



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 20+ 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!





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.

1

2

3



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!

