

5-Step Formula for *Intentional* AuditioningProject: Date: Materials Prepared: 

1

**Intent Anchor (Morning of)**

Shift your mindset from *seeking approval* to *giving a gift*. Anchor into your intentions by finishing this sentence, *For this audition, my artistic intent is to share:*

2

**"Cone of Silence" Waiting Room Protocol**

For in-person auditions / callbacks, protect your energy while others are warming up or chatting nearby in the holding area:

- Headphones on
- Concentrate on deep breaths
- Focus on your intent anchor (above)
- Visualize your work in the room

3

**Collaborative Handshake: The Accompanist Script**

Write and rehearse 2-sentences of exactly what you will say to the pianist to ensure a professional partnership (greeting, tempo, start/end, specific markings, etc.):

4

**Immediate Reset: Objective Reflection**

Prevent any post-audition spiral before it starts. Using your phone timer, spend exactly 5 minutes reflecting on your work (1-3 wins + 1 thing to improve), then move on to Step 5.

5

**Release & Affirm**

Close the tab on this audition: you did the work, you did the reflection, now *release* and move to what's next. Instead of obsessing over potential outcomes, choose or write a powerful affirmation to think or say to yourself repeatedly, as needed:

*"Every time I show up with intention, I am building the career I want. I trust my training, I honor my growth, and I am exactly where I need to be."*

*"I have prepared the work; I now have the right to share it. My job is to be fully present in the room; the decision of the table is outside my jurisdiction and I release it."*

*"My value is defined by the quality of my preparation and the integrity of my process, not by a callback list. I am an active architect of my career, one intentional choice at a time."*