

# **“Be Prepared And You’ll Never Be Scared!”**

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## **B - Believe in Your Talent**

You’ve got to believe in the value of your talent! Take the stage knowing that your performance has the potential to change lives - yours AND the audiences’! Believe that your voice and your ability to entertain make you special.

## **E - Energize Yourself**

You’ve adrenaline pumping through your veins. Your heart is racing and your muscles are all tensed up. You are ready to bolt for the door! An adrenaline rush is a built-in defense mechanism for human beings. It is a natural response mechanism that allows us to fight or take flight in the event of danger. Harness this nervous energy and make it work for you! Many people tend to suppress this nervous energy which causes them to shake and tremble because they are consciously fighting against their subconscious tendency to run away! Keep moving as you begin to perform to keep from suppressing adrenaline - and let it heighten your performance! It’s the fuel you need to make magic!

## **P - Preparation is EVERYTHING!**

Know your stuff! The best thing you can do is to be overwhelmingly, thoroughly, and completely prepared and in mastery of your material. Much of the fear comes from wondering if you will make a mistake, or if the judges and audience will appreciate you. There is one sure way to beat that --- knowing your material inside and out!

## **R - Relax... BREATHE!**

Take deep breathes and regulate your breathing! Let the breathing regulate and calm your heart rate! If there’s one thing we know how to do - it’s breathe!

## **E - Enjoy Yourself!**

Get out on the stage and seek to have fun! Let your hair down and allow your mischievous side to rule for a while!

## **P - Picture Yourself On Stage!**

Create a visualization plan for your performance. See yourself waiting to go on stage, entering the stage, taking the applause, singing your first song, taking applause, singing your second song, taking the applause and exiting the stage. Go through every second of the performance in your mind over and over until you have a set plan for the whole thing. Allow yourself to envision your best performance and then go on stage to LET IT HAPPEN!

## **A - Acknowledge Your Fears**

Fear is here to protect us, not paralyze us. Don't run away from being afraid! Acknowledge it as being part of you... use it to identify the possible pitfalls, then work to plug those loopholes that may go wrong during your performance.

## **R - Rejoice!**

Visualize yourself victorious at the end of the performance. Think about the experience you will create for your audience AND for yourself as you sing!

## **E - Exude Happiness**

Happiness as a performer comes from many different directions: loving the applause from the audience, being proud of a good performance and enjoying being on the stage. But to exude happiness --- you must take a moment to consider what makes you feel special when you sing. Creating music is a gift and being able to share that gift with an audience is an almost indescribable experience. It is your chance to take those little black dots on a page and bring them to life along with 10 - 120 of your best friends!!! Music is the only true universal language that needs no explanation or interpretation. Singers come together to sing in an ensemble because they love communicating through music and are enthralled with the ability to create with other musicians. That's just got happy written all over it!

## **D - Dance With Joy!**

You have spent months on your contest songs and you are READY! Let your brain and body do what they have learned to do - and enjoy the connection between them!