



WHAT MIGHT BE GETTING IN THE WAY OF...

"RIPPING YOUR SHOWER CURTAIN OPEN"

(and your best performance!)

- Fear of judgment.
- Low self-esteem or image.
- Not completely prepared.
- The plan is simply beyond your current level of expertise.
- Old negative messages still playing in the tape recorder in your head.
- Total trust in your self, director, leaders, riser buddies, or quartet members.