

Deliberate Practice: A Practice Framework that Guarantees Results

A personalizable mental skills digital workbook created by Beyond Horizons Performance



Hi, I'm Demi Agaiby - a Mental Performance Consultant & founding director of Beyond Horizons Performance. With 2O+ years of commercial and concert dance training and an M.S. in Sport and Exercise Psychology, I believe that psychological skills training and mental wellness have a place in all performance spaces. That vision starts here with you! Let's dive in!



Deliberate practice is a mental skill that sets athletes and artists up for success. Deliberate practice includes having a specific task at the appropriate level of difficulty, informative feedback, opportunities for repetition, and correction of errors Follow the steps below to create your own deliberate practice framework!

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Set the Goal Choose 3 skills that you want to achieve and write them below.

Skill 1

Skill 2

Skill 3



Break it Down

How can you break down the skill and create small steps for you to progressively take in your practice sessions? List them below.

Skill 1	Skill 2	Skill 3



How do I know when to move on to the next step?

Ask yourself these 3 questions:

1. Do I understand the fundamentals? Can I execute them under pressure?

2. Do I know what the next step is and am I working on it?

3. What else can I learn? Is there anything I'm missing?

If you haven't achieved a step in 2-3 practice sessions, it may be too difficult!



Create a System

Brainstorm 3 different systems you can use to provide informative feedback during your practice sessions. The more specific you are, the better! Ex. After every 10 reps, stop to review film footage and write down corrections.



Take Notes

Use the space on the next page to record your personal notes and reflections. Don't forget to celebrate your progress along the way!

My Practice Notes

Did you find this helpful?

Schedule your free discovery call<u>HERE</u> to dive more into how you can manage your performance anxiety & rise to any occasion that comes your way! Performers on the Rise Podcast



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