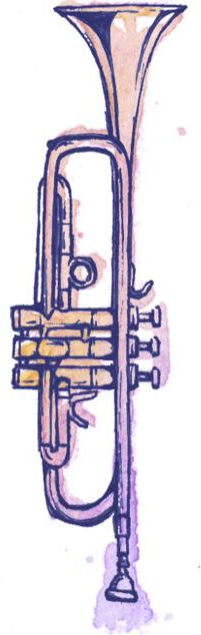
Visualization - start small, use ALL senses

Positive Self Talk - CBT (Cognitive Behavioral Therapy)

Tame the Monkey mind.

Mindfulness - mindset, outlook, selfcare.

Rewards System - small & big



Resources - websites and apps

Websites

www.bulletproofmusician.com - Noa Kagayama

www.julielandsman.com - Julie Landsman

www.investedmusician.com - Weekly Horn Warmups with Andrew Bain

www.robknopper.com - Audition Hacker

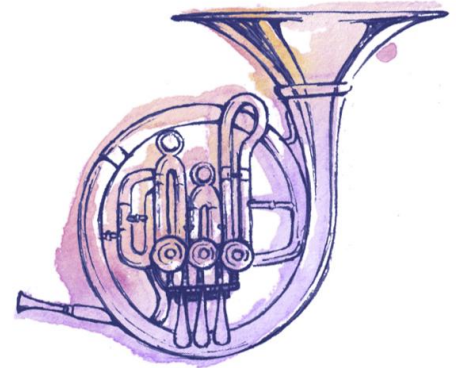
Apps

Headspace

Calm

Insight Timer

The Mindfulness App



Resources - books

The Talent Code: Greatness Isn't Born. It's Grown. Here's How. - Daniel Coyle

Emotional Agility - Susan David

You'll See It When You Believe It - Wayne Dyer

Mind Over Mood, Change How you Feel by Changing the Way you Think - Dennis Greenberg & Christine A. Padesky

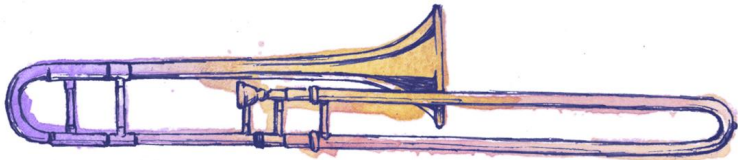
Performance Success: Performing Your Best Under Pressure - Don Greene

Zen in the art of Archery - Eugen Herrigel

Wherever You Go, There You Are - Jon Kabat-Zinn

Power Sleep: The Revolutionary Program that Prepares your Mind for Peak Performance - Dr. James B. Maas

Don't Shoot the Dog: The Art of Teaching and Training - Karen Pryor



Resources - Professional Organizations

Canada Suicide Prevention Service - www.crisisservicescanada.ca

Canadian Centre for Mental Health and Sport - www.ccmhs-ccsms.ca

Canadian Mental Health Association - www.ontario.cmha.ca

Telehealth Ontario - 1-866-797-0000

