TABLE OF CONTENTS

Part One Learning Tunes	1
SECTION 1 Practice with Purpose	3
SECTION 2 Small Steps, But Aim Big	12
SECTION 3 Get the Most Out of Your Time	17
SECTION 4 Practice More Than Normal	24
SECTION 5 Listen/Watch	28
Part Two Rehearsal	34
SECTION 1 Practice with Commitment	36
SECTION 2 Love What You Do	42
SECTION 3 Make It Fun	47
SECTION 4 Develop Confidence in Yourself	53
SECTION 5 Prepare for Competition/Performance	59
Part Three Performance	70
SECTION 1 One-Eighty Factor	72
SECTION 2 Visualization	84
SECTION 3 Calm Your Nerves	95
SECTION 4 Aiming for Brilliance	103
Part Four Moving Forward	111
SECTION 1 Help Your Friends	112
SECTION 2 Learn to Lead	125
SECTION 3 Avoid Mediocrity	133
SECTION 4 Inspire Others	137

144

Thanks to these Special People