
Think of managing your nerves
as just another SKILL to master...
just as we master melody, harmony,
rhythm, and technique.



The best way to stop
worrying about things
is to eliminate things
to worry about.



Don't try to suppress
your fears...
Instead, expand
your **COMFORT ZONES!**



If you are going to worry,
make sure you worry about
the right things!



Don't worry
about making a mistake...
Worry about being boring.



Your comfort
in front of an audience
is found by **BEING YOURSELF**,
not what you think anyone
else wants or expects you to be.



Small confidence comes from
knowing the music...

BIG CONFIDENCE comes from
knowing that you know the music!



Know the music so deeply
that, when you make
the inevitable mistake,
you can keep on playing
like it's no big deal.



It's okay to take our
music seriously
without taking
ourselves seriously.



Did you know... that just
a wee bit of **POSITIVE THINKING**
has the power to crowd out
ALL negative thoughts?



Did you know...
that SMILING
makes you feel better?



A SMILE is so powerful
that it will make people
around you smile...
and feel better, too!



Authentic CONFIDENCE
is born of HUMILITY,
not self-importance.



Playing for the right reasons
is the best way to frustrate
the stage fright monster.



A great antidote
to self-consciousness:
“Don’t listen to ME...
Listen to the SONG!”



Sincere GRATITUDE can
transform a performance
from a dreadful ordeal...
into a life-affirming
CELEBRATION.



CONFIDENCE and PRESENCE
cannot be commanded...
Confidence and presence
are the fruit of PREPARATION,
EXPERIENCE, and COURAGE.



There is no bigger confidence
booster than confronting
the stage fright monster
face to face...
and living to tell the story.



Life's most painful regret
is not having tried and failed...
but of never having tried at all.

