PERFECT PERFORMANCE

CHECKLIST

BY

JANE TULI



PERFECT PERFORMANCE CHECKLIST

🎤 Vocal Preparation

✅ Warm up your voice (lip trills, humming, or scales).
✅ Practice key sections of your song (focus on tricky parts).
✅ Hydrate well—drink room-temperature water

💃 Physical Preparation

✅ Stretch or do light physical exercises to release tension.
✅ Check your posture: stand tall, open chest, and relaxed shoulders.
✅ Breathe deeply to calm nerves and improve airflow.

🎶 Mental Preparation

✅ Visualize yourself performing confidently.
✅ Review your lyrics and memorize transitions.
✅ Repeat affirmations like "I am prepared, and my voice is strong."

👗 Appearance

✅ Wear comfortable, stage-appropriate clothing.
✅ Double-check your footwear for stability and ease.
✅ Ensure makeup/hair complements the stage lighting

🎛️ Equipment Check

✅ Test your microphone and sound system.
✅ Confirm the key and tempo of your track with the band or DJ.
✅ Bring backups: extra cables, batteries, or USBs

✨On-Stage Mindset

✅ Smile and make eye contact with the audience.
✅ Take your time—don’t rush into the performance.
✅ Focus on connecting emotionally with your song

I'm so proud of the effort you're putting in, and I can't wait to see how far you'll go. Remember, I'm here to support you every step of the way.

Keep practicing, keep believing, and most importantly... keep singing!

Be your best,,

Jane Tuli

Your Vocal Coach

support email
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READY TO ELEVATE YOUR SINGING?

Keep practicing, stay consistent, and trust in your growth. If you need personalized guidance, email me at info@janetuli.com to organize a coaching session. You can also send me a direct message on social media by clicking on the icons at the top of this page to visit my socials.

Your voice deserves to shine, and I'd be honored to help you with that!

Be your best💖
Jane Tuli
Your Vocal Coach