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GROW IN FLOW



MPA TEST

MUSIC PERFORMANCE
ANXIETY TEST



MUSIC PERFORMANCE ANXIETY (MPA) TEST PART 1

Are you well prepared for your performances? Do you know different methods, strategies and techniques to prepare for public performance? Please circle one number to indicate how much you agree or disagree with each statement.

GROW IN FLOW TEST PART 1	Strongly Disagree			Strongly Agree		
Section 1: Preparation for Performance						
1. I have a plan for overcoming performance anxiety I might experience.	5	4	3	2	1	
2. I have a method for coping with stress that works.	5	4	3	2	1	
3. I am always well prepared for my performances.	5	4	3	2	1	
4. I know different strategies and techniques to improve my learning process.	5	4	3	2	1	
5. I know strategies to improve my ability to perform in different performance settings and conditions.	5	4	3	2	1	
6. I always do multiple performance simulations/mock auditions to get ready for my stage performances.	5	4	3	2	1	
7. I usually take enough time to mentally prepare for my performances.	5	4	3	2	1	
8. I know strategies and coping techniques to help me overcome performance anxiety.	5	4	3	2	1	
9. I know techniques that can help me overcome negative thought patterns.	5	4	3	2	1	
10. I know strategies and techniques to reduce my body's stress reactions.	5	4	3	2	1	
11. I know how to build up my self-confidence.	5	4	3	2	1	
12. I know strategies and techniques that can help me to focus and enter the state of flow (the zone).	5	4	3	2	1	
13. I understand that mental preparedness is equally important as practicing my instrument to get ready for performance.	5	4	3	2	1	



MUSIC PERFORMANCE ANXIETY (MPA) TEST PART 2

What causes your Music Performance Anxiety and how is it manifested? Below are some statements about how you feel in general, and how you feel before or during your stage performances. Please circle one number to indicate how much you agree or disagree with each statement.

GROW IN FLOW TEST PART 2	Strongly Disagree					Strongly Agree
Section 1: Control of Emotions and Negative Thought Patterns						
1. I usually feel very nervous before a performance.	1	2	3	4	5	
2. I usually feel very nervous when performing.	1	2	3	4	5	
3. I very often fear my performance will fail to meet my expectations.	1	2	3	4	5	
4. I very often fear my performance will fail to meet my teacher's expectations.	1	2	3	4	5	
5. I very often fear my performance will fail to meet my audience's expectations.	1	2	3	4	5	
6. Prior to, or during a performance, I feel fear of forgetting the music and making mistakes.	1	2	3	4	5	
7. Prior to, or during a performance, I'm afraid I'll loose control of my body and won't be able to play well.	1	2	3	4	5	
8. I worry that one bad performance may ruin my career.	1	2	3	4	5	
9. I often prepare for a concert with a sense of dread and impending disaster.	1	2	3	4	5	
10. Thinking about the evaluation I may get interferes with my performance.	1	2	3	4	5	
11. I am often concerned about a negative reaction from the audience.	1	2	3	4	5	
12. I am concerned about being scrutinized by others.	1	2	3	4	5	
13. I am often concerned about being judged by people.	1	2	3	4	5	
14. There is little I can do to change many of the important things in my life.	1	2	3	4	5	



GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
15. I believe that if I start working on something, I have good chances to be able to accomplish it.	5	4	3	2	1
16. What happens to me in the future mostly depends on me.	5	4	3	2	1
17. I often feel helpless in dealing with the problems of life.	1	2	3	4	5
18. When I really want to do something, I usually find a way to succeed at it.	5	4	3	2	1
19. I have little control over the things that happen to me.	1	2	3	4	5
20. Sometimes I feel that I am being pushed around in life.	1	2	3	4	5
Section 2: Control of the Body's Stress Response					
21. Prior to, or during a performance, I experience increased heart rate, which dramatically interferes with the quality of my performance.	1	2	3	4	5
22. Prior to, or during performance, I experience dry mouth, which dramatically interferes with the quality of my performance.	1	2	3	4	5
23. Prior to, or during a performance, I have increased muscle tension, which dramatically interferes with the quality of my performance.	1	2	3	4	5
24. Prior to, or during a performance, I experience shaking or trembling (hands, knees, lips, voice), which dramatically interferes with the quality of my performance.	1	2	3	4	5
25. Prior to, or during a performance, I experience sweating, which dramatically interferes with the quality of my performance.	1	2	3	4	5
26. Prior to, or during a performance, I experience shallow breathing which dramatically interferes with the quality of my performance.	1	2	3	4	5
27. Prior to, or during a performance, I experience dizziness/ lightheadedness, which dramatically interferes with the quality of my performance.	1	2	3	4	5
28. Prior to, or during a performance, I experience nausea/butterflies in the stomach, which dramatically interferes with the quality of my performance.	1	2	3	4	5
Section 3: Self-confidence					
29. I like who I am as a person.	5	4	3	2	1



GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
30. I feel pretty/handsome.	5	4	3	2	1
31. I am a physically attractive person.	5	4	3	2	1
32. I am an intelligent and smart person.	5	4	3	2	1
33. Sometimes I feel deep down in my heart that I am a failure.	1	2	3	4	5
34. I often worry about what other people think of me.	1	2	3	4	5
35. I like who I am as a musician/a dancer/an actor/a speaker etc.	5	4	3	2	1
36. I consider myself to be a good musician/dancer/actor/speaker etc.	5	4	3	2	1
37. I learn music the content of my performance easily.	5	4	3	2	1
38. I believe in me and my professional abilities.	5	4	3	2	1
39. Even in the most stressful performance situations, I am confident that I will perform well.	5	4	3	2	1
40. Even if I work hard in preparation for a performance, I am likely to make mistakes.	1	2	3	4	5
41. After the performance, I worry about whether I played/performed well enough.	1	2	3	4	5
42. After the performance, I replay it in my mind over and over.	1	2	3	4	5
43. After the performance , I worry about what other people thought of my performance and of me.	1	2	3	4	5
44. I feel fear of being criticized.	1	2	3	4	5
45. I usually take criticism well.	5	4	3	2	1
46. I know how to deal with criticism.	5	4	3	2	1
47. I am critical of myself in my lessons/practicing/performance.	1	2	3	4	5
48. I give myself permission to make mistakes in life.	5	4	3	2	1
49. I give myself permission to make mistakes when performing.	5	4	3	2	1
50. I feel I have to be perfect at everything.	1	2	3	4	5



GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
51. This is what I believe: 'I can't do it unless I do it perfectly'.	1	2	3	4	5
52. I remain committed to performing even though it causes me great anxiety.	5	4	3	2	1
53. I give up worthwhile performance opportunities because of my performance anxiety.	1	2	3	4	5
54. When I make a mistake when performing it distracts me and causes concentration problems.	1	2	3	4	5
55. When I make a mistake when performing I have no problems with letting it go and refocusing on my music.	5	4	3	2	1
Section 4: Motivation					
56. I know what I want in my life.	5	4	3	2	1
57. I have a clear idea of what I want to accomplish in a month.	5	4	3	2	1
58. I have a clear idea of what I want to accomplish in a year.	5	4	3	2	1
59. If I don't achieve my short term goal (e.g. winning a competition, winning an audition, scoring the highest grade etc.), it means that I am a bad musician (a bad professional).	1	2	3	4	5
60. I am only happy with myself as a musician (a professional) if I achieve my short term goal (e.g. winning a competition, winning an audition, scoring the highest grade).	1	2	3	4	5
61. The process of learning doesn't matter to me. Winning is the only indicator of success.	1	2	3	4	5
62. I enjoy challenges.	5	4	3	2	1
63. I enjoy competition.	5	4	3	2	1
64. I like new situations.	5	4	3	2	1
65. I prefer performances to auditions.	1	2	3	4	5
Section 5: Focus & Flow State					
66. I tend to be easily distracted.	1	2	3	4	5



GROW IN FLOW TEST PART 2	Strongly Disagree			Strongly Agree	
67. Feelings of worry and nervousness affect my ability to focus and concentrate.	1	2	3	4	5
68. When performing, I am easily distracted by thoughts or images.	1	2	3	4	5
69. I maintain my focus easily when practicing.	5	4	3	2	1
70. I am confident to perform from memory.	5	4	3	2	1
71. I experience being in the state of flow (focused, immersed in the activity at hand to the point of losing track of the passage of time) when practicing.	5	4	3	2	1
72. I experience being in the state of flow when performing solo.	5	4	3	2	1
73. I experience being in the state of flow when performing with others.	5	4	3	2	1
74. I usually feel very happy and fulfilled after playing a concert.	5	4	3	2	1
75. I have a clear goal of how I want my performance to look like (the outcome of the performance, my body sensations, my feelings, etc.).	5	4	3	2	1



MUSIC PERFORMANCE ANXIETY (MPA) TEST PART 3

What are some other factors that may contribute to developing your Music Performance Anxiety?

Below are some statements concerning characteristics of your personality and your life experiences with regard to Performance Anxiety. Please circle one number to indicate how much you agree or disagree with each statement.

GROW IN FLOW TEST PART 3	Strongly Disagree Strongly Agree				
Section 1: Characteristics of Personality					
1. Sometimes I feel depressed without knowing why.	1	2	3	4	5
2. I often find it difficult to work up the energy to do things.	1	2	3	4	5
3. I often feel that I have nothing to look forward to.	1	2	3	4	5
4. I often feel that I am not worth much as a person.	1	2	3	4	5
5. I believe that some things that happened to me, changed me so deeply, that I will never be able to recover.	1	2	3	4	5
6. Excessive worrying is characteristics of my family.	1	2	3	4	5
7. One or both of my parents are/were overly anxious.	1	2	3	4	5
8. As a child I often felt sad.	1	2	3	4	5
9. As a child I often felt anxious.	1	2	3	4	5
10. As a child I was a natural performer.	5	4	3	2	1
11. From early in my music education, I remember being anxious about performing.	1	2	3	4	5
12. Prior to, or during a performance, I get feelings akin to panic.	1	2	3	4	5
13. During a performance I find myself thinking about whether I'll even get through it.	1	2	3	4	5
14. Prior to, or during a performance, I feel sick or faint.	1	2	3	4	5
15. Sometimes I feel anxious for no particular reason.	1	2	3	4	5
16. I worry so much before a performance, I cannot sleep.	1	2	3	4	5
17. I usually feel very anxious in new situations (meeting new people, going to new places etc).	1	2	3	4	5



GROW IN FLOW TEST PART 3	Strongly Disagree			Strongly Agree	
18. I feel anxious when I find myself in the spotlight.	1	2	3	4	5
19. I feel very uncomfortable knowing that I am observed by other people when performing on stage.	1	2	3	4	5
20. I feel awkward in social situations.	1	2	3	4	5
Section 2: Personal Life Story					
21. My parents were mostly responding to my needs.	5	4	3	2	1
22. My parents almost always listened to me.	5	4	3	2	1
23. My parents encouraged me to try new things.	5	4	3	2	1
24. My parents encouraged me to persevere.	5	4	3	2	1
25. My parents have always believed in me.	5	4	3	2	1
26. My family has always supported me.	5	4	3	2	1
27. My family has always supported me in my performances.	5	4	3	2	1
28. My parents have always loved me.	5	4	3	2	1
29. I feel like I belong.	5	4	3	2	1
30. I feel like I belong at my school/work place etc.	5	4	3	2	1
31. I feel I belong in my teacher's studio and I feel comfortable there.	5	4	3	2	1
32. I feel comfortable performing in front of my colleagues.	5	4	3	2	1
Section 3: Lifestyle & Mindset					
33. I live a healthy lifestyle.	5	4	3	2	1
34. My diet is healthy.	5	4	3	2	1
35. I exercise regularly.	5	4	3	2	1
36. I get enough sleep on a regular basis.	5	4	3	2	1
37. I regularly drink enough water.	5	4	3	2	1
38. I deal with stress well.	5	4	3	2	1
39. I turn to alcohol to cope with stress.	1	2	3	4	5



GROW IN FLOW TEST PART 3	Strongly Disagree			Strongly Agree	
40. I turn to marijuana (weed, pot) to cope with stress.	1	2	3	4	5
41. I have a good relationship with my family.	5	4	3	2	1
42. I have a good relationship with my father.	5	4	3	2	1
43. I have a good relationship with my mother.	5	4	3	2	1
44. I have a good relationship with my siblings.	5	4	3	2	1
45. I have online friends.	5	4	3	2	1
46. I have real life friends.	5	4	3	2	1
47. I have a few close friends.	5	4	3	2	1
48. I have a good relationship with my friends.	5	4	3	2	1
49. I am involved in a long-term romantic relationship.	5	4	3	2	1
50. I avoid people.	1	2	3	4	5
51. Beside being a musician/a performer, I have other interests and hobbies I enjoy doing.	5	4	3	2	1
52. I consider myself to be a religious or spiritual person.	5	4	3	2	1
53. I regularly attend religious services.	5	4	3	2	1
54. I believe that a higher power is looking out for me.	5	4	3	2	1
55. My faith gives me power to strive to become the best version of myself.	5	4	3	2	1
56. I believe that things happen for a reason.	5	4	3	2	1
57. I am optimistic about my future.	1	2	3	4	5
58. I can improve the way I live, think, see the things, and the way I react to them.	1	2	3	4	5
59. I agree with the following statement: 'It Takes a Positive Attitude to Achieve Positive Results'.	1	2	3	4	5
60. In the coming weeks I'm going to take the time to do everything I can to learn about and deal with performance anxiety and other issues that I'm struggling with.	1	2	3	4	5



MUSIC PERFORMANCE ANXIETY TEST RESULTS

The goal of the Music Performance Anxiety Test is to help you recognize what causes your performance anxiety and to help you realize in what areas you need help to deal with your performance anxiety and improve your chances for peak performance.

PART 1 focuses on recognizing the level of your general preparedness for stage performances.

Section 1: Preparation for Performance: Questions 1-13

PART 2 includes the topics related to mental/emotional readiness to perform in front of an audience.

Section 1: Control of Emotions and Negative Thought Patterns: Questions 1-20

- **Anxiety, Worry & Catastrophe Anticipation:** Questions 1-9
- **Worry About Other People's Opinions:** Questions 10-13
- **Feeling in Control:** Questions 14-20

Section 2: Control of the Body's Stress Response (Somatic Symptoms): Questions 21-28

Section 3: Self-confidence: Questions 29-55

- **Self-confident Person:** Questions 29-34
- **Self-confident Professional:** Questions 35-43
- **Dealing with Criticism:** Questions 44-46
- **Perfectionism:** Questions 47-51
- **Perseverance:** Questions 52-55

Section 4: Motivation: Questions 56-65

- **Motivation and Goal Setting:** Questions 56-58
- **Focus on the Outcome:** Questions 59-61
- **Competitiveness & Challenges:** Questions 62-65

Section 5: Focus & Flow State: Questions 66-75

- **Focus & Concentration:** Questions 66-70
- **Peak Performance/The State of Flow:** Questions 71-75



PART 3 points to some other factors with regard to personality type and personal life story, that may contribute to developing music performance anxiety.

Section 1: Characteristics of Personality Questions 1-20

- **Depression/Depressive Personality Trait:** Questions 1-5
- **Personality Factors/Anxiety Trait:** Questions 6-11
- **Public Performance Anxiety Levels:** Questions 12-16
- **Social Anxiety:** Questions 17-20

Section 2: Personal Life Story Questions 21-32

- **Parenting Style:** Questions 21-28
- **Sense of Belonging:** Questions 29-32

Section 3: Lifestyle & Mindset: Questions 33-60

- **Health:** Questions 33-40
- **Social Life:** Questions 41-51
- **Spiritual Life:** Questions 52-56
- **Positive Attitude:** Questions 57-60



MPA TEST - RESULTS

MPA TEST PART 1 - RESULTS

Inadequate preparation is a fundamental factor that causes Performance Anxiety. We can break down the concept of inadequate preparation into three key parts:

- Poor practice methods
- Insufficient performance experience
- Lack of mental preparation

Poor practice methods happen when you don't spend enough time on practicing your material, you have no clear practice plan, you keep too long practice sessions, you lack concentration during your practice, which in result, makes your mind wandering and thinking about irrelevant things. You are also not practicing correctly if you mindlessly repeat the material and have no conscious thought about what you want to accomplish through it.

Insufficient performance experience can be very harmful to your stage performance and happens when you don't arrange on having enough practice performances or mock auditions before the actual performance. You are also not preparing well for your stage performance when you don't take your time to get used to the new stage conditions, (e.g. a new performance venue, concert attire, or even a concert hairstyle or makeup), and when you have no clear plan on how you want to develop your performance experience.

Lack of mental preparation means not knowing or using different strategies and methods to mentally prepare for public performance (e.g. using techniques to prevent or overcome performance anxiety, negative thoughts, body's reactions to stress etc.).

**Section 1: Preparation for Performance:** Questions 1-13

The number of points indicates how well you are prepared for your performances, including your knowledge about different methods, strategies and techniques that help prepare for public performance. The higher number of the points is typically correlated with experiencing performance anxiety.

Score: 13-26 points

Congratulations. According to the test you are typically well prepared for your performances and you seem to know mental methods that help get ready for a stage performance. If you still experience performance anxiety, it may be caused by other factors covered in other parts of the test.

Score: 27-51 points

You seem to be somewhat prepared for public performance but you may be at risk for developing performance anxiety resulting from inadequate preparation.

Score: 52-65 points

You are in a high-risk group of people who may get performance anxiety caused by lack of or inadequate preparation. The knowledge about different methods and mental strategies that help prepare for a stage performance would be very beneficial for you.

RECOMMENDATIONS:

If you would like to learn more about an efficient pre-performance routine, with tips on developing practice experience and other strategies that help to get ready for a stage performance, please watch Session 9 of the “Grow in Flow” course - “Peak Performance & Pre-performance Routine”.

The “Grow in Flow” course doesn't concentrate on technical practice methods per se and its main goal is to focus on mental and emotional preparation for public performance. However, you may find some helpful articles on good technical practice techniques in the resources section at our website www.GrowinFlowPerformance.com



MPA TEST PART 2 - RESULTS

For many decades, professional musicians have not been considering mental preparation a part of their daily professional routine. They would assume that practice is the only thing they need to focus on to be successful in their performances. Nothing could be further from the truth. Sport psychology research has revealed that mental preparation and training is essential in the development of successful athletes. In the same way, musicians, just as athletes, need to master their cognitive and emotional capabilities to be ready to perform at their best.

Lack of mental preparation is one of the factors causing performance anxiety and it results in:

- **Lack of emotional self-control** - the inability to manage emotions or negative thoughts.
- **Lack of physical self-control** - the inability to manage body's reactions associated with anxiety.
- **Low self-confidence** - the inability to see one's worth and strengths.
- **Wrong motivation** - the inability to put things in perspective and attaching one's self-worth to the outcome of their work.
- **Inability to focus** - the inability to stay focused on the task at hand.

Section 1: Control of Emotions and Negative Thought Patterns: Questions 1-20

- **Anxiety, Worry & Catastrophe Anticipation:** Questions 1-9
- **Worry About Other People's Opinions:** Questions 10-13
- **Feeling in Control:** Questions 14-20

- **Anxiety, Worry & Catastrophe Anticipation:** Questions 1-9

Lack of emotional self-control is the inability to manage your emotions and negative thoughts. Anxiety, worry, catastrophe anticipation and feeling helpless are the main factors that may contribute to developing performance anxiety. The number of points in this section indicates how much negative emotions of fear, anxiety, or disaster thinking affect your ability to perform in public. The higher the number of points, the less emotional self-control you seem to have.

**Score: 9-18 points**

You don't seem to lack emotional self-control and worry and negative thinking may affect your performance in a minimal way.

Score: 19-35 points

You seem to experience some negative effects of anxiety and worry on your performance.

Score: 36-45 points

You seem to lack emotional self-control which severely affects your performance.

- **Worry about other people's opinions:** Questions 10-13

The number of points indicates how much apprehension of other people's opinion affects your ability to perform in public. The higher the number of points, the more you worry about other people's opinion, which significantly increases your chances of developing performance anxiety.

Score: 4-8 points

You don't worry too much about other's opinions. This ability will help you stay focused during your public performances and not be distracted by worrying what others may think of you.

Score: 9-15 points

You seem to be somewhat concerned about being judged by people and you may worry about other people's opinions regarding your performance. This may occasionally interfere with your ability to focus on stage to some degree.

Score: 16-20 points

You seem to be concerned about other people's opinions to a large degree. Worry about the negative evaluation by others is a risk factor of developing music performance anxiety and therefore it should be addressed in an applicable therapy.

- **Feeling in Control:** Questions 14-20

The feeling of sense of control is very important because it defines our perception of our own capabilities to deal with adversities and difficulties we encounter. The number of points in this section indicates how much a sense of



control you have. The higher number of points, the less sense of control you seem to have. A low sense of control is one of the factors contributing to developing performance anxiety.

Score: 7-14 points

You seem to have a strong and realistic sense of control. This is a good thing since in most situations it should protect you from experiencing performance anxiety.

Score: 15-27 points

You seem to have a moderate sense of control. It typically means this factor shouldn't contribute to performance anxiety.

Score: 28-35 points

You may be prone to experiencing performance anxiety because of a very limited sense of control that you seem to have.

KEY TAKEAWAYS:

Lack of psychological preparation is one of the factors causing music performance anxiety and it results in lack of emotional self-control. The inability to manage emotions and negative thoughts may be very damaging to your stage performance because it:

- makes you vulnerable emotionally
- prevents you from focusing on the task at hand (It's because your brain is busy with dealing with your anxiety instead of focusing on the music)
- make cause some musicians to stop performing on stage altogether, if they cannot handle the pressure and the emotional pain of performing on stage.

RECOMMENDATIONS:

If you scored medium or high on the questions of this section and would like to learn how to feel in control, deal with negative thoughts, stop worry about other people's opinions and be able to manage your emotions, please watch Session 3 of the "Grow in Flow" course - "Managing Emotions". You will find helpful resources to deal with your challenges there. This part of the course is packed with fascinating research, real-life case studies, and exercises to help you reach your goals.

**Section 2: Control of the Body's Stress Response (Somatic Symptoms):** Questions 21-28

Lack of physical control is another factor causing Music Performance Anxiety. Knowledge on how to control the physical response associated with stage fright is essential to gaining control on stage.

When stage fright kicks in we find ourselves unable to manage its symptoms. We may experience rapid heart rate, muscular tension, sweating, shaky hands/knees/voice, dry mouth, or shallow breath.

Different types of performing professionals suffer from various stage fright symptoms that are specifically harmful to their performance. For example, wood and brass players find shallow breath the most disturbing and harmful factor to their performance, whereas it doesn't really matter too much to the string players.

The questions in this section of the test are to help you identify what specific performance anxiety symptoms interfere with your performance the most. This knowledge will help you find the best solutions to deal with your issues with your body's stress response. The higher number of points, the more the body's stress response interferes with the quality of your performance, which may lead to performance anxiety.

Score: 8-16 points

Your performance is affected by the body's stress response in a minimum way. Still, you may benefit from learning how to deal with the physical symptoms of MPA.

Score: 17-31 points

Your performance is affected by the body's stress response to some degree. You may benefit from learning how to control your body and relax muscles to get rid of muscle tension and how to deal with other physical symptoms of MPA.

Score: 32-40 points

The negative effects of flight or fight response are severe and may negatively affect your ability to perform in public. To be able to perform successfully, it's recommended for you to learn how to control your body through specifically tailored mental exercises and relaxation techniques.

KEY TAKEAWAYS:

Lack of physical self-control is one of the key factors causing MPA. The inability to manage your body's reaction may be damaging to your stage performance because it makes you unable to control the way you play your



instrument and prevents you from focusing on the task at hand (since you are overwhelmed by the physical symptoms you feel in your body, you are unable to focus on your music and on the performance itself).

The inability to manage your body's reaction can also make you stop performing on stage at all (if you cannot control the way you play your instrument, it's hard to even think about performing on stage).

RECOMMENDATIONS:

If you would like to learn how to efficiently control the body's stress response associated with performance anxiety, please watch in the "Grow in Flow" course, Session 4. This part of the course is packed with practical knowledge, breathing, relaxation, and visualization techniques that will help you manage your body's reactions to stress.

Section 3: Self-confidence: Questions 29-55

Self-confidence is a very important factor in combating performance anxiety. People with low self-confidence usually experience performance anxiety more intensely than more confident individuals. The number of points in this section indicates how confident you are as a person, and as a professional. You will also find out where you are when it comes to dealing with criticism, perfectionism and perseverance.

Low self confidence may be about:

- **not feeling confident physically** - This is an important factor because if you don't feel physically attractive, it is even more difficult for you to stand before other people and perform.
- **not feeling confident mentally & emotionally** - If you are not confident, you may have doubts about your capabilities. You may ask yourself: "Do I have what it takes?", "Am I good enough?", "Smart enough?" etc.
- **doubting in yourself as a professional** - You may wonder if you have enough skills to deliver, if you are good or bad at what you are doing etc.

Low self confidence leads to the fear of disapproval - it's the worry about how other people evaluate me, how they perceive me, what they think of me and of my abilities. Low self confidence also makes us unable to deal with criticism, which makes us feel even more worthless or insecure.



There are a few factors measured in this section of the test and there are corresponding five groups of questions:

- **Self-confident Person:** Questions 29-34
- **Self-confident Professional:** Questions 35-43
- **Dealing with Criticism:** Questions 44-46
- **Perfectionism:** Questions 47-51
- **Perseverance:** Questions 52-55

The number of points in this section indicates how confident you are as a person and as a professional. You will also find out where you are when it comes to dealing with criticism, perfectionism and perseverance.

- **Self-confident Person:** Questions 29-34

The higher number of points, the less confident as a person you seem to be.

Score: 6-12 points

You seem to be a confident person when it comes to the way you perceive your looks and abilities. This definitely may help you in being confident when performing on stage.

Score: 12-24 points

You seem to be somewhat confident. You may improve your self-esteem by the systematic work on boosting your self-esteem using specifically tailored mental exercises and techniques.

Score: 24-30 points

You don't seem to believe in yourself and you have a tendency to undermine your self-worth. It would be very important for you to address this issue because emotional insecurity is one of the highest risk factors that may contribute to developing performance anxiety. You may want to work on boosting your self-confidence using specifically tailored mental exercises and techniques presented in the "Grow in Flow" course. If your score is very high, you may consider contacting a mental health specialist to identify the cause of your low self-esteem.

- **Self-confident Professional:** Questions 35-43

The higher number of points, the less confident as a professional you seem to be, which may lead to performance anxiety.

**Score: 9-18 points**

You seem to be a confident professional. Believing in your professional abilities and competence increases your chances to succeed in your performances and to reach your peak performance.

Score: 19-35 points

You seem to be somewhat confident in your professional abilities and competence. You may boost your professional confidence using specifically tailored mental exercises and training.

Score: 36-45 points

You don't seem to have confidence in your professional abilities, which may prevent you from succeeding in your professional career. This may be changed by systematic work through specifically tailored mental exercises and techniques.

- **Dealing with Criticism:** Questions 44-46 The higher number of points, the less prepared you are to deal with criticism.

Score: 3-6 points

You don't seem to be afraid of being criticized. This factor is unlikely to negatively affect your public performance.

Score: 7-11 points

You seem to be somewhat able to deal with criticism, but you could benefit from learning how to deal with criticism and people who may criticize you.

Score: 12-15 points

You don't seem to take criticism well and you probably don't know the strategies how to deal with it. This might result in developing strong performance anxiety. It's highly recommended to broaden knowledge about the mechanisms behind criticism and ways to combat it.

- **Perfectionism:** Questions 47-51

The higher number of points, the more traits of a perfectionist personality type you seem to have.

Score: 5-10 points

You seem to be easy on yourself and give yourself permission to make mistakes, which is a good strategy in combating performance anxiety.

**Score: 11-19 points**

You don't seem to be a perfectionist, but you are somewhere in between giving yourself permission to make mistakes and having the need of doing everything perfectly. You would benefit from learning about best psychological approaches to succeed.

Score: 20-25 points

You seem to be very critical to yourself and expect you do everything perfectly, which can be a high risk of developing performance anxiety and that's why it's crucial for you to learn how to deal with perfectionism so it doesn't hinder your efforts to reach peak performance.

- **Perseverance:** Questions 52-55

The higher number of points, the less perseverant you are and you tend to withdraw instead of keeping doing it till the end, even if it's hard.

Score: 4-8 points

You seem to be perseverant even if the situations you encounter are challenging at times. This characteristic of your personality will help you persevere in your performances and to refocus quickly even if you happen to make a mistake. This will also help you stay on your professional path no matter what.

Score: 9-15 points

You seem to be able to persevere in general, but still sudden challenges or adversities make you stumble. You would benefit from learning the strategies to bounce back from failures and to keep going despite difficulty.

Score: 16-20 points

You don't seem to know how to persevere, which can negatively affect your ability to recover after and to refocus during challenging situations. It's highly recommended that you learn the strategies to be more perseverant, persistent and focused on your goals.

RECOMMENDATIONS:

If you would like to learn how to improve your self-esteem as an individual and as a professional, know how to deal with criticism, stand firm in difficult and challenging situations, live a balanced professional & personal life, be able to challenge yourself but at the same time go easy on yourself, please watch in the "Grow in Flow" course,



Session 5, “ Building Self-confidence”, where these topics are discussed in detail and where you can find specifically tailored mental exercises and techniques to boost your self-confidence.

Section 4: Motivation, goal setting and challenge: Questions 56-65

Motivation is a very important factor on your way to peak performance. Without the right balance between different areas of your professional and personal life you may not be able to set your goals in such a way that will lead you to a sense of accomplishment and enable you to reach your peak performance.

Wrong motivation is one of the major factors causing music performance anxiety.

Wrong motivation happens when you are not able to put things in perspective and when you focus on yourself instead of on the task at hand, focus on the outcome instead of on the process, attach your worth to the outcome, and finally when you don't have clear goals of what you want to accomplish.

There are three groups of questions in this section:

- **Motivation and Goal Setting:** Questions 56-58
- **Focus on the Outcome:** Questions 59-61
- **Competitiveness & Challenges:** Questions 62-65

The number of points in this section indicates how well-motivated you are as a person and as a professional. You will also learn what is the main focus of your performance, how much competitive or how open to new situations you are, which is also a big factor contributing to performance anxiety.

- **Motivation and Goal Setting:** Questions 56-58

The higher number of points, the less you are aware of what you want in your professional and personal life.

Score: 3-6 points

You seem to be well-motivated and you have a clear idea of your goals.

Score: 7-11 points

You seem to be somewhat motivated but you are not sure of the things that you would like to accomplish.

**Score: 12-15 points**

You don't seem to be well-motivated nor to know what you would like to accomplish in your professional life. With no clear professional goals it's hard to reach peak performance and a sense of accomplishment.

If you scored medium-high on these questions, it's highly recommended that you learn the strategies to motivate yourself to be able to set and achieve your life goals. This ability is very important in dealing with performance anxiety and is one of the key elements to achieve peak performance.

- **Focus in the Outcome:** Questions 59-61

The research shows, that people who base their self-worth on external sources, including appearance, approval from others and the outcome of their performance report more stress, anger, professional work problems, relationship conflicts, and have higher levels of drug and alcohol use and symptoms of eating disorders.

The higher number of points, the more focused on the outcome you are, which may lead to performance anxiety.

Score: 3-6 points

You don't seem to attach your worth as a professional to the outcome of your performances.

Score: 7-11 points

You seem to somewhat attach your worth as a professional to the outcome of your performances.

Score: 12-15 points

You seem attach your worth as a professional to the outcome of your performances. You can change the perception of your own self-worth and set the right goals by learning the topics related to motivation and by systematically using mental exercises that are discussed in session 6 of the "Grow in Flow" course.

- **Competitiveness & Challenges:** Questions 62-65

The higher number of points, the less naturally competitive you are.

Score: 4-8 points

You seem to be naturally competitive which definitely helps you achieve your goals. However, it would be good for you to know how to balance your competitive personality, so you don't stumble when facing adversaries.

Score: 9-17 points



Although you don't seem to be naturally very competitive, you seem to be open to challenges and new situations. This will help you achieve your goals and overcome challenges.

Score: 16-20 points

You don't seem to be naturally competitive and you seem to dislike situations where you have to compete with other people. This may lead to avoiding challenging situations, or reducing your efforts in new situations, which is a self-sabotaging behavior and may lead to even more severe performance anxiety.

RECOMMENDATIONS:

If you would like to learn how to be well-motivated, how to set the right short and long term goals, how to find your own balance in professional and personal life, please watch session 6 of the "Grow in Flow" course, "Motivation & Goal Setting". In this session you will also learn about mastery orientation, which is the best type of goal setting focused on learning process and improvement, so you can conquer performance anxiety and reach your peak performance.

Section 5: Focus & Flow State: Questions 66-75

The ability to focus on performance is essential to reaching peak performance and the state of flow (which is the most optimal state of mind for a successful and enjoyable performance). On the contrary, inability to focus can contribute to developing performance anxiety. If we are distracted when performing, and we let our mind wander, we are not able to get into a creative mindset to be able to enter the state of flow.

- **Focus:** Questions 66-70

The number of points in this section indicates how easily distracted you tend to be during your practice and performance, which also can effect your ability to perform from memory.

The higher number of points, the easier distracted by negative thoughts/images you are.

Score: 5-10 points

You seem to maintain your focus easily during your practice and performances.

Score: 11-19 points

You seem to maintain your focus during your practice and performances to some degree.

**Score: 20-25 points**

You seem to be easily distracted by negative thoughts during your practice and public performances. The ability to maintain focus and to turn off all distractions and to commit your attention to a single task is essential for a successful performance.

- **Flow State:** Questions 71-75

The State of Flow is the most optimal state of mind for a successful and enjoyable performance which can be reached if certain conditions are met. The number of points in this section indicates how much familiar you are with experiencing the state of flow and in what circumstances it's more likely for you to experience it.

The higher number of points, the less familiar you are with experiencing the state of flow in your professional life.

Score: 5-10 points

You seem to know how it feels to be in the zone and to enjoy your performances.

Score: 11-19 points

You seem to experience the state of flow at times but not in all performance settings.

Score: 20-25 points

You don't seem to be familiar with the feelings and the mental state associated with the state of flow and peak performance. However, you can easily make it up by learning about the state of flow and about the necessary conditions to achieve it.

RECOMMENDATIONS:

If you would like to learn how to maintain focus during your practice and performances, or what to do to increase your chances of getting into the zone and the state of flow, please watch the Grow in Flow course, Session 7 "Focus and Flow State". If what distracts you during your performances are your negative thoughts, please watch Session 3 of the "Grow in Flow" course and learn how to control your negative emotions. This will help you to stay focused when performing on stage.

If the reason of your distraction on stage is the physical reaction to stress like shallow breath, shaking and sweating, please watch Session 4 "Managing body's stress response" and learn how to control your physical reactions to stress.



MPA TEST PART 3 - RESULTS

The goal of the MPA Test Part 3 is to point you to some other factors that may contribute to developing music performance anxiety.

Section 1: Characteristics of Personality: Questions 1-20, contains different factors related to individual characteristics of personality.

- Depression/Depressive Personality Trait: Questions 1-5
- Personality Factors/Anxiety Trait: Questions 6-11
- Anxiety Levels: Questions: 12-16
- Social Anxiety: Questions 17-20

Section 2: Personal Life Story: Questions 21-32, contains questions about your personal life experience with regard to performance anxiety.

- Parenting Style: Questions 21-28
- Sense of Belonging: Questions 29-32

Section 3: Lifestyle & Mindset: Questions 33-60, contains other factors like lifestyle & philosophy of life, which may contribute to developing a healthy lifestyle, enabling an individual to overcome performance anxiety and to focus on creating a balanced and meaningful life.

- Healthy Lifestyle: Questions 33-40
- Social Life: Questions 41-51
- Spiritual Life: Questions 52-56
- Positive Attitude: Questions 57-60

Some of the topics covered in the third part of the MPA Test may be the fundamental risk factors in the development of performance anxiety and may require consulting with a mental health professional who can properly diagnose, apply appropriate therapy, and prescribe and monitor medications, if needed.



Section 1: Characteristics of Personality

- **Depression/Depressive Personality Trait:** Questions 1-5

Depression is a common mental disorder. Globally, more than 300 million people of all ages suffer from this mood disorder. Depression is different from usual mood fluctuations and short-lived emotional responses to challenges in everyday life. Especially when long-lasting and with moderate intensity, depression may become a serious health condition. It can cause the affected person to suffer greatly and function poorly at work, at school and in the family. At its worst, depression can even lead to suicide.

Major depressive disorder is characterized by:

- persistent depressed mood or sadness lasting more than two weeks
- loss of interest in usual activities
- weight loss or weight gain
- sleep disturbances & fatigue
- hyperactive or slowed behavior
- feelings of worthlessness
- difficulty concentrating or making decisions
- recurrent suicidal thoughts

This part of the MPA Test includes a few questions regarding Depression and Depressive Personality Disorder (DPD), which are not the same thing, although they have similar symptoms.

Depressive Personality Disorder is a condition characterized by the presence of several different symptoms that leave affected individuals in chronically depressed or melancholy moods. Depressive personality traits can seriously diminish the affected person's sense of well-being and can dominate their worldview from day to day.

The higher number of points, the more depressed you seem to be.

Score: 1-10 points

You don't seem to be depressed or to have depressive personality traits in your behavior.

**Score: 11-19 points**

You don't seem to be depressed or to have depressive personality traits, however, you may get sad or feel blue at times, which is a normal and temporary emotional reaction to adversity.

Score: 20-25 points

The results of the test indicate that you may suffer from depression at the moment, or you may have symptoms of depressive personality disorder. It's important to point out that there are effective psychological and pharmacological treatments for depression and depressive personality disorder. It's strongly recommended that you contact a mental health professional to discuss your issue and potentially find the right therapy to deal with this condition.

- **Personality Factors/Anxiety Trait:** Questions 6-11

Anxiety Trait is someone's general level of anxiety, his or her personality and the natural predisposition to experience anxiety. For example, someone who has anxiety prone personality is generally more anxious and may perceive different situations as more threatening comparing to other people, and can react more intensively to stressful situations. Anxiety traits are usually acquired during development or through experience (e.g. by coping anxiety-promoting parental behaviors)

The higher number of points, the more anxiety prone personality you seem to have.

Score: 6-12 points

You don't seem to have any anxiety traits developed during your childhood.

Score: 13-23 points

You seem to have some anxiety traits which might have developed during your childhood.

Score: 24-30 points

You seem to have anxiety traits which might have developed during your childhood. This factor may greatly contribute to developing performance anxiety and may require consulting a mental health professional.

RECOMMENDATIONS:

If you would like to learn more about the topic of anxiety trait and other personality factors, please watch the "Grow in Flow" course, session 1 - "Understanding Stage Fright", and session 3 - "Managing Emotions".



- **Public Performance Anxiety Levels:** Questions 12-16

Most people experience some level of anxiety associated with public performance, which is perfectly normal. However, sometimes the level of anxiety is so high that it may prevent an individual from successful performance on stage.

The higher number of points, the more levels of anxiety associated with public performance you seem to have.

Score: 5-10 points

You seem to have low levels of anxiety with regard to public performance.

Score: 11-19 points

You seem to have experience some level of anxiety with regard to public performance, which may develop into performance anxiety.

Score: 20-25 points

Your behavior seems to be characterized by high levels of anxiety with regard to public performance, which may lead to developing performance anxiety.

RECOMMENDATIONS:

If you would like to learn more about the topic of anxiety levels and other related issues, please watch the “Grow in Flow” course, session 1 - “Understanding Stage Fright” and session 3 - “Managing Emotions”.

- **Social Anxiety:** Questions 17-20

It's normal to feel nervous in some social situations. But in **Social Anxiety Disorder**, everyday interactions cause significant anxiety, fear, self-consciousness and embarrassment because of the fear of being scrutinized or judged by others. In social anxiety disorder, fear and anxiety lead to avoidance that can affect an individual's daily routine, work, school or other activities, and can disrupt their whole life.

Social anxiety disorder may be a learned behavior. For example, some people may develop the condition after an unpleasant or embarrassing social situation. Also, there may be an association between social anxiety disorder and parents who either model anxious behavior in social situations or are more controlling or overprotective.



The higher number of points, the more social anxiety traits you seem to have.

Score: 4-8 points

You don't seem to have social anxiety.

Score: 9-15 points

You seem to experience some levels of anxiety in social situations, which doesn't necessarily mean that you may have social anxiety.

Score: 16-20 points

Your score indicates that there are some traits of social anxiety present in your behavior. This is not a medical diagnosis but you may suffer from social anxiety disorder. If your score is very high, you may consider contacting a mental health professional to find out if you might be affected by this disorder.

RECOMMENDATIONS:

If you would like to learn more about the topic of social anxiety, please watch the "Grow in Flow" course, session 5 - "Building Self-confidence".

Section 2: [Personal Life Story](#) Questions 21-32

- [Parenting Style](#): Questions 21-28

Childhood is the most important stage of life because it's the foundation of our adulthood. This stage is crucial for everyone's physical, emotional and social development. Everything a child sees or does during this period of time will either motivate the child or haunt him/her for the rest of their life. Different parenting styles may shape different behaviors and life expectations. The way our parents behave and interact with us influences the way we perceive ourself and other people.

Emotionally neglectful parents often fail to validate children's successes, comfort them when they are sad, and are unable to express their own emotions openly. If parents are emotionally unavailable, demanding, perfectionistic, or too permissive, emotional neglect can be the result. However, it's important to note that most parents do not mean to emotionally neglect their children, and many of them are not even aware they're doing it. They may not know



that they lack the skills to care for their children emotionally. Many emotionally neglectful parents were neglected as children themselves and are recreating the type of relationship they had with their own parents.

The wounds of emotional neglect can be lifelong if they are unaddressed, **but** as an adult, you can take responsibility for your own healing. You may educate yourself about the symptoms of emotional neglect, learn to meet your own emotional needs, and break the cycle of emotional neglect in your relationships. If you feel that this issue greatly affects your life, you may also want to consider contacting a mental health professional to find the best solution to recover from emotional neglect.

The higher number of points, the less emotional support you received to be able to succeed in professional and personal life.

Score: 8-16 points

Your score indicates that you received enough emotional support from your parents/guardians to be able to succeed in professional and personal life.

Score: 17-31 points

Your score indicates that you have received some emotional support from your parents/guardians, but there might be a lack in certain emotional needs, which may effect your behavior and the level of your self-worth.

Score: 32-40 points

Your score indicates that you might have been emotionally neglected by your parents/guardians. You might have been deprived of attention and/or approval, which are very important factors in building self-confidence, resilience, and perseverance in adulthood. It is strongly recommended that you contact a mental health professional to address this issue to be able to continue your journey from performance anxiety to peak performance.

- **Sense of Belonging:** Questions 29-32

Parenting style also influences people's **sense of belonging**. From a psychological point of view, a sense of belonging is a basic human need. Many psychologists describe this need as being at the level of importance of that as food, water, and shelter. A sense of belonging can be so powerful that it can create both value in life and the ability to learn healthy coping skills when experiencing intensive and painful emotions. On the contrary, lack of a sense of belonging may lead to feelings of social isolation, alienation, loneliness, and may be even a predictor of depression.



The higher number of points in this section you score, the less sense of belonging you have, especially with regard to your study/work place.

Score: 4-8 points

You seem to have higher levels of sense of belonging.

Score: 9-15 points

You seem to have medium levels of sense of belonging.

Score: 16-20 points

You seem to have lower levels of sense of belonging. If you find this factor disturbing, it's recommended that you contact a mental health professional to discuss and address this issue.

IMPORTANT FACT:

A traumatic event may be another important factor that may be the cause of performance anxiety. For practical reasons, the topic of a traumatic event is not included in the "Grow in Flow" MPA Test. However, it may be helpful to understand the nature of a traumatic event and use it for individual assessment, because this may have a crucial importance in combating performance anxiety.

A traumatic event is an incident or a very stressful life event that causes physical, emotional, spiritual, or psychological harm. An example of a traumatic event may be:

- Domestic or family violence
- Community violence (shooting, mugging, burglary, assault, bullying)
- Physical, emotional or sexual abuse
- Natural disaster such as a hurricane, flood, fire or earthquake
- A serious car accident

The person experiencing a traumatic event may feel threatened, anxious, or frightened as a result. In some cases, they may not know how to respond, or may be in denial about the effect such an event has had on them. About 70 % of adults in the US have reported experiencing a traumatic event at least once in their life. It is common for



people to experience emotional challenges after trauma and their symptoms can lessen in intensity over time as they continue to heal.

However, some people develop **post-traumatic stress disorder (PTSD)** and they find themselves experiencing symptoms that continue to cause them significant distress. They have negative thoughts, suffer from hyperarousal, avoidance, and keep re-experiencing the traumatic event in their heads over and over. It is estimated that 7-8 % of people in the US experience PTSD at some point during their lifetime.

Traumatic experiences that happen to people when they are children are especially harmful. When a child grows up living under constant or extreme stress, the immune system and body's stress response systems may not develop normally. Later on, when the child or adult is exposed to even ordinary levels of stress, these systems may automatically respond as if the individual was under extreme stress. For example, an individual may experience significant physiological reactivity such as rapid breathing or heart pounding, or may "shut down" entirely when presented with stressful situations. These responses, while adaptive when faced with a significant threat, are out of proportion in the context of normal stress and are often perceived by others as "overreacting" or as unresponsive or detached.

Also, children with complex trauma histories may develop chronic or recurrent physical complaints, such as headaches or stomachaches. Adults with histories of trauma in childhood have been shown to have more chronic physical conditions and problems. They may engage in risky behaviors that compound these conditions (e.g., smoking, substance use, and diet and exercise habits that lead to obesity).

RECOMMENDATIONS:

If you have ever experienced a traumatic event and you feel it still has a negative impact on your life, please consider contacting a mental health professional, who will help you deal with this issue.

Also, the topic of traumatic experiences with regard to the public performance is covered in the "Grow in Flow" course, in session 3: "Managing Emotions".

**Section 3: Lifestyle & Mindset:** Questions 33-60

A healthy lifestyle is a very important factor on the way to peak performance and it has both short and long term benefits. For your body to work properly, it needs a balanced diet, regular exercise and enough sleep. An unhealthy lifestyle is a risk factor for depression and anxiety. This is especially important for performing artists who need to reduce the risk of developing depression, anxiety or other health problems related to their occupation and work environment. Living a well-balanced life, which is a healthy balance between work, social, and personal life, is also very important when it comes to stress management.

The questions in this section are going to help you realize where you are when it comes to your lifestyle. The higher number of points, the less healthy your lifestyle seems to be.

- **Healthy Lifestyle:** Questions 33-40

Score: 8-16 points

Congratulations! You seem to live a healthy lifestyle.

Score: 17-31 points

You seem to live a somewhat healthy lifestyle but you would certainly benefit from educating yourself about what steps you can take to make your lifestyle even more healthy.

Score: 32-40 points

You don't seem to lead a healthy lifestyle. This can increase the risk of developing anxiety, depression, or other mental and/or physical health issues.

RECOMMENDATIONS:

If you would like to learn more about the topic a healthy life style please watch the "Grow in Flow" course, session 4 - "Managing Body's Stress Response", lesson 4 - "Well balanced life", and session 8 "Peak Performance & Pre-Performance Routine".

- **Social Life:** Questions 41-51

Social life is one of the most important influences on mental health. Without positive, durable relationships, both our mind and body don't function well. Social isolation can have a negative impact on mental and physical health including increased risk of becoming depressed, anxious, or having panic attacks.



The higher number of points, the more complicated and unbalanced your social life seems to be.

Score: 11-22 points

Congratulations! You seem to have a well-balanced social life and you know how to balance your professional and personal life.

Score: 23-43 points

You seem to have a somewhat balanced social life.

Score: 44-55 points

You don't seem to have a well-balanced social life, which may affect your capabilities to cope with the challenges of daily stress and hardships.

RECOMMENDATIONS:

If you would like to learn more about the topic a well-balanced lifestyle please watch the "Grow in Flow" course, session 4 - "Managing Body's Stress Response", lesson 4 - "Well balanced life" .

Spiritual Life: Questions 52-56

The research indicates that there is the link between religious belief, religious practice, and mental health. Both religious belief and practice can help a person cope with stress and life challenges by generating sense of peace, purpose of life, sense of belonging, forgiveness, and gratitude.

The higher number of points, the less religious/spiritual person you seem to be.

Score: 5-10 points

You seem to be a religious/spiritual person.

Score: 11-19 points

You seem to be a somewhat religious/spiritual person.

Score: 20-25 points

You don't seem to be a religious/spiritual person.

**RECOMMENDATIONS:**

If you would like to learn about what research says about the relationship between religious belief, religious practice and mental health, please check the resources section at www.GrowInFlowPerformance.

- **Positive Attitude:** Questions 57-60

A positive attitude helps cope more easily with the daily affairs of life and makes it easier to avoid worries and negative thinking. It is also necessary for bringing and applying any constructive changes into your life (e.g. working on combating performance anxiety and reaching peak performance).

The number of points in this short section indicates if you have a positive attitude to make necessary changes in your life. The higher number of points, the less positive attitude you have.

Score: 4-8 points

You seem to have a negative attitude towards taking some concrete steps and making necessary changes. This may jeopardize your chances of reaching your goal of combating performance anxiety and reaching your peak performance. It's highly recommended that you work on changing your attitude, so you can see positive changes in your life.

Score: 9-15 points

You seem to have a somewhat positive attitude towards making changes necessary for combating performance anxiety and reaching your peak performance.

Score: 16-20 points

You seem to have a positive attitude towards making good changes necessary for combating performance anxiety and reaching your peak performance. Positive mindset will definitely increase your ability to achieve your goals.

RECOMMENDATIONS:

If you would like to learn about what research says about the relationship between a positive attitude and successful life please check the resources section at www.GrowInFlowPerformance.



GENERAL RECOMMENDATIONS:

Please watch all the sessions of the “Grow in Flow” course in order or focus on individual sessions/videos, based on your results of the MPA Test and given recommendations.

If you have any questions, would like to discuss your test’s results, or would like to talk about possible solutions to achieve your goals in person, please contact Justyna Ponulak at contact@growinflowperformance.com or book an one-on-one session* with her at www.GrowInFlowPerformance.com.

* new clients special offer