

“Under Pressure” Class Worksheet

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How does my stage fright typically manifest?

What usually precedes my symptoms of stage fright?

What negative feelings or thoughts often accompany my stage fright?

What are my current methods of combatting stage fright – either in long-term preparation for a performance or before taking the spotlight?

What are my current methods of combatting stage fright in the moment?

What are some new tips or tricks learned from this class that I'd like to implement?

My personal performance mantra is:

One super awesome thing I learned from this class that I want to make sure I remember is: